

Youth mental health

**UAL Early-lab
workshop** for
UAL students
with NSFT's
Child, Family
and Young
People Service

ual: university
of the arts
london

UAL students
welcome the NSFT
Youth Council.
Workshops by
Bidean and talks by
Errol Francis, Angela
Hodgson-Teall and
Lorraine Gamman
prepare the UAL
students for the
Early-lab Field Trip in
Norfolk at Easter.

The Proud Archivist

London N1 5ET

9.30am Tuesday 24/02/2015

The workshop venue

The Proud Archivist

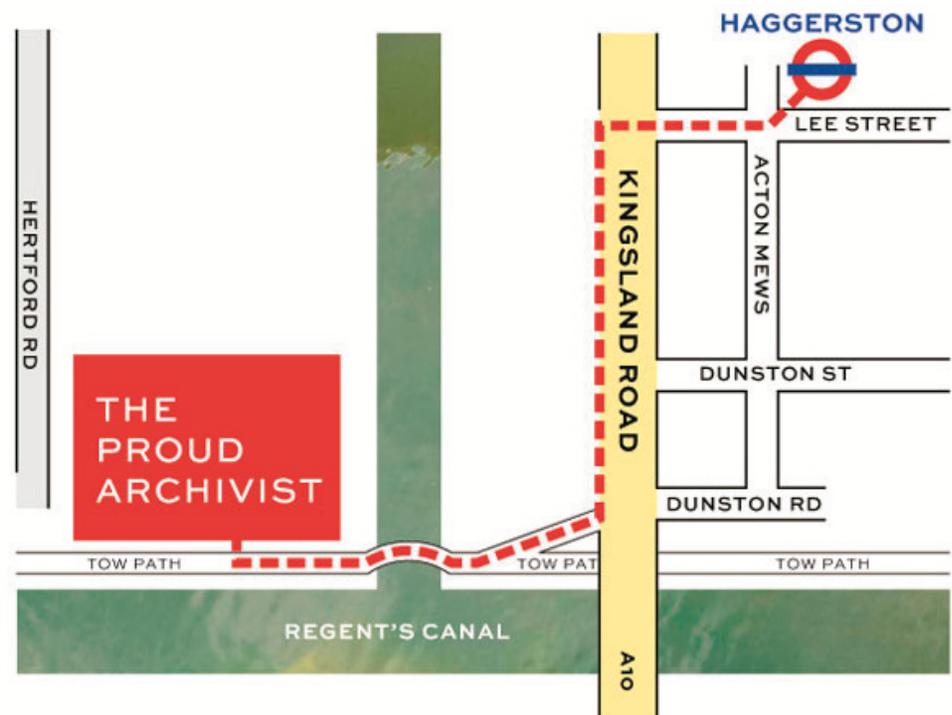
on the towpath of the Regents Canal,
Reliance Wharf, next to the Kingsland Basin,
Kingsland Road, London N1 5ET
Tel: 020 3051 5570

Breakfast, lunch plus morning and afternoon refreshment breaks are provided free to participants.

- **Map**
- **Directions**

Directions from Highbury & Islington station (15 Mins)

- Take Overground three stops to Haggerston
- Exit Station and turn right
- At corner (Tesco's) turn left
- Walk down Kingsland Road for 200 yards until Dunston Road (just before bridge over canal)
- Cross road and get onto the towpath (the entrance to the towpath is opposite Dunston Road, next to 1 Baltic Place)
- Walk along path (and over a little bridge) for 1 min & you've arrived.



Directions from Liverpool Street station (15 Mins)

- Exit Liverpool Street Station at Bishopsgate end
- Go to Bus Stop 'E' (slightly to the left)
- Take either 149 or 242
- Get off at Laburnum Street (6-8 mins)
- Walk in same direction as bus until you cross the canal (1 min)
- Turn left immediately after the bridge down the path onto the towpath
- Walk along path (and over a little bridge) for 1 min & you've arrived.

Introduction

The University of the Arts London (UAL) welcomes to the Early-lab Workshop, the Norfolk & Suffolk NHS Foundation Trust's Child, Family and Young People Service, together with their Youth Council representatives.

