

# Information Sheet for Referral Agencies



## Wellbeing and Recovery Through Creativity

- **What is the main service offer?**
  - Therapeutic art studio group in the established Studio Upstairs model
  - Facilitated by 2 studio managers per group, HCPC registered, clinically supervised, trained as Art Therapists and artists
  - Organised forums, outings, events, publications and exhibitions
  - Regular individual reviews of set goals
  - Shared reviews of artwork and group feedback
  - Opportunities for volunteering, exhibiting and learning skills in this area
  - Art materials, specialist equipment and training to use them
- **When:** one or two days per week, for 3-6 months+, up to 6 hours per day, 10am -5pm

### Outcomes\*

- **Improved mental health**
  - Reduced use of mainstream health services
  - Setting and achieving of own personal goals
  - Increased capacity for self-reflection and constructive self-evaluation
  - Reduced risk of deterioration and self-harm
- **Reduced isolation**
  - Increased social interaction and relationships - new peer network
  - Increased sense of belonging and meaning in life
- **Increased skills, agency and confidence**
  - Increased awareness of self in relation to others
  - Greater understanding of interpersonal communication/interaction
  - Increased sharing and negotiating skills
  - Increased creative expression
- **Who is this service for?**
  - Adults 18+ interested in creative arts, living with wide range of mental health conditions and on their recovery journey
- **Cost (2023)**
  - £78 per session through either NHS Care plan or Adult Social Care support
  - £68 per day session on standard level of PIP, £78 per day on enhanced
  - £31 per day if not eligible for above, on low income and self-funding (limited places dependent on funding and initial assessment)

Please check [www.studioupstairs.org.uk](http://www.studioupstairs.org.uk) for other services we occasionally offer either remotely or in person. You can use the [online referral form](#) or

Email: South London: [southlondon@studioupstairs.org.uk](mailto:southlondon@studioupstairs.org.uk) Phone: 020 8616 5440

North London: [londonstudio@studioupstairs.org.uk](mailto:londonstudio@studioupstairs.org.uk) Phone: 0207 503 1330



## Information for Potential Studio Members

**Studio Upstairs is a community of people with a shared love for arts practice. Members attend the same weekly group for the whole day and create artwork alongside peers. People have different challenges with their mental wellbeing, though our focus is on the art. Each group is overseen by two artists who are also art therapists - Studio Managers.**

### Why Join Studio Upstairs?

#### **TO CREATE & LEARN:**

You will have one day per week in the studio to make art. You can use the shared art materials as well as bring your own. You will learn new techniques at workshops from guest artists and peers. There are organised visits to galleries and museums.

#### **TO FIND MEANING & GROW:**

The Studio Managers are available to listen and support you to achieve your goals. By regularly immersing yourself in a supportive and creative environment, you can develop your art practice in a supportive, therapeutic environment.

#### **TO SHARE AND BELONG:**

The regular group provides an opportunity for socialising and connecting with a community of creatively minded people. You can share your art with the group with the option to participate in exhibitions, publications or to sell work in the online shop.

**TO CONTRIBUTE:** There are volunteer roles to take responsibility for the studio.

*“Studio Upstairs helps me to express myself creatively and provides me with a welcoming and supportive community”. (Studio Member)*

**Join the community art studio to improve your well-being and recharge your creativity!**

### How to Join

- Get in touch with us and book an initial visit to see how you feel about the Studio
- Consider the funding options available to you or decide to self-fund
- Sign the membership agreement and receive confirmation of your start date

### Cost (2023 FY)

- £78 per day session through either NHS Care plan, Adult Social Care or in receipt of higher level of PIP; £60 per day session on standard level of PIP, £78 per day on enhanced level of PIP
- Those who are not eligible for above, are on low income and self-funding can apply for subsidised places (limited availability, depending on funding and initial assessment)

To find out more, please visit [www.studioupstairs.org.uk](http://www.studioupstairs.org.uk)