

TAITH



Creative Journeys
to WELLBEING



WELCOME to TAITH

"Art enables us to find ourselves and lose ourselves at the same time." — Thomas Merton, *No Man Is an Island*

CREATIVE
journeys to
WELLBEING!

This pack has been designed to support you to explore your creativity. Evidence shows that for many people being creative can support mental wellness, helping to reduce stress and anxiety, manage feelings and shift perspectives – promoting recovery, building confidence, connection and an increased sense of hope.

Being creative can be a fun way to experiment and play, distracting us from everyday worries. It can provide a great outlet for self-expression, enabling us to process and share emotions that might be hard to put into words.

Creative activities require concentration and mindfulness, helping us stay present in the moment. This focus can be meditative, giving us a break from constant thoughts and concerns, and enhancing our sense of peace and contentment.

"You can't use up creativity. The more you use, the more you have". — Maya Angelou

"To practice any art, no matter how well or badly, is a way to make your soul grow. So do it." — Kurt Vonnegut



GETTING STARTED

"Being creative helps me focus my mind to be more calm and relaxed" -
Taith project participant

You don't need to have any art skills just a willingness to have a go! There is no pressure to create a masterpiece, just an invitation to explore, relax, play and be mindful!

We hope this pack is helpful but it is not designed to replace medical or therapeutic advice – there is list of contacts and helplines at the end of the pack if you need to access support.

What's in the PACK?

"You don't have to be artistic to have a go!" -
Taith project participant

- 6 activities which offer a step by step guide to inspire you to get creative.
- Creative prompts – 5 to 10 minute mindful activities that you can weave into your day.
- Details of local groups and organisations who offer cultural opportunities so you can continue on your creative journey!
- At the back of the pack you will find some useful contact numbers to access mental health support.

1. Make a SKETCHBOOK

**Time needed -
15 minutes or longer**

Sketchbooks are a great way to be creative. You can carry them in your pocket to capture different things throughout the day wherever you go.

Materials you will need

Paper A4 / A3 or reuse paper from old maps, newspapers or wallpaper offcuts

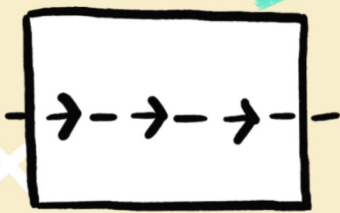
Scissors

Fabric for the cover (optional)

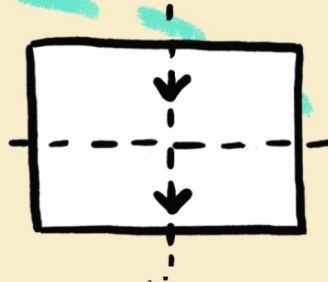
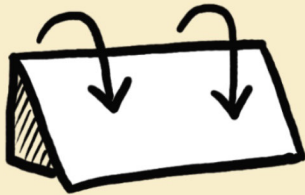
Watch a
["How To"](#)
[film here](#)



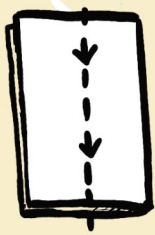
Step by step



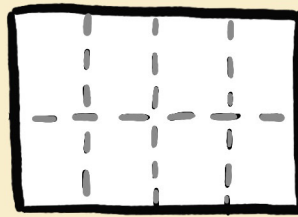
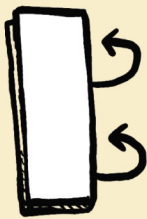
1. Fold the piece of paper **length ways**.



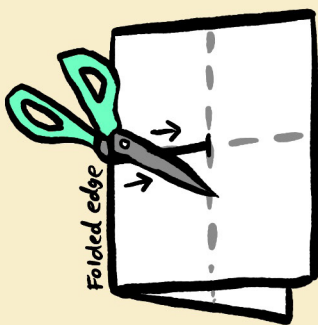
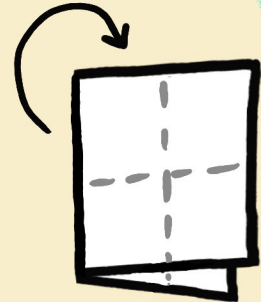
2. Unfold the piece of paper, then fold **width ways**.



