



Arts and Mental Health: Facing the Future

Wednesday 10 March 2021

11:00-15:00 GMT

Research Symposium



Welcome

Norwich University of the Arts (NUA), in association with Hospital Rooms and the Norfolk and Suffolk NHS Foundation Trust (NSFT), is pleased to present an online research symposium investigating the role that creativity can play in mental health and wellbeing.

This symposium will include contributions by academics, artists and organisations who have developed and supported arts and health projects. It forms part of a radical project taking place at Northside House, a forensic mental health unit in Norwich, where world class artists and forensic service users are transforming clinical spaces.

I look forward to your participation.

Professor Larra Anderson
Pro Vice-Chancellor (Academic)
Norwich University of the Arts



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**The Baring
Foundation**

NHS
Norfolk and Suffolk
NHS Foundation Trust

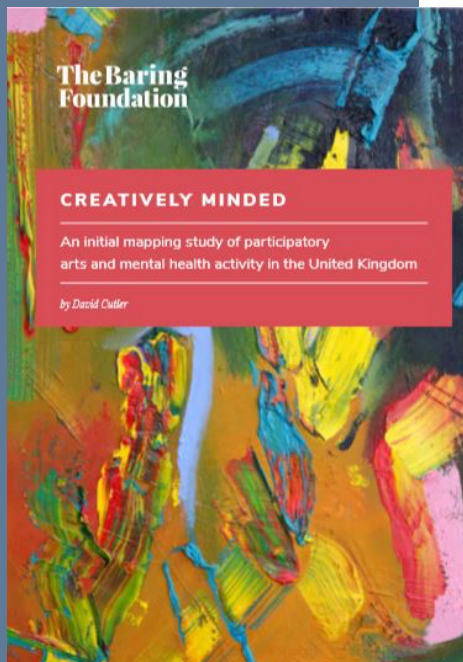
- 12:50-13:00** **Break**
- 13:00-13:30** **Untethered**
Dr Clive Parkinson
Director of Arts for Health, Manchester Metropolitan
University
- 13:30-13:40** **Artist Presentation**
Cara Nahaul
Artist
- 13:40-13:50** **Artist Presentation**
Jade Montserrat
Artist
- 13:50-14:00** **Artist Presentation**
Richard Wentworth
Artist
- 14:00-14:10** **Artist Presentation**
Carl Rowe
Artist and Course Leader for Fine Art, NUA
- 14:10-14:20** **Artist Presentation**
Naomi Harwin
Artist
- 14:20-14:50** **Panel Discussion**
Dr Clive Parkinson / Cara Nahaul / Jade Montserrat / Richard
Wentworth / Carl Rowe / Naomi Harwin

Chaired by Professor Simon Willmoth
- 14:50** **Final Remarks**

DAVID CUTLER

Director, Baring Foundation

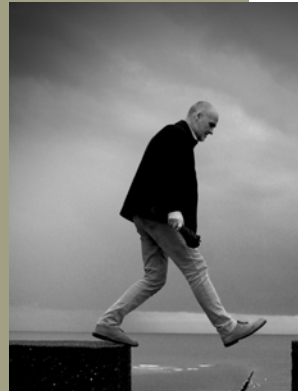
David Cutler is the Director of the [Baring Foundation](#), one of the UK's best known independent funders, dedicated to promoting human rights and inclusion. He leads the Foundation's arts programme which in 2020 announced a long term commitment to funding creative opportunities for people living with mental health problems with the publication of [Creatively Minded](#) which he researched. Prior to the Baring Foundation, David worked on a wide range of social justice issues both locally and nationally in civil society organisations and local government.



DR CLIVE PARKINSON

Director of Arts for Health, Manchester Metropolitan University

In the early 1980s Clive Parkinson ran an arts centre in a hospital for people with learning disabilities, which shut its doors in 1996 as Victorian institutions were closed. His research is focused on the factors that underpin inequalities and the place that the arts might play in effecting social change. His practice reflects this, combining spoken word, film and sound. With the charity, [Portraits of Recovery](#) he explored thinking about substance misuse from a cultural and civil rights perspective, writing the [Recoverist Manifesto](#) (2014) collectively with people affected by substance misuse. For The Big Anxiety Festival he explored the contested area of mental difference, performing [dis/ordered](#) (2017) at the Museum of Contemporary Art in Sydney. Diagnosed with multiple myeloma in early 2020, he is building on his experiences during the pandemic, generating new work that directly connects strands of his life and work. His most recent work is [A Gentle Haunting](#) (2020)



Untethered

From drug induced sleeplessness to heightened perceptions of the here and now, this presentation will navigate a topography populated by the dispossessed of the past and future, envisioning the alchemy needed to achieve collective cultural change in all our mental health.

<https://www.artsforhealth.org/>
<https://artsforhealthmmu.blogspot.com/>

Twitter: @arts4health

PROFESSOR SIMON WILLMOTH

Senior Research Manager, Norwich University of the Arts

Professor Simon Willmoth is Senior Research Manager at Norwich University of the Arts (NUA) and leads the University's involvement in the Northside House project. Simon studied art history at the University of East Anglia and New York University Institute of Fine Arts. He has over 40 years' experience as an academic in art schools and art faculties across the UK and in America as a teacher and researcher, course leader and PhD supervisor. He is involved in a number of other arts and health projects as this is a key element of NUA's research strategy.



