



Cultural Heritage
for Mental Health 2
Gent | 10 & 11.12.20

Cultural Heritage for Mental Health 2

10 & 11 December 2020

Museum Dr. Guislain, Ghent, Belgium

Organised by FARO. Flemish interface centre for cultural heritage,
Museum Dr. Guislain and Iedereen Leest.



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 Vlaanderen
verbeelding werkt

Cultural Heritage for Mental Health 2 International Conference

OPENING WEDNESDAY 9 DECEMBER 2020

18.00 Evening event

Opening of the conference exhibition about textile heritage, slow crafts and mental health. Showing work from the artists Claire Wellesley-Smith and Marijs Boulogne.

DAY 1: THURSDAY 10 DECEMBER 2020

9.00 Registration, coffee and tea on arrival

10.15 **PLENARY 1**

10.15 Welcome and Housekeeping
Chair: Bart De Nil, FARO (Belgium)

10.25 **Opening Adress**

10.45 **Keynote Saoirse Finn**, University College London (UK)

11.30 **Keynote Maxwell Ayamba**, Sheffield Environmental Movement (UK)

12.15 Questions and discussion

12.30 **LUNCH**

SESSION 1
Thinking through making

SESSION 2
Textual Healing

SESSION 3
Green Spaces of Care

Chair: Claire Wellesley-Smith, Open University (UK)

Chair: Simon Bequoye, Iedereen Leest (Belgium)

Chair: Bart Marius, Museum Dr Guislain (Belgium)

13.30 - 15.15

Not just another brick in the wall
Mary Godwin, Cornwall's Regimental Museum (UK)
Not Just Another Brick in the Wall' - how Bodmin Keep Army Museum has engaged with military veterans to exhibit their creative response commemorating colleagues who have been affected by Post Traumatic Stress Disorder.

Change minds: archives for mental wellbeing
Laura Drysdale, The Restoration Trust and **Gary Tuson**, Norfolk Record Office (UK)
Change Minds encourages people with mental health challenges to reflect on the lives of people who were in 19th century asylums through archival research, creativity and oral history.

Cultural heritage as a tool for caring neighbourhoods
Kristine Timperman, Museum Dr. Guislain and **Lara Hardeman**, Community Health Center De Kaai (Belgium)
The Dr. Guislain Museum and the Kaai believe that museums can contribute to the socialization of care. A museum can be an inspiring place for health and can contribute in strengthening the mental capacity and resilience.

Thinking through Making in the Museum Plantin-Moretus
Odette Peterink, Museum Plantin-Moretus (Belgium)
The Museum Plantin-Moretus is a welcoming historic house in the centre of Antwerp. The grandeur of the patrician house, the old printing workshop, the exceptional stories and the green inner courtyard inspire people to work on their mental recovery.

Outside In
Kate Davey, Outside In (UK)
Patient Artwork: New Dialogues – a two year project supporting artists with their own lived experience of mental health issues to explore, research and re-interpret collections of patient create art work across the UK.

The Natural and Cultural Health Service – An innovative green approach from Manchester to improve the health and wellbeing of the city's residents
Francine Hayfron, The Whitworth art gallery and **Jessica Thompson**, City of Trees (UK)
The Natural and Cultural Health Service is a partnership programme from the Whitworth Art Gallery and Manchester's City of Trees, that aims to improve the health and wellbeing of the city's population, using the natural environment as a health asset.

A well-kept secret
Sophie Gyselincq, ADVN|Archive for National Movements (Belgium)
Controversial heritage from the post-WWII internment camps in Belgium inspired people in a programme for psychic recovery.

Freedom Songs? Designing texts for reparative purpose
Frances Williams, Manchester Metropolitan University / Glyndwr University (UK)
Frances Williams questions simplistic promotions of the 'happy museum' and, using the example of a project centred on slave trade legacies, argues for the acknowledgement of histories of harm as a form of healing.

Horniman Museum and Gardens
Julia Cort and **Lydia Woolley**, Horniman Museum and Gardens (UK)
Julia Cort and Lydia Woolley from Horniman Museum and Gardens, London explore the impact of the natural world on mental health, combining object-based learning and outdoor wellbeing methodologies to support the mental health of specific groups.