We present a whole day of workshops, talks and informal discussion designed to guide our students through a variety of participatory engagement methodologies and introduce them to the fascinating relationship between mental health and creative practice.

Our aim today is to begin to equip our students with the knowledge and processes necessary to compliment the personal insight and lived experience of the Youth Council representatives they will be engaging with.

At the forefront of a new vision for young people's mental health, the Youth Council will be working with our students on a Field Trip in Norwich at the end of March. The Field Trip will aim to flesh-out this radical new vision by asking the most pertinent questions as a platform on which a farsighted Design Brief can be written for a responsive and sustainable service.

The UAL is very excited by the opportunity NSFT presents us with. We hope everyone enjoys the beginning of this adventure today.

If you just have process, its hard to come up with something really interesting and special.

And if you just have pure personal insight and inspiration its potentially a very risky way of going about things.

Design and innovation is a way to bring those two practices together to help make sure that we make things that genuinely touch and improve people's lives.

Matt Marsh
Design consultant

Overview of the day

09:30 Registration and breakfast

10:00 Welcome by Nick Bell and Fabiane Lee-Perrella

10:15 Introductions by UAL students and welcome to the Youth Council

10:30 Workshop 1/2 by Pras and Erika of Bidean

11:00 Refreshment break

11:15 Errol Francis

12:00 Angela Hodgson-Teall

12:45 Lunch

13:45 Lorraine Gamman

14:45 Refreshment break

With palpation of the spleen by Angela Hodgson-Teall

15:15 Workshop 2/2 by Pras and Erika of Bidean

16:15 Dr Jon Wilson

16:45 Closing remarks by Nick Bell and Fabiane Lee-Perrella

17:00 Drinks in the bar

Bidean will run a two-part Workshop at the beginning and end of the day, in which they will share one of the methods they have used in their workshops.

“By exploring our mental health and that of our peers, we will try to unblock any barriers set up by our current notions of normality and mental health, in order to encourage new frameworks of non judgemental collaboration across and beyond our formal role within this project.”

Pras Gunasekera is a designer, researcher and strategist. In 2014, he co-founded Bidean, a social enterprise that uses co-design methodologies to benefit mental health. As a freelancer, he is currently working on the development of a new app linking colour and images to emotional awareness for Artgym. At Central Saint Martins, he has been working for Design Against Crime and the Socially Responsive Design Hub, researching and facilitating student led projects and various other initiatives.

Erika Renedo Illarregi is a designer and researcher. She co-founded Bidean in 2014. She has undertaken ethnographic research in India and Nepal to uncover how design could unleash the potential of culturally diverse perspectives and experiences to improve the management of mental distress. She continues to work in this subject in combination with Bidean’s consultancy work within Islington Mind. Previously, she worked for Futurefarmers in San Francisco, creating participatory spaces and experiences that help destabilize logics of ‘certainty’.

Morning programme

11:15 – 12:00

Errol Francis

Anxiety Arts Festival, Institute of Inner Vision, LCC

Errol Francis will give an overview of the Anxiety Arts Festival within the Institute of Inner Vision at London College of Communication. The presentation will look at connections between the two programmes and why the Anxiety Arts Festival was developed. He will cover the public health and artistic reasons for the festival and outline a selection from the programme of visual art, film, and performance events that took place in June 2014.

Errol Francis is director of the Anxiety Arts Festival based at LCC. Errol has an extensive background in mental health both in the statutory and voluntary sectors and has worked for the Department of Health on their Race for Health and Delivering Race Equality programmes.

He has contributed to a number of research reports, public inquiries, books and articles and was formerly a visiting tutor in photography on the BA Photography course at LCC, Head of Arts at the Mental Health Foundation and Inspire Programme Manager at Arts Council England.

Errol is currently engaged in doctoral research at the Slade School of Fine Art, UCL.

Morning programme

12:00 – 12:45

Angela Hodgson-Teall

Artist, Microbiologist and PhD pending, Chelsea

Angela's talk will focus on the development of the work *Drawing on the Nature of Empathy*. She will quickly talk about eight types of empathy that were useful in enticing staff to perform empathic interventions with her, during events in the corridors and departments of a South-East London hospital lost in the turmoil of change. She will also show many images of the happenings they developed together.

