



Creative Wellbeing Service Recovery Pathways

Wellbeing through art, people and places



**Greater Manchester
Mental Health**
NHS Foundation Trust



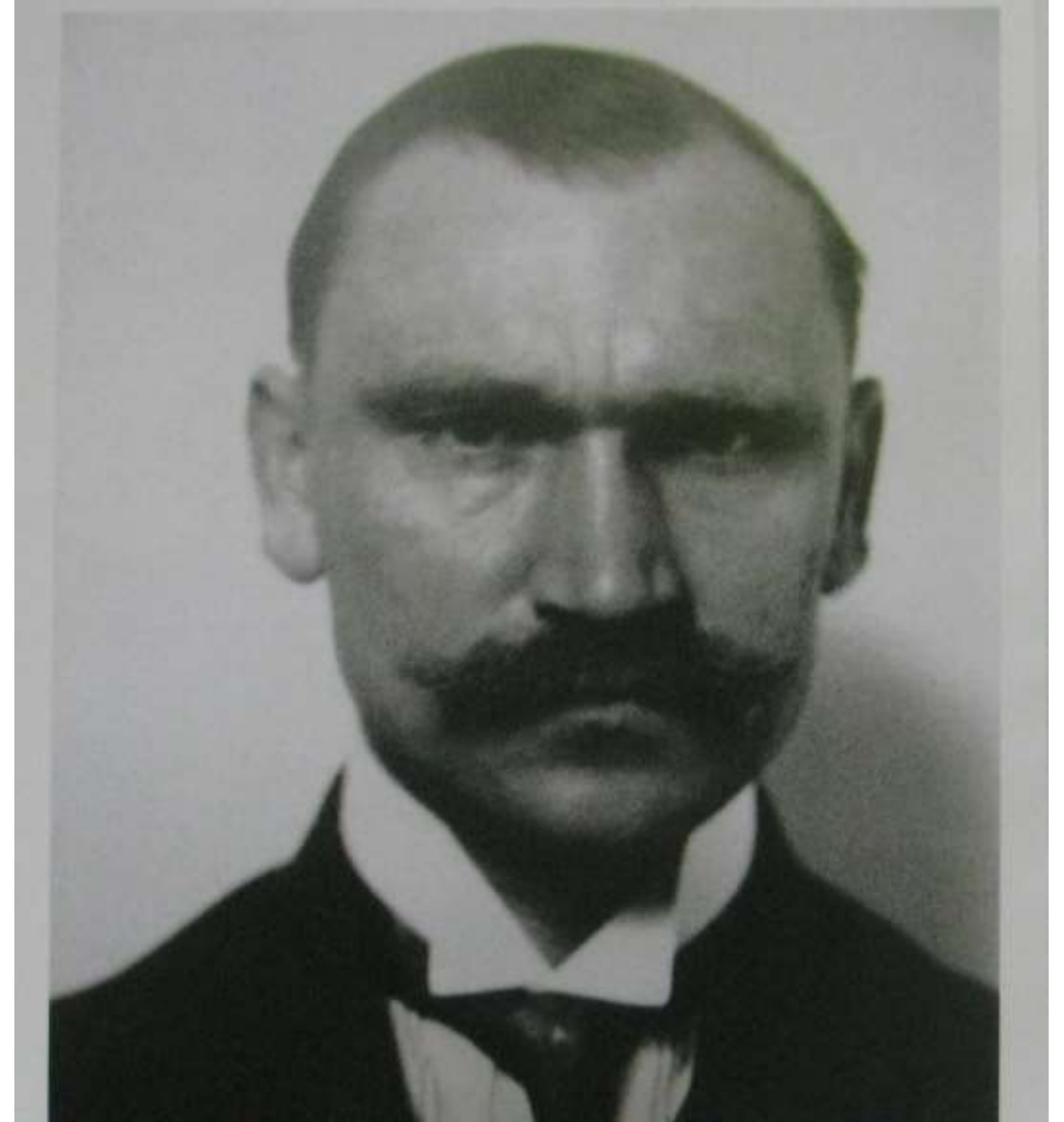
Drawing Attention

Mindful mark making for wellbeing

1 minute

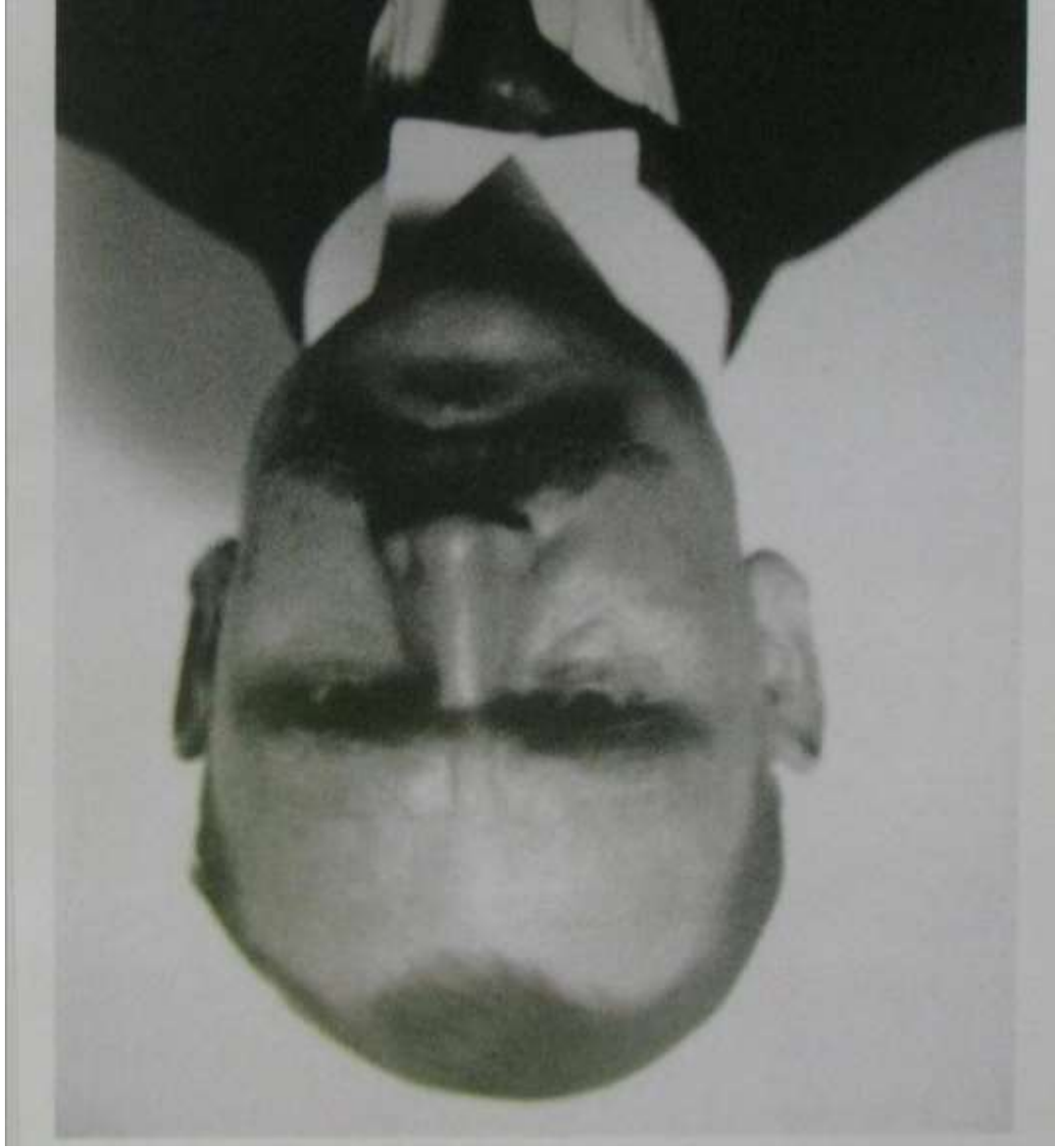








KEAVY ENDED THE SESSION.
SO SURPRISED AT THE 'UPSIDE DOWN' TASK!



②



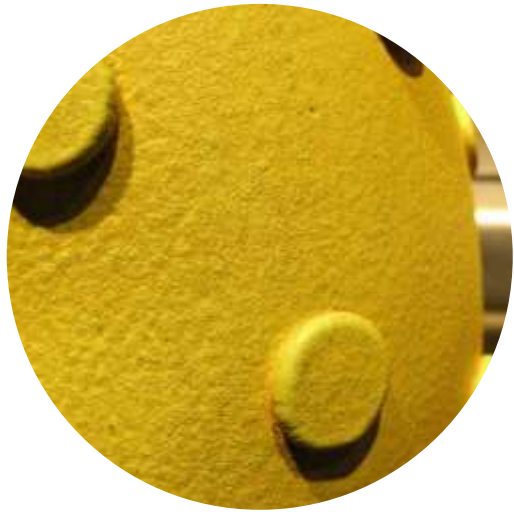
Really enjoyed the session.
So surprised at the 'upside down' task!
This is something I will always remember
and hope to use in the future.

①



"What I found beneficial was the looking at things a bit differently, not just in art pieces but at the world and how I view it."





WEEK 1
I WOULD LIKE TO REMEMBER TO CONCENTRATE
MORE AND TRY TO BE MORE CONFIDENT
WITH MY HANDS AND STOP TELLING MYSELF
THAT I CANNOT DO SOMETHING!

STOP WORRYING

↑ WEEK 2

Thought doodles- write or doodle thoughts as they pop up during the session. you might want to use a bolder or more delicate mark, depending on the thoughts loudness!







Outcomes

- Over 80% of people completed the course
- SWEMWB scores increased from 2.9 to 3.6



And Breathe...

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