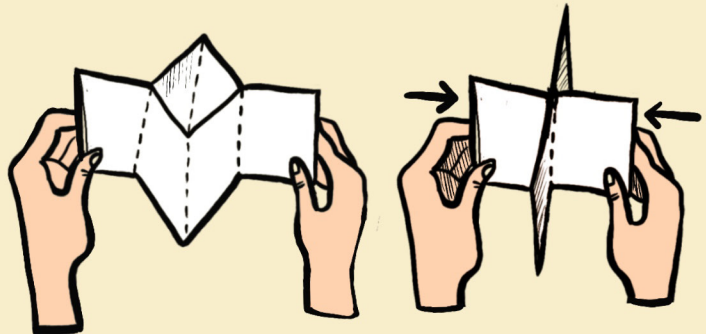
3. Keep your piece of paper folded. Then fold width ways again. Your piece of paper should be in the shape of a narrow rectangle.



4. Unfold the fold you just made. You should have 4 small rectangles on both sides (8 all together). Then fold the paper in half again **width ways**.



5. From the folded edge, cut along the crease the length of one rectangle until you reach the crease going across.



6. Unfold the ends on both sides, so you are pinching the two rectangles you have just cut between. Pull them away from each other and down to fold the book. This should create a + shape.



7. Then fold the crease on one side (you may need to try different ones to see which ones works best) so it becomes a book with pages.

Add some colour by gluing on fabric or creating a collage on the covers of the sketchbook.

To make a bigger sketchbook create multiple books this way and glue the covers together.

Why not use your sketchbook for other activities in this pack!

SHADOW DRAWING

"Great for my mental health, a great outlet for creativity & expression"
Taith project participant

**Time needed -
15 minutes or longer**

Shadow drawing is an exciting way to capture the shapes of plants and other interesting objects.

Watch a
"How To"
film here

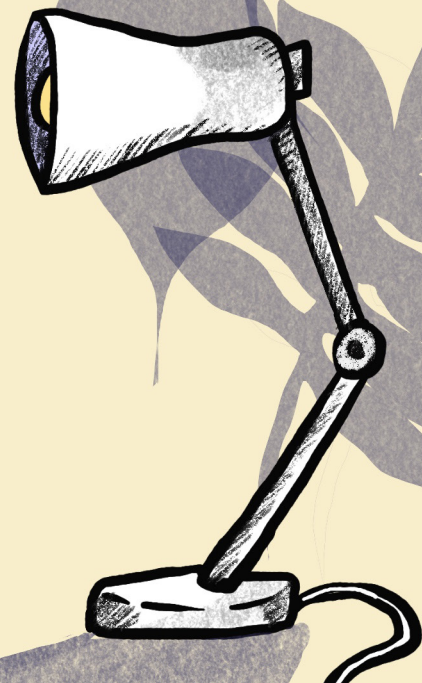
Materials you will need

Pencil/oil pastel/paints

Paper

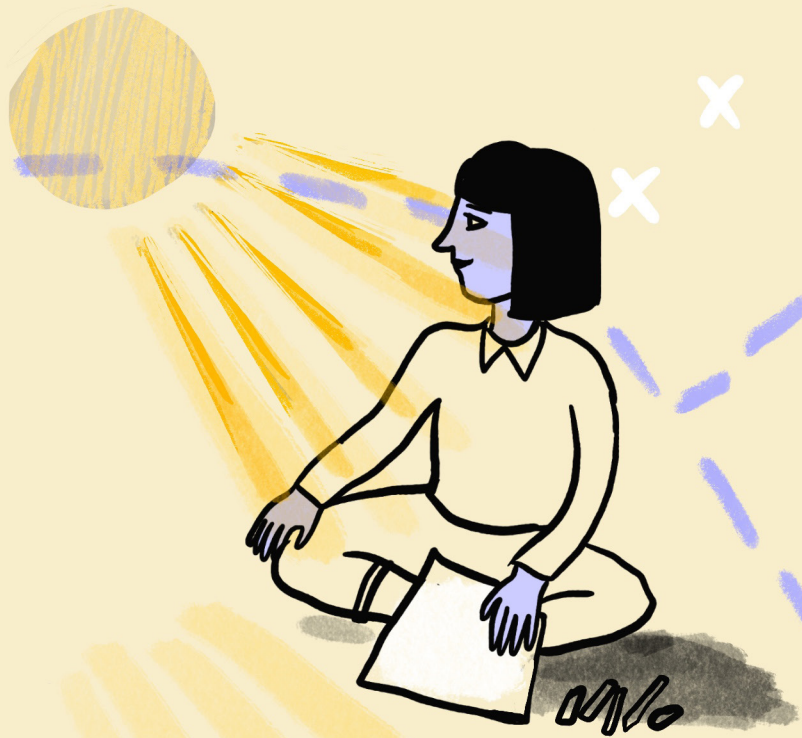
Items from nature- flowers, feathers, shells, leaves etc.

