



**All-Party Parliamentary Group on Arts,  
Health and Wellbeing**

**Webinar on young people, co-production,  
creativity and mental health services**



**In partnership**

**Webinar  
Tuesday 17<sup>th</sup> May 10-11.30am**

**Chair: Rachel Hopkins MP, Vice-Chair of the APPG**

**SPEAKERS**

**Branching Out**

**Paula Ayliffe**, Co-Headteacher, Mayfield Primary School + Year 5 pupils

**Ruth Sapsed**, Director, Cambridge Curiosity and Imagination

**2.8 Million Minds**

**James Leadbitter**, Artist

**Clare Lovett**, Principal Project Development Officer, Culture and Creative Industries Unit, Greater London Authority

**Creative social prescribing supporting children and young people's mental health across Greater Manchester**

**Julie McCarthy**, Strategic Lead: Live Well and Creative Health, Greater Manchester Combined Authority & Greater Manchester Health & Social Care Partnership

**Greater Manchester i-THRIVE Arts, Culture and Mental Health Programme**

**Dr Katherine Taylor**, Senior Clinical Psychologist, Arts, Culture and Mental Health Programme Manager, GM i-THRIVE

**Bee U health and wellbeing service for Children & Young People, Shropshire, Telford & Wrekin**

**Jessica Roose**, Quality, Safety and Participation Lead for Shropshire, Telford & Wrekin's Children and Young People's Mental Health Team Bee-U, Midlands Partnership NHS Foundation Trust

**Katie**, member of the Midlands Partnership NHS Foundation Trust participation group

**Co-design of Social Prescribing with Child and Adolescent Mental Health Services (CAMHS)**

**Dr Daisy Fancourt**, Associate Professor of Psychobiology & Epidemiology, Director of WHO Collaborating Centre on Arts & Health, University College London

Our speakers will consider how co-production and creativity with children and young people can support their mental health and discuss how co-production has the potential to influence service design and delivery. We will hear from children and young people themselves as well as from artists, strategic leads, academics and clinicians.

Following short presentations there will be an opportunity for questions.

## **SPEAKER BIOGRAPHIES**

**Paula Ayliffe** is co-headteacher of Mayfield Primary School in Cambridge. She has taught for 36 years in both secondary schools and in primary schools. She made the move to Mayfield in 2004, first as part-time teacher, then as EYFS/KS1 lead, then Assistant Head and now co-Head. She has worked with Ruth Sapsed on the ArtScapers project with Cambridge Curiosity and Imagination since 2016. Paula is a fellow of the Chartered College of teaching and CollectivEd. She is currently a part-time student at Leeds Beckett University studying for a Masters by Research, examining the 'space' that a full-time co-headship provides.

**Ruth Sapsed** is the Director of Cambridge Curiosity and Imagination (CCI), an arts and well-being charity that cultivates creative communities in Cambridgeshire and beyond. Representing a network of artists, educators, researchers, and professionals, we share a passion for how the arts can transform lives and a belief in the power of democratic forms of community activism. CCI projects collaborate with people of all ages and backgrounds and seek to open up spaces to celebrate difference, curiosity and imagination. Our practice enables everyone to participate as active citizens, who can create and share new ideas and discover ways of being together both now and in the future.

**James Leadbitter:** The vacuum cleaner is the name of a UK based artist and activist who makes candid, provocative and playful work. The vacuum cleaner wants to find better ways to go mad. Drawing on his own experience of mental health disability, he works with groups including young people, health professionals and vulnerable adults to challenge how mental health is understood, treated and experienced. With roots in activism and radical art, the vacuum cleaner has created one-man interventions and large-scale actions as well as performance, installation and film. His work has been shown in galleries, theatres, hospitals and schools and has appeared on streets and in public spaces internationally. The vacuum cleaner is James Leadbitter. He works from his Margate studio with his dog, Doris.

**Clare Lovett** is a member of the Mayor of London's Culture and Creative Industries Unit. Since July 2019, she has led the Culture, Health and Wellbeing Programme as well as an Urbact EU funded network exploring equity of access to culture with 7 other EU cities. She has a background in participatory cultural practice, including London Philharmonic Orchestra, Hofesh Shechter Company and Spitalfields Music.

**Julie McCarthy** is Strategic Lead for Live Well and Creative Health at Greater Manchester Combined Authority and GM Health and Social Care Partnership. Live Well is a whole system approach to building on social prescribing to create a structured and consistent offer of information, support and routes into activity embedded across all GM neighbourhoods. Julie was formerly manager of the Great Place GM programme. Before GMCA, she worked with mental health charity 42nd Street to set up The Horsfall; the UK's only dedicated arts and mental health venue in the UK, and has led culture, health and social change projects in Brazil, Peru and the UK. She is the author of *Enacting Participatory Development* (Routledge 2004) @artymccarthy

**Dr Katherine Taylor** is a clinical psychologist with a research background. Kat works clinically as a senior clinical psychologist in Lancaster & Morecambe CAMHS, and leads Greater Manchester's i-THRIVE Arts, Culture and Mental Health programme. i-THRIVE is the national transformation programme of children's services, and Greater Manchester is the only i-THRIVE team with an arts and culture programme. Kat's role is to support the development, implementation and evaluation of quality arts-led initiatives in the transformation of children and young people's services across Greater Manchester, based on previous work (e.g. Arts for Health, MMU) and the history of arts for health in the city region (see report: *Art Thou Well? Towards Creative Devolution of Mental Health in Greater Manchester*). @communicatt and blog [www.artthouwell.com](http://www.artthouwell.com)

**Jessica Roose** is an Occupational Therapist and Psychological Therapist with a keen interest in making services that work effectively. She believes that by directly involving young people in this process it can make services more successful.

**Dr Daisy Fancourt** is Associate Professor of Psychobiology & Epidemiology at University College London, where she heads the Social Biobehavioural Research Group. Her research focuses on the effects of social factors on health, including loneliness, social isolation, social & community assets, arts and cultural engagement, and social prescribing. Her work includes behavioural studies, clinical trials of new psychosocial interventions within the NHS, and epidemiological analyses. From 2018-21 she was Director of the national UKRI MARCH Mental Health Research network on social, cultural and community engagement, and she is currently Director of the World Health Organisation Collaborating Centre on Arts and Health as well as a BBC New Generation Thinker and a World Economic Forum Global Shaper.