



History

- 1988 Studio Upstairs founded by Douglas Gill, Claire Manson and Jo Hill.
- 1996 Studio Upstairs became a registered charity.
- 2000 opened a new studio in Bristol.
- 2016 Croydon studio opens.
- 2018 30th anniversary celebration

You can read more about our story here: https://www.studioupstairs.org.uk/our-story

Current activities - 2025

- Studios in Bristol, Croydon and Dalston
- Studio group in Mitcham
- Exhibitions
- Workshops
- Partnership projects
- Workplace wellbeing workshops



Croydon Studio

Studio Upstairs, CVA Resource Centre, 82 London Road, Croydon, CRO 2TB

- Short walk from West Croydon Train and Bus & Tram stations.
- 15 minute walk from East Croydon Train station.
- Step free access and accessible toilet facilities.



Other Studio Locations







Bristol Dalston Mitcham

The Studio Model

Studio Upstairs is both an art studio and a supportive community environment where:

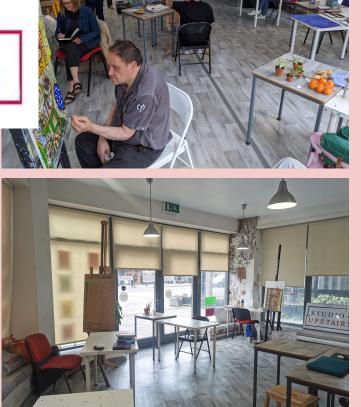
- Everyone is supported to work as individuals.
- Art practice is the vehicle for improving wellbeing.
- Support is facilitated by trained art therapists in the role of the Studio Manager.





STUDIO UPSTAIRS













Exhibitions and Workshops



Joining the Studio

- 1) Fees and funding
- 2) Once funding is confirmed:
 - Initial visit 30/45 minutes, see the studio and meet the Studio Manager.
 - Trial Day Experience a day in the studio.
 - Decision to attend regularly set a start date and complete forms and set goals for time in the studio.

We cannot offer placement for people with the following as they are unlikely to benefit:

- Significant psychosocial or physical health factors which prevent engagement in regular psychological therapy
- Active risk of harm to self/ current suicidal intent or a recent suicide attempt, or still in crisis
- Active risk of harm to others or recent history of violence
- Active symptoms of psychosis or manic/hypomanic episodes
- Personality traits that would make engagement with the Studio difficult for the other members
- Drug and alcohol misuse at a level of misuse likely to prevent engagement with the studio community
- Where ongoing home visits are required



Contact Studio Upstairs

Email - southlondon@studioupstairs.org.uk

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