Angela Hodgson-Teall recently submitted her PhD *Drawing on the Nature of Empathy* to University of the Arts, London.

For many years she has worked in the field of Medical Humanities, drawing social sculpture from everyday interactions with the staff of a hospital in South-East London.

During her time as a student she also worked part-time as a consultant microbiologist, in the same hospital, managing infections caused by bugs and germs from all areas of the globe.

13:45 – 14:45

Lorraine Gamman

Professor of Design, Central Saint Martins

Lorraine Gamman, director and founder of the Design Against Crime Research Centre* at Central Saint Martins will talk about socially responsive design as well as “open” and social innovation methods that have informed design against crime projects between 1999-2015.

She will also speak about why she joined the UAL DESIS Lab led by Adam Thorpe and to discuss techniques from business including Effectuation defined by Sarasvathy (2009**) who has outlined approaches regularly applied by entrepreneurs in action and which Gamman and Thorpe suggest are relevant to social innovation approaches.

Finally Gamman will explain why all these methods may be more helpful to social designers than nudge design approaches.

*See designagainstcrime.com

**See Sarasvathy, Saras D. (2009). Effectuation: Elements of Entrepreneurial Expertise. Northampton, MA: Edward Elgar Publishing. See also: <http://www.effectuation.org/sites/default/files/documents/effectuation-3-pager.pdf>

Lorraine Gamman is Professor of Design at Central Saint Martins, at the University of the Arts, London, where in 1999 she founded the Design Against Crime Research Centre which she continues to direct.

She is also Visiting Professor / Research Associate with the Designing Out Crime Research Centre at the University of Technology, Sydney. She has written widely on design methods and visual culture.

Gamman is an active member of the Steering Group of the UK's National Alliance for Arts in Criminal Justice, Vice Chair of the UK's Design Out Crime Association. In 2007-11 she was a member of the Design Council and Home Office's Design Technology Alliance that advised Britain's Home Secretary, and in 2015 continues to serve on the Home Office's Crime Prevention Panel as a design specialist.

Workshop 2/2 by Pras and Erika of Bidean

Bidean will run a two-part Workshop at the beginning and end of the day, in which they will share one of the methods they have used in their workshops.

By exploring our mental health and that of our peers, we will try to unblock any barriers set up by our current notions of normality and mental health, in order to encourage new frameworks of non judgemental collaboration across and beyond our formal role within this project.

Pras Gunasekera is a designer, researcher and strategist. In 2014, he co-founded Bidean, a social enterprise that uses co-design methodologies to benefit mental health. As a freelancer, he is currently working on the development of a new app linking colour and images to emotional awareness for Artgym. At Central Saint Martins, he has been working for Design Against Crime and the Socially Responsive Design Hub, researching and facilitating student led projects and various other initiatives.

Erika Renedo Illarregi is a designer and researcher. She co-founded Bidean in 2014. She has undertaken ethnographic research in India and Nepal to uncover how design could unleash the potential of culturally diverse perspectives and experiences to improve the management of mental distress. She continues to work in this subject in combination with Bidean's consultancy work within Islington Mind. Previously, she worked for Futurefarmers in San Francisco, creating participatory spaces and experiences that help destabilize logics of 'certainty'.

Afternoon programme

16:15 – 16:30

Reflection on the day by

Dr Jon Wilson

Consultant Psychiatrist,

Deputy Medical Director (Research)

NSFT

Reflecting informally on what he has heard, seen and participated in during the day's presentations and workshops, Jon will share his thoughts on the day and the rest of the initiative.

Dr Jon Wilson is a consultant psychiatrist and psychotherapist who, over the last 4 years has been joint clinical lead of the redesign of mental health services for young people in Norfolk, culminating in the UK's only 0-25 service which includes a dedicated 14-25 service. He also works as a clinical senior lecturer at UEA and is research director within his organisation.

He is a member of both UK and European Government initiatives aimed at improving access to services for young people by making them appealing and relevant. He is committed to ensuring that support for young people with psychological difficulties is accessed as soon as problems emerge rather than allowing them to become entrenched, and that the help offered is appropriate and timely.