Lamp/torch (if there is no sun)



Step by step

1. Find a comfortable spot near a window or outside where the sun is shining. Or you could sit near a lamp or use a torch if the sun isn't strong enough.



2. Place the paper on the table/ground. You will need the item facing the light and the paper wherever the shadow falls.



3. Draw around the shadow. If you're outside don't worry if there is movement caused by the wind - this could create interesting effects in your artwork.



4. Experiment by overlapping the drawings and using different items, colours and art materials.



MARK MAKING TO MUSIC

**Time needed -
15 minutes or longer**

Get creative whilst you listen to music! Many artists have done this throughout history to create interesting patterns and stories within their artwork. Your piece may look abstract or you could draw what you visualise in your mind as you listen to the music – perhaps particular shapes or colours.

Explore 'mark making' - experiment with different patterns, lines, textures and shapes without worrying about the end result.

Materials you will need

Pencils, oil pastels/
paints/pens (you could
use multiple colours)

Paper

Music to listen to
throughout the activity



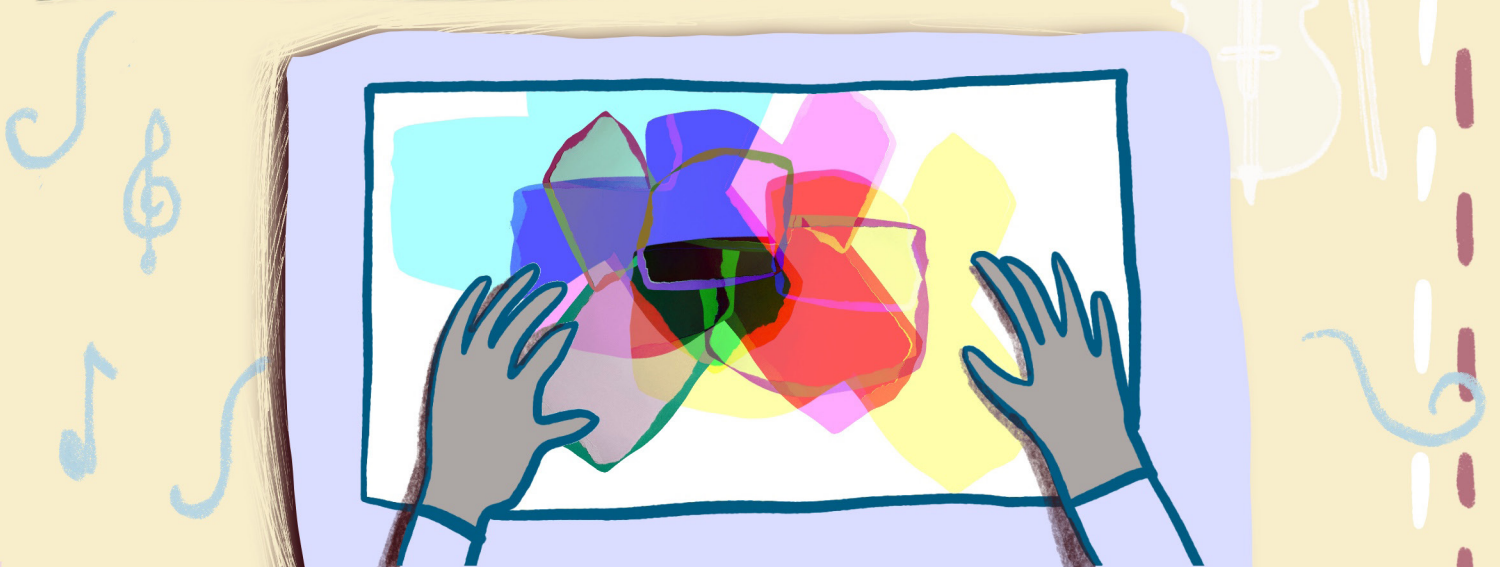
Step by step

1. Choose a piece of music to listen to; this could be anything you like. Classical music is good for this activity, as there are multiple instruments that create different sounds.

