

## **Core Arts**

Core Arts is a not-for-profit Social Business. We promote positive mental health and wellbeing through creative learning.

Providing quality education, training, employment and social enterprise initiatives that enable people who experience mental health issues to overcome barriers, fulfill their potential and participate fully in their community.

Our mission is to support and promote recovery, social inclusion and mental wellbeing through the arts and enhance service user experience.

Core Arts is an Award Winning Charity with 27 year history of user involvement and user-guided project based in Hackney; 75% of our Trustees are service users or ex-service users.

\*History of running a successful timetable of 80+ classes a week under 5 departments: music, arts, multimedia, sports, horticulture

\*70+ open and free creative community events a year

\*Proven ability to create safe and inclusive learning environments

\*Referrals from 20 London Boroughs

\*Service user tracking, individualised creative planning, achievable goals, encourage a feeling of success and wellbeing. Tailored to the individual and adjusted to their progression.

\*History of effective partnership working with both the creative sector and MHT, ELFT, CCG's, Voluntary sector and Private sector

\*History of partnerships projects in creativity and sports in Hackney with partners like the Wellcome Trust, British Museum, Whitechapel Gallery, Science Museum, V&A etc

\*Evidence of accessing match funding and partnership working.

\*Owners of a large Centre with a 300 capacity fully licensed hall for events and sporting activities.

\*OFSTED inspected as part of our Hackney Learning Trust contracts and praised by OFSTED for exceptional user involvement

\*Visited in May 2018 by HRH Prince William the Duke of Cambridge on a private visit to see our methods of engagement of excluded communities.

## **Going above and beyond**

Core Arts focus is to educate, equip and empower our 2000 per year NHS referred adults who suffer mild to severe and enduring mental health issues from 20 London Boroughs.

We focus on the individuals creative journey through individual goal setting through self directed Creative Work Plans that are controlled by the student, using a college style education model to support the individuals to become self sufficient and resilient through an engaging and energetic timetable of creative, sporting and social activities. We encourage progression and well-being both mentally and physically, and we connect the isolated and marginalised individuals to develop friendship groups and strong social and community focussed connections. Highlighting the individuals' strengths and ambitions of all our students are and what they can contribute to society instead of their perceived difficulties. We collate robust evidence of our outcomes in tackling inactivity and mental health issues through creativity to improve social cohesion in the vulnerable and at risk adults in the community.

Core Arts strives for excellence in all the creative opportunities delivered to our referred clients.

We develop high profile partnerships to allow our students the best opportunities to showcase their works. For example printmaking and ceramic shows at the British Museum. Audio guide to Bedlam: the Asylum and Beyond at the Wellcome Collection, curating part of the Medicine Galleries at the Science Museum, Art installations at the V&A and many more.

Core Arts publications showcase our innovative work in our different departments-

<https://www.corearts.co.uk/publications/>

Here are some highlighted reports:

### Creative Education Program evidence

Recent studies on our intervention through an educational program have shown a 96% decrease in hospital readmission for SMI- full report below and article from NCVO on the findings

[https://www.corearts.co.uk/wp-content/uploads/Core\\_review\\_29112018\\_lr.pdf](https://www.corearts.co.uk/wp-content/uploads/Core_review_29112018_lr.pdf)

[https://www.ncvo.org.uk/images/images/practical\\_support/public-services/cultural-commissioning/Core\\_Arts\\_case\\_study\\_170517.pdf](https://www.ncvo.org.uk/images/images/practical_support/public-services/cultural-commissioning/Core_Arts_case_study_170517.pdf)

### Sports Department evidence

[https://www.corearts.co.uk/wp-content/uploads/CoreSport\\_Report2015-2018\\_lr.pdf](https://www.corearts.co.uk/wp-content/uploads/CoreSport_Report2015-2018_lr.pdf)

### Core Landscape meanwhile community gardens evidence

<https://www.corearts.co.uk/wp-content/uploads/corelandscapes-report-web.pdf>

### Core Arts events program evidence

Our 70 Plus social and educational events per year, use of our 300 capacity Community fully licensed hall, focus on social interaction to build positive relations between different groups and communities that will maintain the high levels of community cohesion in Hackney and London. By enabling our clients, all whom suffer severe mental health issues, to design, co-ordinate and deliver a user-led program-

\*Inclusion and wellbeing of carers, friends and families of adults suffering mental ill-health by attending the Chat Shows together. Building supportive social networks between carers.

\*Building positive relations between different groups that will maintain the high levels of community cohesion in Hackney by participating in creative activities together irrespective of age, disabilities and mental health needs.

\*Increased social skills and making friends. Increasing sense of belonging to society and a creative productive group. Wellbeing improved for adults suffering loneliness, exclusion participating in a social music event to end isolation, make friends and improving their physical health and mental well being.

Below is evidence of our events and peer reference groups videos-

<https://vimeo.com/corearts>

Below is evidence of our reach in social media

<http://www.facebook.com/coreartshackney>

<https://twitter.com/coreartshackney>

<https://www.instagram.com/coreartshackney>

Below is evidence of featuring Core Arts in the Press and media

<https://www.corearts.co.uk/press/>

## **Innovation**

Core Arts was established in 1992 and is an award winning Service User Guided Mental Health Charity based in Hackney.

Core Arts exists to enrich the lives of socially excluded people with severe mental health issues

Our inclusive Art Centre delivers creative education and progression pathways to 2000 adults per year suffering severe and enduring mental health problems. Our NHS referrals are from 20 London Boroughs. 70% are from BAME communities from London's inner city boroughs, of which 50% are young afro-Caribbean men means we are reaching those who face the toughest barriers to inclusion.