Multisenso-rail
Kris Vlaeminck, Train World (Belgium)
Train World is developing a multisensorial package that reaches the needs of day care centers for people with mental and physical issues. He explains why, how and with who the museum is realising this project.

Questions and discussion

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**WORKSHOP 1 : Thinking
Through Making**

**WORKSHOP 2: Thinking
Through Making**

**WORKSHOP 3 : Working
apart Together**

GUIDED MUSEUM TOUR

15.30 - 17.00

Improving the patients' quality of life through the virtual participation in the cultural and social events

Iwona Pomianowska, Luc Geurts, Chunbei Huo and Zijun Yin, KU Leuven, e-Media Research Lab, Campus Group T (Belgium)

Virtual Reality workshops demonstrating how new media technologies can break the patients' isolation, reduce stress and relieve symptoms of depression by providing active participation in the cultural life of society as well as giving a sense of belongingness within the collective experiences. Our workshop offers a hands-on exercise on innovative, cultural heritage interventions. It gives insights into the practical scenarios of using VR to generate shared experiences, and demonstrates the direct, immersive effects of such methodology.

[max. 20 participants]

Museum Minds

Linda Boyles, Arts & Minds Network and **Gabrielle Hamilton**, Leeds City Museum (UK)

Arts & Minds Network (an NHS funded partnership programme) & Leeds City Museum will enable delegates to utilise their 'Do's and Don'ts in Culture & Mental Well-being', toolkit, that summarises lessons drawn from their ten year journey together.

[max. 20 participants]

100% Digital Leeds

Paul Wilkes, Leeds Libraries (UK)

The Covid 19 crisis has/had an impact on practitioners who do hands-on community engagement with vulnerable people. Some kept meeting online. But how do you continue to engage with people who do not have digital skills or access to the internet? Which sustainable strategies can you develop to keep on working digitally your groups? 100% Digital Leeds is a programme run by Leeds Libraries that is aimed at tackling the digital divide. In this workshop you'll discover how they're working together with their communities to deliver different programmes designed with the barriers to digital inclusion in mind.

[max. 20 participants]

DAY 2: FRIDAY 11 DECEMBER 2020

09.00 Registration

GUIDED MUSEUM TOUR	GUIDED MUSEUM TOUR	WORKSHOP 1: Green Spaces of Care	WORKSHOP 2: Green Spaces of Care
09.30 - 11.00			
		<p><i>Potential of co-creation method for creating green spaces of care</i> Vitalija Povilaityte-Petri and Sugir Selliah, Jardins Santé à Bruxelles Community (Belgium)</p> <p><i>This workshop designed applying collective intelligence tools will invite its participants to gain hands-on experience on methodologies used for co-creating and measuring effects of the greens spaces of care in urban cultural settings.</i></p> <p>[max. 20 participants]</p>	<p><i>Sense of Place as inspiration for intervention in wellbeing and health recovery</i> Stephanie Hartick, Art Branches cic (UK)</p> <p><i>Creative workshop looking at sense of place in the environment and wellbeing.</i></p> <p>[max. 20 participants]</p>
SESSION 1 Thinking through making I	SESSION 2 Textual Healing	SESSION 3 Green Spaces of Care	SESSION 4 Thinking through making II
Chair: Bruce Davenport, University of Newcastle (UK)	Chair: Sylvie Dhaene, ledereen Leest (Belgium)	Chair: Thomas Kador, University College London (UK)	Chair: Tom Vansteenkiste, Recovery Academy Antwerp (Belgium)
11.15 - 13.00			
<p><i>The democratisation of heritage</i> Joanne Burke, Chillli Studios (UK)</p> <p><i>Heads & Tales mental health heritage project is based on a peer-led approach, this ethos enhances social practices that are targeted to create inclusion and improve participants' knowledge, wellbeing and empowerment. We will discuss how our bottom-up approach demonstrates that the democratisation of heritage is taking place. Nothing about us without us.</i></p>	<p><i>Experience Expert guides in the psychiatric care facility in Geel</i> Bert Boeckx, psychiatric care facility Geel (Belgium)</p> <p><i>Expert by experience guided tours, a tool to empowerment and a drug against stigma?</i></p>	<p><i>Purposeful walking in historic landscapes</i> Laura Drysdale, The Restoration Trust (UK)</p> <p><i>Purposeful walking in historic landscapes enables people with mental health challenges to enjoy a physical, creative and intellectual experience that connects them to each other, to history and to home.</i></p>	<p><i>Cultural heritage, making and wellbeing in Flanders</i> Bart De Nil, FARO (Belgium)</p> <p><i>This presentation will discuss how cultural heritage and slow crafts are used for interventions with people with mental health problems in Flanders.</i></p>

