



## Creative Health Review Roundtable Mental Health and Wellbeing across the Life Course

### Speaker Biographies

**Debs Teale** is the Lead Peer Support Development Coordinator at the South West Yorkshire Partnership NHS Foundation Trust and advocate of creativity in health following her own remarkable journey. She has completed a MSc in mental health recovery and social Inclusion. She is also a member of the Social Prescribing Network and Social Prescribing Academy. Debs often does talks about her journey and this has taken her to the NHS Expo and as far as the WHO in Helsinki. Debs believes everyone has something to bring to the table, even if it is just themselves.

#### 42<sup>nd</sup> Street

The Horsfall Gallery and Creative space is part of 42<sup>nd</sup> Street, Manchester, a young person's mental health charity which offers creative opportunities for all its young people, aged between 13 and 25. Through drop-in sessions, work with professional artists and the production of performances and exhibitions, young people are provided with space to explore their creativity and connect with others. The creative process provides the opportunity to reflect on, process and externalise feelings, and to engage different parts of the brain and develop new thought processes. Their artworks can provide a way to communicate their stories and experiences with their peers and to influence decision-makers.

**David Cutler** is the Director of the Baring Foundation, an independent foundation which protects and advances human rights and promotes inclusion. The Foundation believes that everyone has a right to be creative and to take part in what the arts and culture have to offer. It provides grants to organisations working in arts and mental health and arts and older people. Prior to working at the Baring Foundation, David led the Carnegie UK Trust's initiative on young people and decision making and the DIVERT Trust, the national charity for the prevention of youth crime. He is currently a trustee of Peace Direct and a trustee of Settle Stories.

**Dr Daisy Fancourt** is Associate Professor of Psychobiology & Epidemiology and Head of the Social Biobehavioural Research Group at UCL. Her research focuses on the effects of social factors on health, including community engagement, arts & cultural activities, and social prescribing. Daisy is Director of the World Health Organisation Collaborating Centre on Arts and Health as well as a member of the WHO Technical Advisory Group on cultural and behavioural insights on health and an Expert Scientific Advisory to DCMS. She was director of the UKRI MARCH Mental Health Research Network and during COVID-19 was a member of the Lancet COVID-19 Commission and the World Health Organisation Expert Group on mental health in COVID-19.

**Kiz Manley** is a therapeutic Hip Hop researcher and facilitator. She founded Hip Hop HEALS project in 2012. They launched Glowwithflow podcast in 2020 to explore Hip Hop Therapy and became a registered Community Interest Company in 2021. Hip Hop HEALS CIC bridges the gap between Hip Hop and therapy through creative mental health interventions promoting Trauma-Informed methodologies with Hip Hop and UK Bass culture. They

challenge mental health inequalities for marginalised people including those from Global Majorities, in particular young people and men. They deliver poetry therapy-style workshops in schools, probation centres, mental health units and homeless hostels. Kiz is also a Lived Experience Champion for the Lived Experience Network and regional representative for Lived Experience on Culture, Health & Wellbeing Alliance's West Midlands Steering Group.

**Sue Stuart-Smith** is a psychiatrist, psychotherapist and author of *The Well Gardened Mind*, a Sunday Times Bestseller, listed as one of the 37 best books of 2020 by The Times and gardening book of the year by The Sunday Times. Sue worked as a doctor for many years, becoming the lead clinician for psychotherapy in Hertfordshire. She currently teaches at the Tavistock and Portman NHS Foundation Trust in London and is a consultant at DocHealth, a not for profit, psychotherapeutic consultation service for doctors. With her husband, garden designer Tom Stuart-Smith, she has created Barn Garden in Hertfordshire. *The Well Gardened Mind*, analyses the relationship between gardening and mental health.

**Professor Dame Sue Bailey** is Chair of the Centre for Mental Health and a Consultant Child and Adolescent Forensic Psychiatrist and Professor of Child and Adolescent Mental Health. Her clinical work and research centre on meeting complex needs of young people and their families, improving pathways of care and developing new interventions working in partnership with users and carers, and lobbying for rights of and better services for vulnerable young people. Through a range of elected roles at the Royal College of Psychiatrists, Sue has worked extensively on mental health and social care policy and legislation.

**Anne Longfield CBE** is Chair of the Commission on Young Lives and former Children's Commissioner for England. Anne has spent the last three decades working to improve the life chances of children, particularly the most vulnerable. She previously led a national children's charity and has also worked on the delivery of the Sure Start programme in the Cabinet Office. Anne was Special Advisor to the Lords Public Services Committee on their inquiry into public services and vulnerable children and is the Independent Chair of the NHS Children and Young People Learning Disability and Autism Board.

**Salma Yasmeen** is Deputy Chief Executive and Executive Director of Strategy and Change, South West Yorkshire Partnership NHS Foundation Trust. Salma is a mental health nurse by background and previously as Deputy Director at South London and Maudsley NHS Foundation Trust, she was responsible for the mental and physical health care of older people across four London boroughs. As a former Chief Executive of Bradford based third sector organisation, Sharing Voices, Salma implemented innovative ways of engaging black and minority ethnic communities in developing community led approaches to mental wellbeing. In her current role, Salma has a broad portfolio which includes supporting the Trust Board to set the strategy and strategic direction, including priorities for the Trust. She also leads partnerships, digital, communications and marketing team, integrated change team, inequalities, involvement and equality agenda as well as being the executive lead for our charities including Creative Minds. Salma is also a non-executive board member of a social housing provider and advisory board member for the Business School at Huddersfield University.