Workshop participants

NSFT Youth Council

The Youth Council comprises young service users from child and youth mental health services and early intervention services across Norfolk, Waveney and Suffolk. Council members use their strengths, skills, and own experiences of mental health services to make significant changes that will improve the experience of children and young people in the future. Priorities include liaising with other 'youth' partners, assessing suitability of services and improving access for young people.'

The Youth Council meet at least monthly. Some of their achievements over the last year include; training fourth year medical students on what it is like to experience psychosis and the issue of stigma at the University of East Anglia; training staff at Ipswich hospital on young people's experience of attending accident and emergency in mental health crisis, especially after an episode of self injury. The focus of this was staff attitude and environment, and the impact this has on the young person.

Youth Council members are also trained in recruitment and have their own panel for recruitment of all roles within the children and young person pathway – having a direct say on who gets to work in our services.

Youth Council members have created the participation charter which sets out what as an organisation NSFT has committed to do to enable participation of young people in all decisions that impact on them.

Youth Council representatives participating in the Workshop

Emma Reed	West (representing the West locality of NSFT)
Ebony Abraham	West
Katie Davis	Central
Jordan Gaul	Central
Vikki Versey	Suffolk
Elise Page	Suffolk

Hi, my name is **Ebony**, I am 16 Years old and live in West Norfolk. I am a young carer and won the 'KLFM's young carer of the year' award for 2012/13. I plan to use my knowledge in caring for a future carer as I enjoy working with people. By attending the youth participation groups at Thurlow House in King's Lynn, I feel I have been given a voice that will help other young people with mental illnesses to get better use of the help provided and to have a better understanding of what they are dealing with.

My name is **Emma** and I am 17 years old. I am from North Norfolk and I volunteer for the trust. I also volunteer with the charity Mind and help with the fundraising. I also try and raise money with my friends for the unit we were on to help with their funding as they do not get much money from the government. My career aspiration is to become a nurse in an adolescent psychiatric ward in Essex where I was a patient myself. I am also an introvert and very shy around new people.

NSFT

Dr Jon Wilson

Consultant Psychiatrist and Deputy Medical Director (Research)

Dr Jon Wilson is a consultant psychiatrist and psychotherapist who, over the last 4 years has been joint clinical lead of the redesign of mental health services for young people in Norfolk, culminating in the UK's only 0-25 service which includes a dedicated 14-25 service. He also works as a clinical senior lecturer at UEA and is research director within his organisation.

He is a member of both UK and European Government initiatives aimed at improving access to services for young people by making them appealing and relevant. He is committed to ensuring that support for young people with psychological difficulties is accessed as soon as problems emerge rather than allowing them to become entrenched, and that the help offered is appropriate and timely.

Robert Mack

Deputy Service Manager, NSFT, Gt Yarmouth & Waveney CFYPS*

Robert Mack is a mental health nurse with a wide range of clinical experiences. He is now working as manager of a wide range of children and young people's mental health services into health, social care and education settings.

Emma Corlett

Participation Project Lead, NSFT and director of the NSFT Youth Council

I qualified as a mental health nurse in 1999 and worked in a secure hospital until 2003. During my time working there it became apparent that most of the people who ended up in that level of secure care/restriction had asked for help throughout their teenage years but been turned away. This experience of working with people who had on the whole been failed by a fragmented system that turned people away because they weren't "in crisis" helped develop my passion for "early intervention". I worked in an Early Intervention in Psychosis team from when it was started in 2003. It was fantastic to be able to work with people early, when they were first starting to struggle and provide intensive support to maintain or improve the person's quality of life and reduce distress. It was liberating to be able to work creatively, entirely in a way that was acceptable to the young person you were working with.

Throughout this work we became increasingly aware that as a service and organisation we were failing at genuinely enabling young people to participate in wider decisions that impact on them, such as deciding which staff work in our services, the design, layout and location of our services and policy/strategic decisions taken by our mental health trust. Since 2011 I have developed the role of participation worker, supporting young people to utilise their skills, expertise and experience to improve services and to develop new skills and confidence to take forward as they move on in their lives. It's the best job I've ever had!

