

Arts and Minds: Time to Introduce Ourselves – A Sculpture Challenge

Introduction by Gavin Clayton, [Arts and Minds](#)

This was the first session working with students at [Cambourne Village College](#) as part of the 'Young People's Pilot', coordinated and managed [Arts and Minds](#), a leading arts and mental health charity in Cambridgeshire.

[Arts and Minds](#) developed the Young People's Pilot of [Arts on Prescription](#), thanks to funding from the Arts Council's [Norfolk and Norwich Festival Bridge](#) organisation.

*In Cambridgeshire mental health service provision for Young People involves lengthy wait times and the thresholds necessary to trigger statutory care continue to rise. **Arts and Minds** wanted to see what could be done as an 'early help' provision for young people within schools. The result was an initial pilot at **Ernulf Academy in St Neots**, which produced evidence showing significant positive impact on wellbeing and mental health along with improvements to behaviour and attendance.*

*This second pilot, employing **AccessArt's** co-founder **Sheila Ceccarelli**, is a new delivery partnership and one that we hope will bring the work to the attention of a larger community of interest, build on the findings from first pilot and allow **Arts and Minds** to develop larger scale delivery within Cambridgeshire secondary schools.*

[Back to "Heart-Work" Arts and Wellbeing Project](#)

Time to Introduce Ourselves - A Sculpture Challenge

By [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)



We kicked off the programme with a quick making challenge which would act as an ice-breaker and introduce students to an array of materials.

Having lots of different kinds of materials at hand was key to this session - allowing for plenty of exploring and inventing and also highly individual outcomes.

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