

Health and Wellbeing through creative media

Superbee Community Studio



Community Interest Company: 11900414

within Newark & Sherwood and across the
East Midlands

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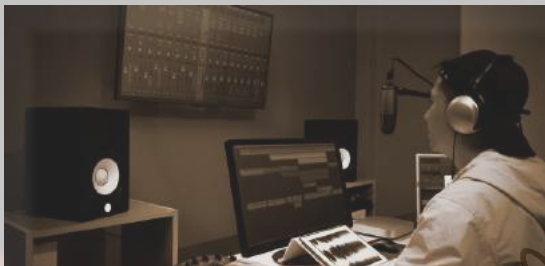
07729-907805

For around fifteen years, **Shirley Novak** and **Andrew Banfield** have facilitated various music based sessions using music technology, film and photography to help communicate and express feelings through the timeless medium of creative therapies.

Together they have devised and delivered sessions to adults and young people with mental health difficulties making clear and accessible pathways for anyone with an interest in music to access it on their own terms and in their own way.

The Sessions

Superbee Community Studio runs two, four, or six-hour sessions putting creative media at the core, making it more accessible than conventional therapies. As well as specific sessions, we provide a drop-in for people to come and socialise around music, photography and film, play together, work together, share skills and relax - signposting to other agencies when it is needed, creating a hub, based around a safe environment.



Superbee Community Studio wants to promote positive physical and mental health wellbeing through creative learning, providing quality education, training and social enterprise initiatives that enable people, however young or old, to overcome barriers, fulfil their potential and participate fully in their community using creative media as a means of therapy and communication.

At Superbee Community Studio, we demonstrate flexibility, imagination, partnership and connection, believing in the power of creative media (music, photography and film) to transform lives and that everyone should have the chance to express themselves in this way. Superbee Community Studio gives people the opportunity to gain independence, develop an insight into skills, hone talents and offer a chance to engage in a tangible, safe and accessible way.

Superbee Community Studio is ideally situated, tucked away in Old Ollerton and in between Nottingham and Lincoln, set in the beautiful surroundings of the Nottinghamshire countryside just outside Sherwood Forest. Superbee Community Studio wants to be available to 'all', and serves Newark and Sherwood primarily, but wants to make itself available to anyone in the East Midlands who needs support accessing creative therapies in this way.

The participants can be signposted to our partners for supportive listening, information, crisis and peer support as well as benefiting from the socialising aspect of coming together with likeminded people to enjoy music and creative media in a safe space.

Poor health and wellbeing can be a barrier to participation in community involvement. However, involvement in the Superbee Community Studio sessions can link people back to their community providing pathways to self-expression, recreation, training, retraining and employment. These sessions will be an effective way to engage, educate and promote a positive health message. Engagement in creative media provides the opportunity to come together and share experiences, which can be healing and transformative, and has a knock on effect through family life.

Music-making and creative media has huge personal impact and benefits. It makes people feel happier, calmer and more confident. Superbee sessions give people struggling with their mental health a voice, helping them to feel that their opinions matter and their actions make a difference.



The sessions also help people to develop practical personal skills vital for the work place and school, (literacy, language and numeracy), planning and problem-solving. Simple but important things like learning to turn up on time and stay motivated; knowing how to find a job and who to ask for help.



Studies show us that the wider benefits of creative media sessions are general health, (fewer stress-related visits to the doctor's, improved short-term memory etc.), emotional, (improved mood/affect, better overall psychological well-being) and social, (improved social and linguistic behaviour). We know that socialising through creative media can alleviate feelings of depression, lower stress, and improve mental functioning.

Being creative with music technology, for example, provides an opportunity to develop confidence and self-esteem, address issues that are preventing recovery, learn new skills and provide a pathway to increased involvement within the community.

One of our projects: Let Summer Come

In 2017 and as part of her role as CEO at Newark Mind, Shirley was successful in obtaining funding through The National Lottery to develop a flexible, creative working model of recovery from mental health issues, by working closely with professional musicians and industry standard equipment to produce an album of original lyrics and music.



The project involved creative song writing, working with the existing service users reflecting on experiences of mental health side-on and by using music production techniques to tell a story.

Each person who accessed the services at Newark Mind had a unique and moving story around their journey through mental health including anxiety, bereavement, brain injury, substance abuse or/and a genetic disorder. We found subtle and understanding ways to tell their stories through guiding the discussions, introduced exercises and activities to draw out these experiences and turn them into poems, which in turn developed into lyrics for songs, and inspiring instrumentals.

The finished album 'Let Summer Come' is a bespoke album, professionally recorded by professional musicians and singers, capturing these stories and turning them into accessible genres of music. The aim was to give the participants the chance to produce something to be proud of, and in turn raise their confidence and increase teamwork and communication skills, and also raise awareness of what it's like to live with a mental health difficulty from those who know. (www.letsummercome.com)

Superbee Community Studio aims to

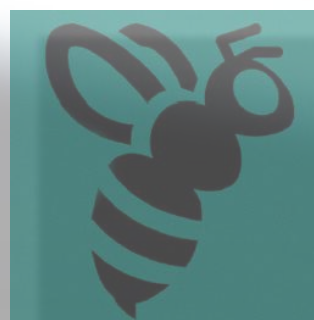
- Increase health and wellbeing amongst all vulnerable groups
- Increase IT and communication skills
- Teach people to incorporate creative therapies as a health and wellbeing strategy in their own lives
- Facilitate self-expression and promote psychological growth
- Encourage communication to deal with feelings
- Promote interaction between participants through creative therapies, working as a team with like-minded people (peer support)
- Engage people of all ages in positive activities
- Encourage musical, social, personal and educational development
- Focus on self-expression and resilience
- Acknowledge complex needs through tailored programmes
- Give people a chance to learn something new
- Support people to become less socially isolated
- Boost confidence levels
- Help people to meet and make new friends and develop new skills like write and record their own music, podcasts and/or film

We provide tailored sessions for individuals and groups, work in partnership with education providers, arts organisations and others, to ensure we meet our participants' needs, focusing firmly on nurturing and developing creative ability, exploring, testing and using technology in imaginative and innovative ways to create and extend access to music. We offer people a chance to become involved on their own terms, presenting them with a real choice of how they want to be involved and finding ways in which music can be used to enhance their lives.

Useful Links

www.superbeecomunitystudio.co.uk

www.scnmedia.co.uk



Our sincere thanks for taking the time to read this information, and should you need further information, please don't hesitate to contact us at the Superbee Community Studio.

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www.letsummercome.com