*'CFYPS' stands for Child, Family and Young People Service. CFYPS attracts and offers advice and interventions for young people aged 14 to 25 with a range of mental health conditions.

Workshop participants

UAL students

The University of the Arts London is Europe's largest specialist arts and design university, with close to 19,000 students from more than 100 countries. It consists of six constituent colleges – there are students from all six here today.

Camberwell College of Arts
Central Saint Martins
Chelsea College of Arts
London College of Communication
London College of Fashion
Wimbledon College of Arts

A full list of UAL student workshop participants is on the next page.

Established in 2004, University of the Arts London is a vibrant world centre for innovation, drawing together six colleges with international reputations in art, design, fashion, communication and performing arts.

Founded in the 19th and early 20th centuries, these colleges include Camberwell College of Arts, Central Saint Martins, Chelsea College of Arts, London College of Communication, London College of Fashion, and Wimbledon College of Arts.

The University's graduates go on to shape the creative industries in the UK and beyond, having benefitted from unrivalled learning, teaching and research. Every position within the University, from academics to managerial and technical staff, plays an important part in creating an excellent environment in which to work and study.

Professional artists, practitioners, designers, critics and theorists make up UAL's inspiring and supportive body of teaching staff. Our facilities across the colleges include everything from letterpress machinery to studio theatres and college archives.

More than 3,000 academic, research and technical staff deliver a diverse range of exciting courses and continue to nurture and establish new, cutting edge programmes, from MA Fashion Media Production at LCF to Camberwell's postgraduate conservation course, which has led the way in this specialism for over 40 years.

UAL moves seamlessly between the rigour of academia and the dynamism of the creative industries, so it is no surprise that we've earned a global reputation for outstanding work. We have launched the careers of many creative and cultural leaders, including:

- More than half of all Turner Prize nominees
- Over half of the designers named British Designer of the Year
- More than a third of the 40 artists named in the Catlin Guide's most promising graduate artists
- 12 winners of the Jerwood Photography Awards.

Workshop participants

UAL students

Camberwell

Jemma Greenwood
Tina Lauk
Fiona McAuliffe
Emily Toomer
Laura Wright

BA Painting Y3
BA 3D Design Y2
BA Painting Y3
BA Graphic Design Y2
BA Graphic Design Y2

CSM

Namrata Bhatler
Luna Yue Cheng
Jess Hook
Steven Lang
Florence Meunier
Chinami Narikawa
Amira Prescott
Rachita Saraogi
Rebecca Thomson
Shuruti Sasi Vengatesh
Judy Hui Wang
Louella Ward

MA Communication Design Y1
MA Character Animation
BA Graphic Design Y3
MA Communication Design Y1
BA Graphic Design Y3
MA Communication Design Y2
BA Graphic Design Y3
BA Graphic Design
BA Graphic Design
MA Communication Design Y1
MA Character Animation Y1
BA Criticism, Communication & Curation Y2

Chelsea

Ellis van der Does
Reedah El-Saie
Matthew Ferguson
Immy Hearn
Trang Pham
Shelley Rossell
Eleanor Wort

MA Graphic Design Communication
MA Interior and Spatial Design
MA Graphic Design Communication
BA Interior and Spatial Design Y1
BA Fine Art Y1
BA Interior and Spatial Design Y1
BA Interior and Spatial Design Y1

LCC

Maggie Zhuohui Cai
Delina Evans
Prachi Gupta
Aimee Jungeun Park
Purvi Rathod
Manoela Elias Da Silva

MA Graphic Design
MDes Service Design Innovation
MDes Service Design Innovation
MDes Service Design Innovation
MDes Service Design Innovation
MA Media, Com'cations & Critical Practice

LCF

Mariana Negreiros
Katharina Thiel
Caroline Y. Zheng

MA Fashion Futures - Graduate
MA Fashion Futures - Graduate
MA Fashion Futures - Graduate

Wimbledon

Aisling Keavey
Tara Parmar
Lily Zoumpouli

BA Fine Art Print & Time Based Media Y2
BA Painting Y3
BA Fine Art Print & Time Based Media Y1

UAL student observer

Lucy Russell is an artist, illustrator and a first year PhD student at Central Saint Martins. Her thesis title is What I See I Own? Can a process of re-drawing 'fashion and beauty' body-images assist media Literacy? Her BA (Hons) was from Winchester School of Art and she gained her MA from the Royal College of Art, both specialised in printmaking. She is a regular contributor to animae magazine.