SUSANNAH PASHLEY

**Secure and Forensic Services People Participation Lead,
Norfolk and Suffolk NHS Foundation Trust**

Su Pashley is Norfolk and Suffolk Foundation Trusts People Participation Lead for Secure and Forensic services. Su forms part of the Care Group Leadership team and brings to the role 5 years lived experience of inpatient mental health services including secure care. Su's role is focused on increasing opportunities for service user participation and supporting their involvement in service development and quality improvement. Prior to working for NSFT, Su worked for 5 years as a Patient Reviewer with the Royal College of Psychiatrists QNFMHS Peer Review process, visiting, reviewing and advising secure services across the UK and Ireland. Su continues to work nationally with NHSE as an Expert by Experience and is the Patient and Public Voice member on the Adult Secure Care Clinical Referencing Group. Su is a member of the East of England Provider Collaborative Clinical Design and Delivery group and leads their Service User and Carer Advisory Forum.



GED PATTISON

Lead Nurse for Secure and Forensic Services, Norfolk and Suffolk NHS Foundation Trust

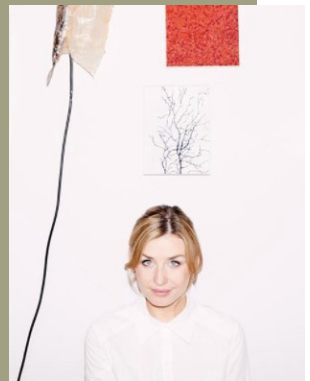
Ged Pattison is Lead Nurse for Secure and Forensic Services at Norfolk and Suffolk NHS Foundation Trust and has worked within the Criminal justice system and NHS Mental Health services since qualifying as a psychiatric nurse in 1983. During his time in the Prison Service, highlights include working in Therapeutic Communities and as a senior manager, being involved in the reorganisation of Prison Health care which saw the transfer of services to the NHS. He has worked in East London FT and Sussex Partnership NHS as a nurse consultant leading on Quality Improvement projects using art and music as part of the recovery pathways and institutional culture change. Meeting the Hospital Rooms Team in Sussex and the subsequent collaboration with Norwich University of Arts has offered a unique opportunity to create something special for service users, carers and staff at NSFT.



NIAMH WHITE

Co-Founder, Hospital Rooms

Niamh White is a curator who lives and works in London. She is co-founder of [Hospital Rooms](#) with artist Tim A. Shaw, an award winning charity that radically transforms mental health units with museum quality artwork. Niamh and Tim also founded the social enterprise Making Time, which provides arts training to dementia caregivers. They are curators of the Dentons Art Prize, a biannual £5,000 prize for early career artists and have organised many exhibitions for public and commercial galleries. Niamh studied History of Art at Goldsmiths and was a Professional Fellow at the University of Leeds.



TIM A SHAW

Co-Founder, Hospital Rooms

Tim A Shaw is an artist based in London. Along with curator Niamh White, they co- founded the arts and mental health charity [Hospital Rooms](#); social enterprise Making Time that delivers arts training to dementia care givers; and biannual art award the Dentons Art Prize. His installations, light sculptures and paintings have been exhibited internationally and he recently authored a book 'Draw and be Happy' published by Chronicle Books, Octopus Books, Ilex and Quarto.



DR NICOLA SIMPSON

Research Associate, Hospital Rooms

Dr Nicola Simpson is currently Research Impact Fellow at Norwich University of the Arts and a Research Associate for Hospital Rooms. She is working on the collaborative Northside House project to develop a mixed methods and arts-based evaluation framework that can effectively document and measure the short, medium and long term impacts of arts interventions in secure mental health units. Nicola is also a writer and a curator with an academic specialism researching the transplantation of Tantric and Zen Buddhisms into postwar Europe and this influence on the performances and experimentation in transnational avant-garde art.



Twitter: @concretepoet

PHOEBE EUSTANCE

Project Curator, Hospital Rooms

Phoebe Eustance (b.1990) is an artist-researcher and Project Curator for Hospital Rooms, where they are currently coordinating the Northside House project alongside Norwich University of the Arts. This year Phoebe will be presenting their research at the 12th International Conference of Artistic Research in Vienna. Last year, they co-wrote 'Reflections on Collective Knowledge Production', published in The Contemporary Journal 2020 and 'To all my sisters inside', published in Futuress Journal 2020. Phoebe has exhibited recently at A-Z Presents, Berlin with L.i.P Collective (2020) and delivered a lecture performance at Elephant West (2019). Between 2019 and 2020 they participated in CAMPUS Independent Study Programme at Nottingham Contemporary. They hold an MA in Research Architecture from Goldsmiths, University of London and a BA in Fine Art from Leeds & Lisboa Universities.



