

Creating Wellbeing Project information Summer 2009

Arts activities and contacts

Oldham Arts contact – Rachel Wood 0161 770 4638

Annual cultural events and festivals a music service for local children and Oldham Theatre Workshop provide a wide range of creative opportunities www.oldham.gov.uk/community/arts.htm

www.galleryoldham.org.uk has a programme of changing exhibitions incorporating Oldham's extensive art, social and natural history collections, touring work, newly commissioned and contemporary art, international art and work produced with local communities.

Other arts venues include [Saddleworth Museum](#) and Art Gallery, the [Coliseum Theatre](#), the Grange Arts Centre and the Sixth Form College Theatre

Rochdale Arts contact - Beate Mielemeier- 01706 926238

www.link4life.org/artsandheritage

The Arts team at Link4Life offer a wide range of creative and cultural opportunities ranging from dance, circus, youth theatre and music workshops to Touchstones Art Gallery exhibitions.

The team also organise cultural and arts and health events and projects in Rochdale, find details of what is happening online at TakepART calendar and What's On Touchstones on the link4life website or telephone the arts team.

Stockport Arts Contact –Art Gallery 0161 474 4453

The Stockport Arts and Cultural Events Team provide opportunities to experience the arts across Stockport through street festivals, art focused events and workshops. This work includes dance and performance workshops, writing, singing and live music, an extensive programme of visual arts and craft activity and a rolling programme of exhibitions at the gallery and community venues. The Stockport Art Gallery exhibition programme is available at : www.stockport.gov.uk/artgallery

The Arts and culture Team also coordinate :Battle of the Bands and Stockport Has Got Talent.

Trafford Arts contact Robina Sheikh 0161 912 4057

4 Weeks of Culture 7th June – 12th July promotes and celebrates the exciting and diverse range of cultural activities and events taking place across Trafford. Telephone 0161 912 4057 for a guide.

Regular activities at Waterside Arts Centre include Wild Colours - art group for all abilities, Future Visions Opening Doors - drama for adults with learning disabilities, Dance Discovery – Older People's dance class and adult integrated dance workshops with Touchdown Dance.

www.watersideartscentre.co.uk/Participate.asp or telephone 0161 912 5616.

Events and activities similar to these take place regularly throughout Trafford, through dedicated and committed organisations and individuals. If you require any further information on cultural events in Trafford, visit www.trafford.gov.uk/events
www.trafford.gov.uk/communitygroups

Project information - Mental Health contacts

Oldham Mental Health contact – Neil Fallon 0161 621 7139

www.penninecare.nhs.uk/ mental health and specialist substance misuse services for the Boroughs of **Oldham**, Bury, Rochdale, Stockport and Tameside & Glossop. PALS coordinator Lillian Yates 0161 604 3178 (PALS – Patient Advice Liaison Service – confidential advice and support to patients, families and their carers, and can provide information on the NHS and mental health related matters)

Rochdale Mental Health contact - Shabnam Sardar 0161 655 7453

www.penninecare.nhs.uk/ mental health and specialist substance misuse services for the Boroughs of **Rochdale**, Bury, Oldham, Stockport and Tameside & Glossop. PALS coordinator Lillian Yates 0161 604 3178 (PALS – Patient Advice Liaison Service – a first point of call to ask about mental health services)

www.hmr.nhs.uk/yourhealth.aspx?page=72 contact details for mental health campaigns and books on prescription

www.rochdalemind.co.uk

One to one support to people experiencing mental health problems in hospital or in the community Tel: (Office) 01706 345264

Information Line: 0844 894 0180 Lines open from Monday to Friday 10.00am-12.00pm and 1.30pm - 3.30pm.

Stockport Mental Health contact – Elysabeth Williams 0161 426 5034

www.swellbeing.org.uk a single port of call mental health and wellbeing website for people in Stockport listing local services and projects including creative activities.

Arc www.artsforrecovery.com is an independent charitable organisation in Stockport which runs a substantial programme of creative activities for people recovering from psychological and emotional distress living in the local community. Arc members and volunteers have opportunities to gain social and creative skills and develop career opportunities.

Facilities include a spacious art studio, learning lounge, internet café, design lab and the Arc Community Gallery. Arc Media, a design service with a difference, aims to offer socially excluded people the chance to acquire new skills and develop new and life changing career pathways.

Arc undertakes an extensive programme of community outreach projects, including collaborations with Stockport Art Gallery, Continuing Education, CAMHS and Stepping Hill Hospital.

Contacts: Michael Anderson on 0161 968 1800, Jacqui Wood 0161 480 7731

Trafford Mental Health contact – Helen Darlington 0161 873 6036

www.bstmht.nhs.uk/C13/Trafford/default.aspx Greater Manchester West Mental Health NHS Foundation Trust provides district mental health services in **Trafford**, Bolton and Salford. Jonathan Roberts, PALS Manager 0800 587 4793 (Patient Advice Liaison Service, confidential advice and support to patients, families and their carers, and can provide information on the NHS and mental health related matters)

www.bluesci.org.uk blueSCI is a not-for-profit organisation in Old Trafford which promotes wellbeing through social engagement and creative opportunities. blueSCI is passionate about the role cultural engagement can play within a Mental Health service user's recovery and provides a range of

creative opportunities and practical advice related to the person's aspirations for recovery. Telephone 0161 912 4828.

A range of facilities include an internet café, art gallery and music studio, offering regular activities including visual arts, complimentary therapy, music, dance, poetry, computer skills, health an exercise.

National Metal Health Websites

www.mentalhealth.org.uk

UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.

www.mind.org.uk

An independent adult mental health charity that offers friendly, accessible support and information to promote wellbeing.

www.nhs.uk/livewell/mentalhealth/pages/helplines.aspx

NHS choices website, list of mental health helplines.

www.bbc.co.uk/health/conditions/mental_health/

BBC website providing support advice and information on all aspects of mental health.

<http://www.time-to-change.org.uk> a national anti-stigma campaign to create a public debate around mental health problems