2. Sit comfortably and have your piece of paper and chosen materials in front of you. Listen to the music. Closing your eyes may help you visualise what you are hearing.

3. Try moving your hand to the music, as though your hand is dancing on the paper. How does it make you feel - does your artwork reflect what you can hear? Is there a story to the piece of music?

4. You could make a collage from your drawing, by cutting up or ripping certain sections of the paper to create a design with the pieces in your sketchbook.



CREATIVE COLLAGE

**Time needed -
30 minutes or longer**

A great way to reuse some fabrics offcuts, magazines, card and paper is to create a collage.

Materials you will need

Card, fabrics - offcuts, paper with interesting textures.

Cardboard for base.

Items of clothing or old pillowcase

Scissors

Natural materials – i.e leaves, twigs

Glue

Sewing needle & thread (optional)

Pens (optional)

Recycled household items (old packaging, foil, shiny plastics, cling film etc.)



Step by step

1. Decide on the base for your collage. You could use a piece of material, card, paper or your scrapbook.
2. Choose your materials (i.e fabric, card, magazine cuttings, natural, recycled items, etc.) and cut them into pieces.
3. Explore the different textures, patterns and shapes to create a new image – maybe a landscape, an animal, plant or create interesting abstract patterns.
4. Place the cut materials onto your base. Play around with the position of the pieces.
5. Attach the pieces by using glue or sewing them.
6. Add detail and texture to your artwork. You could do this by drawing or stitching in interesting colours and adding recycled materials. Don't be afraid to add layers and overlap images.



CREATIVE JOURNALLING

"It has helped me put aside a little time each week just for me without feeling guilty."
Taith project participant

**Time needed -
30 minutes or longer**

Journaling can be fun and a creative way to declutter the mind and process the day.

Materials you will need

A scrapbook / sketchbook

Glue

Pencils / Pens

Items you collect from your day

Magazines



Step by step



1. Over the course of a day collect items such as receipts, bus tickets, wrappings from something you have eaten or even leaves and flowers.