CARA NAHAUL

Artist

[Cara Nahaul](#) is an artist living and working in London. She received a BA from Goldsmiths University, London and an MFA from Parsons The New School for Design, New York. Her work has been the subject of solo exhibitions at Taymour Grahne Projects and Trade Gallery. She has been selected for the John Moores Painting Prize twice, the inaugural Jerwood Painting Fellowship, nominated for the Contemporary British Painting Prize and recently completed her first public commission with Vital Arts.



Instagram: @carazlina

JADE MONTSERRAT

Artist

[Jade Montserrat](#) is the recipient of the Stuart Hall Foundation Scholarship which supports her PhD (via MPhil) at IBAR, UCLan, and the development of her work from her Black diasporic perspective in the North of England. She works through performance, drawing, painting, film, installation, sculpture, print and text, dancing her way through history and her story. Marking the archive and letting it mark her, she finds a voice within a chorus of opinions and reflecting projections of now and then. Montserrat's work is a fracture in the linear narrative of consumption and a rigorous critique of the way cultural production scars bodies and constructs histories.



Jade Montserrat and Webb-Ellis
[RE:seeding, in correspondence](#)
performance-to-camera collage
© Jade Montserrat and Webb-Ellis, courtesy the artists

RICHARD WENTWORTH

Artist

Richard Wentworth (b. 1947, Samoa) is intrigued by contingency - any passing conversation with him is as full of non sequiturs as it is with thoughts about how or why things get made, how they fit, how they do and how they don't. It is sometimes suggested that his teaching at Goldsmiths was influential in the work of the Young British Artists. He is represented by Lisson Gallery and Peter Freeman, Inc NY, and his major solo presentations include Galerie Azzedine Ala.a, Paris; Whitechapel Gallery, London; 52nd Venice Biennale; TATE, Liverpool; Artangel, London; Stedelijk Museum, Amsterdam; and Serpentine Gallery, London.



CARL ROWE

Artist and Course Leader for Fine Art, Norwich University of the Arts

Carl Rowe is Associate Professor and Fine Art Course Leader at Norwich University of the Arts. Rowe studied Fine Art at Manchester Polytechnic, graduating with an MA in 1985. He has been a Senior Fellow of the Higher Education Academy since 2014 and is an HEA Reviewer at NUA. Rowe is a key member of NUA's Created and Contested Territories research group and will be submitting for the forthcoming Research Excellence Framework in 2020. Rowe is a regular contributor to Impact Printmaking Conferences as well Paradox London 2017 and Cork Printmakers 2017. He is an artist member of OUTPOST gallery in Norwich and a member of the Printmakers Council. He has an international exhibition profile specialising in printmaking, public commissions and published multiples.



NAOMI HARWIN

Artist

[Naomi Harwin](#) is an artist based in Cambridge and studio artist at Wysing Art Centre. Her sculptures, drawings and installations move through a self-generative process of translating information and images extracted from the investigation of an object. Harwin's work has been shown nationally and internationally, recent exhibitions and features include: Encounter, Wysing Arts Centre, Cambridge, UK (2020), To be an object is to possess a boundary, 1961 Projects, In Personam, Singapore (2019), Like-minded, Minimal Zine issue 01 (2019), Non-working hours, 1961 Projects, Singapore (2018), We:You,Me, Firstsite, Colchester, UK (2017), AD HOC + TRADE Swap Editions, Art Licks, SET and Castor Projects, London, UK (2017), in between things, Nunns Yard, Norwich, UK (2016) and 'O', Airspace Gallery, Stoke-on-Trent, UK (2015).



Instagram: @naomiharwin

DARREN DOWNIE

Service Improvement Advisory Member, Norfolk and Suffolk NHS Foundation Trust

Darren Downie is a former NSFT inpatient secure care service user, who spent 2 years within Northside House Medium Secure Service between 2016 - 2018. Following his time at Northside House Darren stepped down into an NSFT Low Secure Service and was eventually discharged into the community in February 2020. Darren has been an active service user and advisory group representative throughout his time as both an inpatient and community service user and has played a key role in a number of service development and quality improvement initiatives. Darren has been instrumental in the design and development of plans around the reconfiguration of the Northside House Workshop into an Arts and Social Hub. He is a huge advocate for creating spaces and opportunities for service users to develop personal, social and vocational skills as part of their recovery journey. Darren was recently appointed as a Patient reviewer with the Royal College of Psychiatrists Quality Network for Prison Mental Health.



External Links

Norwich University of the Arts (NUA)

<https://www.nua.ac.uk>

Hospital Rooms Northside House Project

<https://hospital-rooms.com/northside-house>

An exhibition of work and workshop images related to the Northside House Project

<https://artspaces.kunstmatrix.com/en/exhibition/4931771/arts-and-mental-health-facing-the-future>

A Recoverist Manifesto (print)

<https://www.artsforhealth.org/resources/RecoveristManifestoVersion1.pdf>

The Manchester Declaration

<https://www.miahsc.com/manchester-declaration>

Free Drawing School Online Challenge led by Jade Montserrat

<http://hospitalfield.org.uk/whats-on/events/free-drawing-school-online-challenge-2020-07-13/>