Our mission is to promote positive mental health and wellbeing through creative learning. Providing quality education, training, sporting and

horticultural activities in our centre. Plus member progression opportunities, employment initiatives through our social enterprises Core Design and Core Landscape, enabling people who experience mental health-issues to overcome barriers, fulfill their potential to achieve their personal goals and aspirations and make a full contribution to society.

Through specialist training and advice given directly to a marginalised group of people that public bodies find hard to reach Core's aim is to strengthen and develop the individual, whether for mental well-being or to enable them to embark on a career in a related field, we support the long-term recovery and inclusion of our members all of whom are referred to us by the NHS. At Core the sense of equality is evident in the ways diversity is valued, addressed and celebrated, allowing members to make a full contribution to society.

Core Arts has 27 years experience in innovative user led and managed projects. Leading by example we have developed new business infrastructures, alternative ways of looking at mental health, inclusion and social enterprise to serve the community. Working in the most deprived neighbourhoods with a group of mental health users that are seen as socially and economically void and 'unemployable' Core Arts has identified their skills, highlighted their strengths and developed their confidence allowing them to make a full contribution to society. Core Arts methods both appeal to people who experience mental health issues as outsiders (something common to many an artist) yet at the same time stressing the all important notions of inclusiveness

and responsibility for one's own actions (something enshrined in the central philosophy of Core Arts).

Working always with a focus on the highest safeguarding for all our vulnerable adults we strive to offer an excellent user guided service, with a strong governance:

1 Up to date 2018 Constitution, Memorandum & Articles of Association governing document

2. Equality & Diversity Policy

3. Health & Safety Policy

4. Employers Liability/ Public Indemnity Insurance

5. Safeguarding Adults at Risk Policy

6. DBS of all staff, tutors and volunteers

7. Organisations annual accounts are independently examined and audited

8. Prevent policy

9 Core Council our student forum meets every 4 weeks to debate and discuss our programs

10 Peer led reference groups which are regularly set up and facilitated to keep all students up to date on current issues

11 Trustee team 75% of which is made up of service users or ex service users

12 Safeguarding linked directly to NHS services and Care teams.

Core Arts is currently leading innovative projects in London in highly deprived areas, enabling people who are from marginalised groups, such as homeless, people with criminal records, refugee groups and people who suffer complex care needs to get involved in community activity and engender a sense of community achievement, pride and cohesion where excluded and stigmatized people can show their skills and talents and work together to bring about community-led solutions.

Core Arts has a committed, inspirational and professional staff in their own field. Staff, Tutor and Volunteer team that is passionate about improving the lives of adults suffering from mental health issues. This allows us to provide high quality education and peer to peer creative journeys.

### **Sustained impact**

Here are a selection of our awards for innovation which span 27 years and we strive to continue to innovate in the Creative Arts and Mental Health Fields –

Core Arts Director Paul Monks has personally won numerous awards for his innovation-

\*Core Arts are featured in the Science Museum New Medicine Galleries in 'Rethinking Treatments', open for the next 25 years. We are represented by our charity founder and Director Paul Monks and we have been chosen to showcase our work as innovators using creative education to improve mental health. For more information please click [Link](#)

<https://www.sciencemuseum.org.uk/see-and-do/medicine-welcome-galleries>

\*Paul Monks won a £15,000 award for UnLtd Social Entrepreneurs

Transforming Places Award 2016 UK wide

\*In 2006 Paul Monks won the Angela Vivian Award for social entrepreneurs for his drive and vision in meeting the needs of a community in the UK. He donated his £10,000 award to the Core Arts Capital project towards purchasing the freehold of the Centre.

\*Core Sports selected awards –

\*November 2019 winning the HSJ Mental Health Innovation of the Year Award 2019 and were highly commended in two further categories this project was in in collaboration with our partners. (UK wide)

The Primary Care Mental Health Alliance brings together the GP Confederation (GP practices), ELFT (secondary care mental health), the CEG (healthcare informatics), Core Sports (diet/exercise) and the CCG (commissioning), to deliver and oversee physical health checks and follow up interventions for people with Serious Mental Illness (SMI).

For more information please click Link

<https://www.hsj.co.uk/the-hsj-awards/hsj-awards-2019-mental-health-innovation-of-the-year/7026219.article>

\*'Mental Health Sports Programme Winners' Winner Sports and Recreation Alliance Awards 2019 (UK Wide)

\*'Best Sports Club of the Year' Winner London Sports Awards 2018

\*Core Landscape selected awards

Triple award winners -London in Bloom September 2018

“OUTSTANDING” (top Level 5) for ‘It’s Your Neighbourhood Award”,

GOLD in the “London in Bloom” award and

OVERALL WINNER for “Our Community Award” 2018

\*Core Arts Creative Centre selected awards-

- Groundworks Community Awards 2017 Best Community Group Contribution to Health and Wellbeing.
  - \*Arts Kickers Community Heroes award London 2017
  - \*Core Arts were the UK wide Lankelly-Chase Digital Empowerment Awards winners of 2014
  - \*Core Arts has won a prestigious City of London Growing Localities award. Reclaiming and Developing Wasteland Hosted by the City of London Corporation’s charity, City Bridge Trust Greening the third sector 2014 City Bridge Trust

- Shortlisted to the last 5 for Greening the third sector awards 2014  
City of London UK wide
  - In March 2006 Core Arts won the Opening Doors to Adult Learners  
awarded by Niace
- \*In 2001 Core Arts won the International Impact Award (UK)  
Glaxo.Smith.Kline/Kings Fund for excellence in community  
healthcare