



## Know Your Neighbourhood Creative Recovery

**Let's get creative on the TPT!**

Creative Recovery are an organisation who do all we can to help support people with mental health issues and in drug and alcohol recovery, providing access to peer support and creative therapies. Often we are the only support available due to other support services already being at maximum capacity.

We offer an alternative to traditional services – and that what makes us successful in what we do. The funding we received through the TPT office from the Know Your Neighbourhood fund really helped us expand our programme. We also don't have funding for transport, so to know we could take the group safely out on the Trail was great!

We took our regular walking group on the Trail in Barnsley and then got them to venture from Barnsley into Wakefield – sounds a long way but it's literally just the other side of Royston. If you've not done, then you're missing a treat.

Our October event was a highlight where we took cameras and phones into Thurgoland Tunnel to capture the shadows and sounds to hopefully inspire future artwork. The acoustics in here are amazing!

Feedback from our events really emphasised the need to connect like-minded people and give them a chance to re-engage with nature. It made them feel better physically and mentally which has given them motivation to make more positive health changes, better sleeping and just having an overall better perspective on things that before seemed insurmountable.

*"I enjoy being in nature, it's so relaxing, you can just lose yourself. Listening to the birds singing, it's tranquil, you can get in your own little world."*

*"I've enjoyed seeing other people's artwork and the differences in everyone's imagination. It's lovely how everyone's buzzing to do their art. I've been inspired by what people have done. I've been quite down recently but I thought to myself, 'I'm going to go today' and I'm glad I did. It's been great being out in nature and seeing people and friends I haven't seen for a while. It's been a really positive experience."*

*“It’s been lovely today, being out in the fresh air with lots of people and enjoying nature. It’s been a bonus. Thank you very much.”*

*“This is the best thing for my mental health, being creative and creating. We’re using leaves and sticks that’ve fallen from the tree to create art, it’s made me feel grounded.”*

*“Thank you very much for today. I’ve really enjoyed it. It helps with my mental health to actually come out, although I have difficulties getting out of the house, once I’m actually here I find it so enjoyable and today I’ve found it really mindful, relaxing and the time has just flown by and what I really love is being amongst like-minded people who share the same mental health struggles but pleasures as well.”*

As an organisation we’ll certainly make sure we continue to use the Trail. It gives us so support for activities to have a meaningful outcome in such beautiful places.

### **Creative Recovery**



14.	Creative Recovery - Barnsley
Aim of Organisation:	Creative Recovery support people with mental health issues and in drug and alcohol recovery, providing access to peer support and creative therapies. Most of those they work with live alone and at the margins- in areas of high deprivation. As other support services are stretched our participants often have no other means of support. Creative Recovery offer an alternative for those who struggle to connect with traditional services, delivering a full weekly programme of creative therapeutic groups as well as working at street level to boost community spirit, share positive messages about recovery and promote social change.
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