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Changes at

*designs in mind*

A working studio seeking the best possible future for mental health...

# #1



## Vision

Open to everyone, together we are finding ways to live life and challenge mental health stigma

## Mission

High quality, ambitious, experimental art and design work and support to make independent ambition a reality

We are proactive at creating pathways in to decision making across all areas of the business

# #2



## Values

Encourage creative adventure

Act with purpose

Create an environment of warmth

Recognise we are all individuals

We rely on each other

# #3

## Rising to the challenge

Everybody knows someone experiencing a mental health problem. 1 in 3 GP appointments relate to mental health

Lives are at risk because people can't get the support they need, when they need it

For many the stigma of mental health is a greater burden than the illness itself

The minefield of changes to benefits and the threat of sanctions, freezes aspiration and increases feelings of powerlessness

*'After my diagnosis people stopped listening to me, stopped challenging me'*



#4

## Responding to need

*'People think I'm a single Dad, but I'm not. My wife won't come out. Most mental health services are a big commitment, with appointments that can be cancelled. I can see that if the shop was open all the time, one day I might be able to get her in, and who knows what might happen. She might get the helps she needs.'*

*'I'm struggling on this medication, I don't want to keep talking about it at home though as people think I'm just complaining.'*

Visitors to our Shop July 2017

*'It gives me such a sense of satisfaction coming here. Growing up, no-body really noticed me, I was written off. Nothing I did was of any use. Now I come here and I get satisfaction of making things that people want'*

*Before I came here I very rarely left the house. I couldn't talk. When I look back to how I was then to how I am now- it is an enormous change. Slowly my confidence has come back... I do a lot more out and about now- I can go to the shops, I take my son to school now on my own which I could never do before.'*

*'I open my curtains now, even on the days that I don't come to Designs in Mind'*

Members Designs in Mind March 2017

*'There is a chasm between benefit supported 'limbo' and a sustainable self-financed life'*

*'Where do I start? I've got to get off the ground again but I don't know how.'*

What Next? Questionnaire February 2017



#5

## Responding to research

**All-party inquiry demonstrates benefits to health and wellbeing of the arts, leading to fall in hospital admissions**

*"We are calling for an informed and open-minded willingness to accept that the arts can make a significant contribution to addressing a number of the pressing issues faced by our health and social care systems."*

<http://www.artshealthandwellbeing.org.uk/appg-inquiry/>

**Mental health peer support in England: Piecing together the jigsaw**

*'Peer support sees the person first, understands their distress and can offer true solutions that the Supporting Peer has used themselves'*

<https://www.mind.org.uk/media/418953/Peer-Support-Report-Peerfest-2013.pdf>

**The future of #mentalhealth is as yet unwritten": The Marion Beeforth Memorial Lectures 2017 - Mark Brown**

*'If there's one thing that my time doing mental health stuff has taught me it's that people have different needs and people have different desires and that at the moment we aren't very good at meeting either those needs or those desires very well. We try to design things that work for the most amount of people but that just means that a lot of us don't get very much of what we want'*

<http://thenewmentalhealth.org/?p=277>

**Work, health and disability green paper: improving lives**

*'By 2020 and beyond we want to achieve timely access to integrated and individualised health and employment support, which helps disabled people and people with long-term conditions to go as far as their talents will take them'*

<https://www.gov.uk/government/consultations/work-health-and-disability-improving-lives/work-health-and-disability-green-paper-improving-lives>





#6

## New model

### Safe space

Shop- open door on the high street, part of life

### Working Studio

Commissions- Artwork to transform internal/ external spaces and gifts

Retail- Homeware/ Stationary and Gifts- Sold through shop and to trade

Workshops- Making and design skill development

### What Now What Next?

Peer support to make aspirations a reality



#7

# Safe Space



- A safe space within a shop ensures 'mental health' becomes part of everyday life
- Being on the high street makes it easier for people to find help without judgment, stigma, or shame
- Everyone starts talking about mental health
- The shop makes visible lives and stories that can often be hidden
- The shop sells work that has been made and designed by members of the studio
- Makers get immediate feedback seeing work they have made sold
- Safe space for makers to communicate and chat to strangers
- New roles and responsibilities created from studio to shop
- Space to shop, chat, make, think, play, make things happen
- 100% of sales revenue goes towards sustaining and developing the work of Designs in Mind.

Open Tuesday-Saturday 10.00am-4.00pm



# #8

## Working Studio

MONDAY 10.00am-4.00pm

Production Day: products for retail and commissioned artwork  
Who for: Members of Designs in Mind who have come through new referral workshops or self-referral group

TUESDAY 10.00am-4.00pm

Production Day: products for retail and commissioned artwork  
Who for: Members of Designs in Mind who have come through new referral workshops or self-referral group

TUESDAY 6.00pm-9.00pm

Production Night: products for retail and commissioned artwork  
Who for: Anyone who would like to look after their mental health, learn making & design skills and contribute to the production of products and commissioned art work- self referral  
Cost: £5

WEDNESDAY 10.00am-1.00pm

x2 Small Group New Referral Workshops- developing making and design skills, learning to work as part of a group, increasing confidence  
Who For- Adults referred through mental health services

THURSDAY 10.00am-4.00pm

Production Day: products for retail and commissioned artwork  
Who for: Members of Designs in Mind who have come through new referral workshops or self-referral group

FRIDAY 10.00am-4.00pm

Production Day: products for retail and commissioned artwork  
Who for: Members of Designs in Mind who have come through new referral workshops or self-referral group



#9

## What Now? What Next?

MONDAY 10.00-12.00pm

Peer Support- Facilitated support to make aspirations a reality  
Who For: Open to everyone finding ways to live life with mental health challenges

MONDAY 2.00-4.00pm

1:1 Appointments available for listening and making connections to other services and support- particularly in relation to housing, benefits, employment.

Who For: Designs in Mind members

FRIDAY 10.00-11.30am

Walk n'Talk- Peer Support-

How has your week gone? What would you like to do differently next week? Is there anything else you need?

Who For: Open to everyone finding ways to live life with mental health challenges



# #10

## Organisational Structure



Designs in mind is a non profit distributing Community Interest Company. All business income is reinvested into the growth and development of the organisation.

We have recognised the need for strong leadership within an organisation which seeks real participation from members (adults with lived experience of mental health challenges) and volunteers. Together we have worked on realistic pathways for all participants to take up roles and responsibilities that can meet their aspirations and hope to offer the appropriate amount of support , from peers, staff and volunteers to make a real difference to individuals.

The Executive includes 5-10 members, 2 external representatives and 2 volunteers. There are 4 knowledge groups within this team covering health and safety, data protection, business risk and finance.

We have 5 Co-Teams- Strategy, Studio, Retail, Finance, Pathways and they all include staff, members and volunteers



please join us on our  
creative adventure





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