2. Gather the things you have collected and explore placing and gluing them onto a piece of paper/sketchbook.

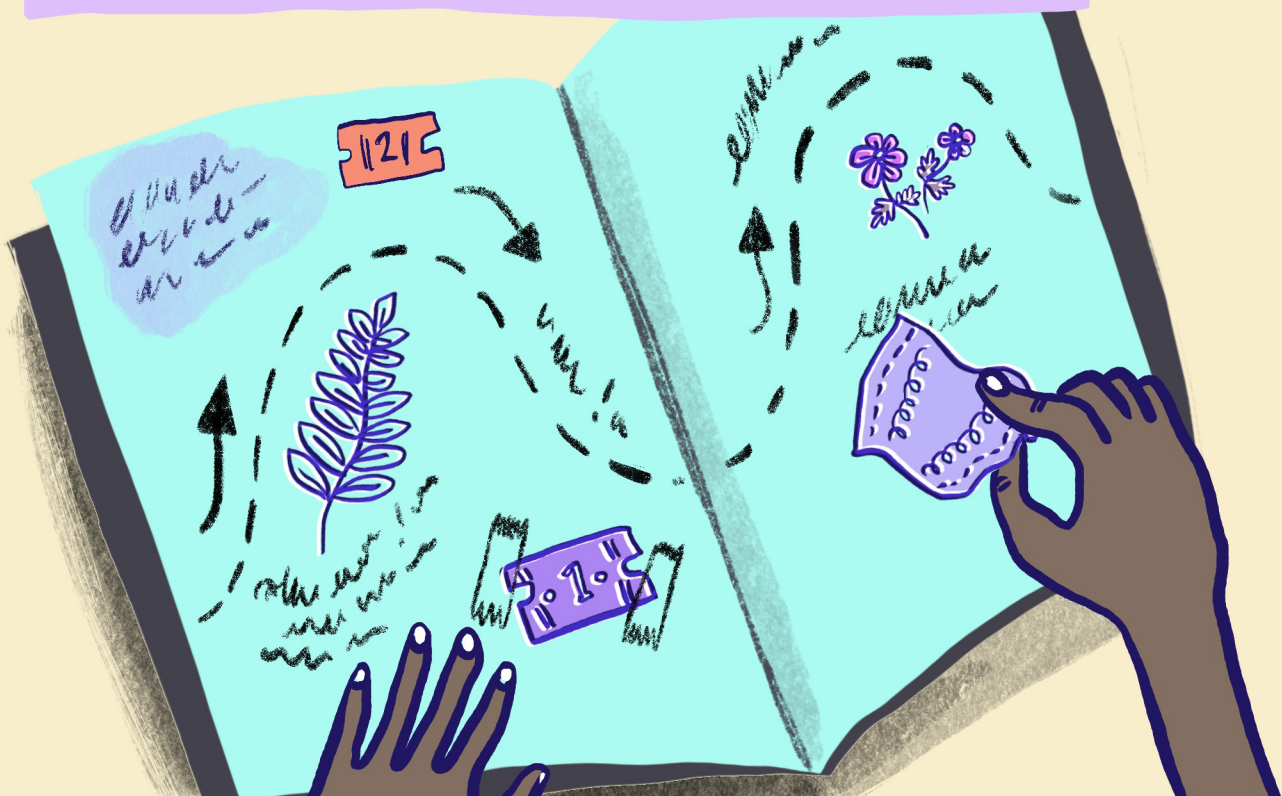
3. You could then write / add words around these things:

Your thoughts or feelings at the time?

Think of 3 things that you are grateful for (these could be anything, big or small)

Make a squiggly line of the route you took similar to a map

4. You can keep it simple or add in additional materials such as pictures from magazines or drawings.



CREATE WITH NATURAL MATERIALS

Watch a
"How To"
film here



**Time needed -
30 minutes or longer**

Notice and connect with nature and seasonal changes by gathering natural materials to create a temporary artwork. You could go for a walk or you may find materials closer to home.



Materials you will need

Natural found items which could include:
pebbles / shells / seaweed / sand / grasses /
leaves / flowers / twigs / pinecones / acorns

Step by step

1. Gather your natural materials and find a peaceful place outdoors.

2. Choose an item to place at the centre of your creation and then place other materials - moving outward from the centre until you have created a design.

3. Create a pattern with colours or shapes until you feel your design is complete. Make it big or small - simple or complex.

4. Take a photo as a record, leaving your artwork behind for other to discover and enjoy!



CREATIVE PROMPTS

Short creative activities

1. While on a walk, this could be in built up areas or in nature, notice the different shapes and patterns around you. You could take some paper or a sketchbook to sketch the things you see.



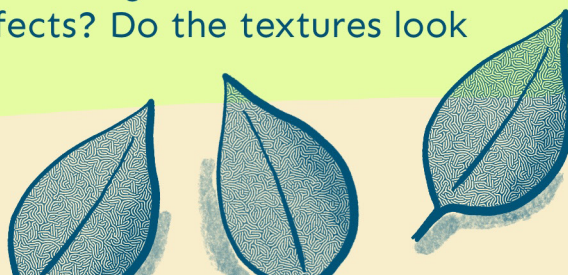
2. Find something with a texture in your home or outdoors. A brick wall, bark on a tree, leaves, shells or anything else you can find. Take rubbings of the texture by placing a piece of paper over the texture and rubbing a pencil, crayon or oil pastels over it. Maybe you could use this in your collage or add to your creative journal?

3. Close your eyes and listen to the sounds around you, can you hear birds singing? Is there wind or rain? What else can you hear? Could you draw how these sounds appear in your mind? Does the wind remind you of swirls going through the trees? Does the rain sound have a pattern?



4. Fill a glass of water and put it in strong direct light. Look at the beautiful reflections the sun creates through the water. Take photos of the reflections, make sketches or trace the patterns.

5. Take photos of something close up on your phone or camera, zooming in and focusing on the details. Can you create interesting effects? Do the textures look different close up?