Dr Tim Clarke

Tim is a research clinical psychologist and predominantly works on research projects involving young people with mental health difficulties. He is currently managing a randomised controlled trial aimed at preventing long term social difficulties for young people with emerging psychological difficulties. Tim is enthusiastic about ensuring that young people receive suitable care at appropriate times and that mental health services are appropriate and accessible for all young people.

Emma Burton

Emma is an Assistant Psychologist in the Youth Team. She conducts assessments with young people with varying degrees of mental health difficulties and collects data as part of a service evaluation. The overall aim of this work is to ensure that the service provided by the team fits the needs of those accessing it and is effective. From her previous experience, supporting young people and their families' in a High School, Emma is passionate about optimising the chances that young people are able to promptly access the mental health support that they need. Additionally, she is an advocate for partnership working between agencies, which provides young people with an holistic care approach.

Mark Brown

Mark is an Assistant Practitioner at CFYP in West Norfolk supporting young people up to the age of 35 with emerging mental health needs or a first episode of psychosis. Part of his role is leading Youth Participation in this locality, which includes running a 'Have Your Say' group and organising Youth Panel interviews. He is also a member of the NSFT Recovery College Quality Assurance Panel who co-produces and facilitates different courses.

Early-lab founders

Fabiane Lee-Perrella is a designer and artist engaging communities conducting research for a social purpose. She is also a lecturer and head of first year on BA 3D Design at Camberwell, at the University of the Arts, London, since 2005. Fabiane is the founder of participative social design practice Flour formed in 2002. Flour creates and develops collaborative projects with strong social motivations through a broad range of research and engagement activities. Flour is a Futurecity project partner.

f.perrella@camberwell.arts.ac.uk

Nick Bell is an editorial designer designing interactive, narrative and social environments, engaged in research for a social purpose. His longstanding creative partnership with exhibition designers Casson Mann has produced many successful projects such as London's Churchill Museum, the Science Museum's Atmosphere gallery and most recently the Imperial War Museum's First World War Galleries.

To be responsive to pressing social issues, Nick recommends that designers temper the highly developed (but highly remote) back-end skills they are known for with a thorough grounding in social strategies active at the front-end – at the very start of things – through direct engagement with people and communities.

Nick Bell is UAL Chair of Communication Design, Visiting Critic at the Royal College of Art, Director of Nick Bell Design, member of AGI and Special Consultant to Eye magazine.

nick@nickbelldesign.co.uk

Early-lab filmmaker

Gareth Johnson is a graduate from the London College of Communication MA documentary film course with a passion for communicating with others through the medium of video work. In his professional work Gareth is particularly keen to work on projects that bring people together in a world in which much media acts to divide us. In his personal work Gareth enjoys designing and making hand-made books and working collaboratively on exhibitions and installations.

Early-lab timetable 2014/15 **Introduction and sign-up**

December 2014

Announce Early-lab and the first commission from NSFT

January 2015

UAL college talks to students to introduce the Early-lab and frame NSFT challenge. Interested students apply through their Course Leaders or Programme Directors.

Preparation and selection

We are here



Late February 2015

Preparatory workshop introduces students to:

- participative, responsive engagement methodologies
- the relationship between mental health and creative practice

Early March 2015

After the workshop, students are selected for the final Early-lab team for the Field Trip and the rest of the initiative.

March 2015

Final Early-lab team Field Trip preparation sessions.

Engage and launch

28 March – 4 April 2015

A week-long community engagement Field Trip with the NSFT Youth Council and service providers in Norwich.

April 2015

Develop and curate Field Trip findings/research material.

Workshop sessions to consider:

- curatorial content development
- the exhibition as a vehicle for speculation

Early May 2015

Design and build either:

- an exhibition, or
- a pilot

Late May 2015

Launch exhibition or pilot.