

An abstract painting with a vibrant, expressive style. The background is a mix of warm colors like orange, red, and pink, with cooler tones of blue and green. Dark, swirling, and branching shapes in black, blue, and green are layered over the background, creating a sense of movement and depth. The brushstrokes are visible and energetic.

STUDIO UPSTAIRS

**Supporting people on their creative and
personal recovery journeys.**

**Therapeutic art communities in
Bristol, Croydon, Dalston and Mitcham.**



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, CR0 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

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