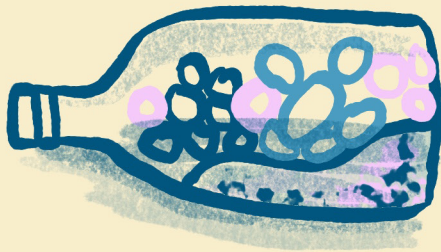
6. Take a sketchbook / notebook with you to an art gallery or museum. What do you like that's on display? What colours and shapes can you see in the space? Draw or write about your experience. It's ok not to like what is on display.



7. Be inspired by nature, visit the beach, watch a sunset or sunrise. Notice the colours and shapes in the sky. Could they inspire a new artwork? Notice how the colours change during the different seasons.



8. Observe and notice life in the natural world - a bird, a spider in its web, butterflies, woodlice or ladybirds. What is it doing, what colours and shapes does it have?



9. Make a sensory bottle. Fill any empty bottle with beads, sand, or water. Explore different sounds, textures and movements. These could create calming sounds to help you relax.

10. Look around you and notice three colours that you find calming or uplifting. What words or feelings do you associate with them and how do they make you feel?



11. Need some inspiration? Visit your local library (details below) and borrow a book of uplifting poetry or on art / crafts to explore a new technique. The library staff will always be happy to help you find what you are looking for!



12. Use your hands to play with clay (or you could use plasticine, Play Doh or even Blu Tack) and create something without looking. Use touch as a way of creating instead.



BUILDING CONNECTION

You could do the activities in this pack by yourself, with other people or as a group. Share your creations and ideas with others, by taking the pack or your artwork along to meetup events such as Conwy Mind's Coffee Mornings or drop in to your local Library - where you are welcome to spend time.

Social Media

Please share your creations with others by using our hashtag **#taithconwy** on Facebook and Instagram or share them with Conwy Mind's social media pages

Instagram: @conwymind
Facebook: Conwy Mind

Keep in touch:

Conwy Mind
Unit 5325,
First Floor,
North Wales Business Park,
Abergele LL22 8LJ

01492 879907
info@conwymind.org.uk
www.conwymind.org.uk

Conwy Culture
01492 576139
Creu@conwy.gov.uk
www.conwyculture.com

"When I am being creative,
I feel less anxious,
I lose myself in the
artwork and I feel more
hopeful and happy"
Taith project participant.



CONTINUE YOUR CREATIVE JOURNEY

There are many cultural venues that are free to visit locally. They offer the chance to be inspired, connect with others and often host exhibitions and creative workshops/activities (sometimes these are free and sometimes a cost may apply).

Places in Conwy to visit (note that opening hours may vary and details may change so it is a good idea to check before visiting):

Galleries

- Royal Cambrian Academy (Crown Lane, Conwy, LL32 8AN) - rcaconwy.org
- Mostyn (12 Vaughan St, Llandudno LL30 1AB) MOSTYN - mostyn.org
- Ffin y Parc (Trinity Square, Llandudno LL30 2RH) - welshart.net
- Oriel Colwyn (Upstairs at Theatr Colwyn, Abergele Road, Colwyn Bay, Conwy, LL29 7RU) - orielcolwyn.org
- The Peculiar Gallery (40 Market St, Abergele LL22 7AA) - www.facebook.com/ThePeculiarGallery

Museums & Archives

- Penmaenmawr Museum (The Old Post Office, Conwy Old Rd, LL34 6UU) - penmaenmawrmuseum.co.uk
- Sir Henry Jones Museum (Y Cwm, Llangemyw, Abergele, LL22 8PR) - www.amgueddfasyrhenryjones.org.uk
- Conwy Museum and Archives (Conwy Culture Centre, Town Ditch Lane, Conwy, LL32 8NU) - <https://conwyculture.com/visit-culture>
- Llandudno Museum & Art Gallery, 17 - 19 Gloddaeth St, Llandudno LL30 2DD (entrance fee applies) - llandudnomuseum.co.uk

Libraries

- Conwy libraries (Abergele, Colwyn Bay, Conwy, Llanrwst, Llandudno, Kinmel Bay, Llanfairfechan, Penmaenmawr, Penrhyn Bay and Uwchaled) - conwylibraries.com