Live Well – using museums collections to support older people in being active participants

Ben Jones, Shipley Art Gallery / Dingy Butterflies cic (DBArts) (UK)

This presentation will discuss Live Well, a Tyne & Wear Archives & Museum's (TWAM) project, that explored how older people from North East England, through TWAM's museum collection, could become active participants in the contemporary world; and the potential for the culture and health sectors to work together to embed creativity in local health strategies.

Comics revisited: the overlap of comics and the discourse of healthcare

Jan Cumps, Language Institute KU Leuven (Belgium)

Focusing on the overlap of comics and the discourse of healthcare this paper will illustrate comics' ability to display otherwise hard-to-express realities and sensations using examples about autism spectrum disorder, and say something about the possibilities of making comics in the framework of a therapeutic context.

Therapeutic landscapes based on green spaces of care?

Vitalija Povilaityte-Petri, University of Mons / NatureMinded (Belgium), **Pierre Duez**, University of Mons (Belgium) and **Katriina Kilp**, Swedish University of Agricultural Sciences (Sweden)
In our study we assessed the potential of natural environments to become therapeutic landscapes in Brussels city and their possible positive outcomes for human health promotion and disease prevention.

Scaffolding for Life
Lynn Setterington, Manchester School of Art (UK)

Working with the construction industry, Scaffolding for Life re-appropriates and re-imagines debris netting, a ubiquitous material used on building sites across the world, employing scale, colour and text to question our attitudes to mental health.

Consulting the Collections: Meaning-Making at Bethlem Gallery and Museum of the Mind

Colin Gale and **Lucy Owen**, Bethlem Museum of the Mind (UK)

The Directors of Bethlem Gallery and Museum reflect on the various ways in which the work made by Gallery artists and the artistic and artefactual collections of the Museum contribute to wider conversations around arts and health.

The Story

Winnie Ang, University Antwerp (Belgium)

This presentation will discuss using books and stories when counseling children and young people with mental health problems.

A National Architectural Design Challenge for Renovation of a Psychiatric Hospital with a Small Forest
Fatih Artvinli, Acibadem University School of Medicine (Turkey)

This presentation discusses the transformation and renovation process of a psychiatric hospital located in Istanbul and the use of memory and cultural heritage as therapeutic tools.

Remembering objects of recovery and monotony: digital explorations of crafting and making at Cefn Coed Mental Hospital, South Wales

Elizabeth Gagen, Aberystwyth University and **Mary Gagen**, University of Swansea
Our paper explores the experience of crafting and making that were commonplace in mental hospitals in the second half of the twentieth century, and considers the problem of remembering and valuing this past.

#artsinseclusion

Bart Marius, Museum Dr. Guislain and Coupee Collage Collective (Belgium)

#artsinseclusion brings art into psychiatry and youth care. Museum Dr Guislain used this project to break open the double quarantine of people who stay in an institution.

Reading & Wellbeing

Marloes Gijs, Stichting Lezen (The Netherlands)

This presentation will discuss a research about reading and wellbeing that was carried out in The Netherlands.

The Lapinlahti Hospital
Johanna Cresswell-Smith,

University of Helsinki/ National Institute for Health and Welfare (Finland)
Articulating the value of civil society actions associated with regenerating the Lapinlahti Hospital in Helsinki.

Questions and discussion

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13.00 LUNCH

14.00	PLENARY 2
	Chair: Alexander Vander Stichele, FARO (Belgium)
14.00	Keynote Frank Hakemulder , Universiteit Utrecht (The Netherlands)
14.45	Keynote Robyn Dowlen , Centre for Cultural Value (UK)
15.30	Questions and Discussion
15.50	Wrapping and summing up by the strand co-ordinators Claire Wellesley-Smith, Bart Marius and Simon Bequoye
Closing reception	

Organised by FARO. Flemish interface centre for cultural heritage, Museum Dr. Guislain and Iedereen Leest.

