



## Northern Heartlands Social Prescribing Call for Artists

We are looking for experienced participatory artists to run workshop sessions as part of our social prescribing strand of activity.

### BACKGROUND

Northern Heartlands has previously received funding from National Academy for Social Prescribing and Arts Council England from their 'Thriving Communities' fund. This was the start of our social prescribing work which we continue to deliver, most recently in Bishop Auckland with plans to extend to other areas such as Coundon and Evenwood.

Social Prescribing is part of the NHS's Universal Personalised Care strategy and aims to connect people with practical and emotional support in their community that could help to improve their mental and physical health. GPs refer patients to a Social Prescribing Link Worker, who spends time with the person and tries to match them with support and activities for their needs and interests. Our creative social prescribing sessions are open to anyone, so participants can and do self-refer as well.

### WHAT WE ARE LOOKING FOR

- Creative practitioners who can offer us activities suitable for a wide range of ages and abilities.
- Activities that can help increase well-being and improve mental health
- Artists who can be responsive to the needs or particular requests of participants
- A minimum of 4 weeks of delivery (one session/week/group) which could be self-contained sessions or sequential/cumulative

Whilst the aim is to increase well-being, these sessions are not intended to be art therapy. Sessions are light-hearted and participants are not necessarily required to join in with the activity – it's important there is no pressure!

We are particularly looking for craft-based and making activities.

There will also be a workshop "host" present at every session who will be responsible for making participants feel welcome, helping them with the creative activity and supporting with necessary paperwork and form-filling as needed.

### REQUIREMENTS

You will have the following qualifications:

- at least three years' experience in delivering participatory arts activity (in any artform)
- Experience of working with adults over the age of 16.
- Ideally some experience of working with adults dealing with mental health issues.

### RATES OF PAY

The fee for delivery of one half-day session is £125.00 plus £20 per session for materials. This includes 2 hours delivery, plus set-up, get-out times and travel. No further expenses are payable.

### TO APPLY:

Please submit a covering letter to include the following:

- Why you would like to be considered for the work
- Your artistic practice and examples of previous workshops you have delivered
- The title/s and a brief description of each workshop (session) or group of workshops (sessions) you would deliver
- The names of two referees
- Confirmation that you have Enhanced DBS certification
- Together with a copy of your CV and up to 3 examples of your previous work.

If you have any queries, please get in touch by emailing [info@northernheartlands.org](mailto:info@northernheartlands.org)

We look forward to hearing from you.