Community Arts Venues

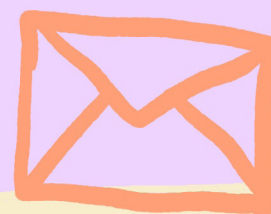
- TAPE (Community Music and Film, Berthes Rd, Old Colwyn LL29 9SD) - tapemusicandfilm.co.uk
- Golygfa Gwydyr (Plough Fld, Llanrwst LL26 0AG) - golygfagwydyr.org
- The Lost Sheep Company (20 Conway Road, Colwyn Bay, Conwy, LL29 7HS) - thelostsheepcompany.co.uk
- The Kind Bay Initiative (52 Sea View Rd, Colwyn Bay LL29 8DG) - facebook.com/thekindbayinitiative
- North Wales Creative Stitchers (Parkway Community Centre, Rhos-on-Sea) - facebook.com/northwalescreativestitchers/
- Ink (7 Abergele Rd, Colwyn Bay LL29 7RS) - inkgallery.co.uk
- The Bay Gallery (BayView Shopping Centre, Sea View Road, Colwyn Bay, Conwy, LL29 8DG) - facebook.com/BayGallery

Conwy's Community Wellbeing Team produce programmes of activity and can let you know about activities that might be of interest:

01492 577449

stayingwell@conwy.gov.uk

[Community Wellbeing Team - Conwy County Borough Council](http://CommunityWellbeingTeam-ConwyCountyBoroughCouncil)



ADVICE and SUPPORT

This resource is designed to support wellbeing but it is not a replacement for medical advice or treatment. If you are struggling with your mental health please speak to your GP or call any of the contact numbers below:

NHS Medical helpline

Phone: 111 and choose option 2
For non-emergency medical advice

Mind Info Line

Phone: 0300 123 3393
Email: info@mind.org.uk
Provides information on a range of topics from types of mental health problems, where to get help, medication, and alternative treatments, alongside advocacy.
Operates between 9am to 6pm, Monday to Friday (except bank holidays.)

Samaritans

Phone: 116 123
Freephone number 24/7, 365 days a year. A listening service where they can talk you through troubles, concerns, and worries.

Shout

Text: 85258
24/7 texting service for anyone in a crisis, anywhere, anytime.

Community Advice & Listening Line (C.A.L.L)

Phone: 0800 132737
Community Advice & Listening Line gives support and information to those suffering from mental health conditions, their relatives, and friends. 24/7 365 days a year.

Community Mental Health Team Conwy

Phone: 03000 850 049

Mental Wellness Team (Conwy County Borough Council)

Contact via Conwy Access Team:
Tel: 0300 456 1111
Fax: 01492 576330
E-mail: wellbeing@conwy.gov.uk

Aberconwy Domestic Abuse Service

Phone: 01492 872992
Local support for those suffering from domestic abuse.

CALM

Phone: 0800 58 58 58 (5pm – midnight, 365 days a year) or use [webchat](#).
Offers support for men in crisis.

Papyrus

Phone: 0800 068 4141 (9am – 10pm weekdays & 2pm – 10pm weekends and bank holidays)
Papyrus is the UK charity for the prevention of young suicide.

"Learning simple techniques
how to make something
from nothing has really
helped build my confidence.
I can do this!"

Taith project participant



We'd love to hear from you - if you have any feedback on this pack please get in touch:

creu@conwy.gov.uk / 01492 576139

Taith: Creative Journeys to Wellbeing was delivered in partnership with Conwy Mind, Conwy County Borough Council's Culture, Libraries & Information Service and Mental Wellness Team with Lead Artist Katie Ellidge.

The project has been funded through Arts Council of Wales' Arts, Health and Wellbeing Lottery Fund; and delivered as part of Creu Conwy's [Creating the Spark, a Cultural Strategy for Conwy County Borough](#), which has been funded by UK Government through the Shared Prosperity Fund.

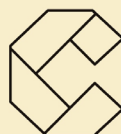
Mae'r ddogfen hon hefyd ar gael yn Gymraeg.



Wedi ei ariannu gan
Llywodraeth y DU



Funded by
UK Government



You can use these pages for notes or cut out for use in your creative projects

