



# Creativity And Recovery at The Spider Project

LORRAINE FEAR

# Contents

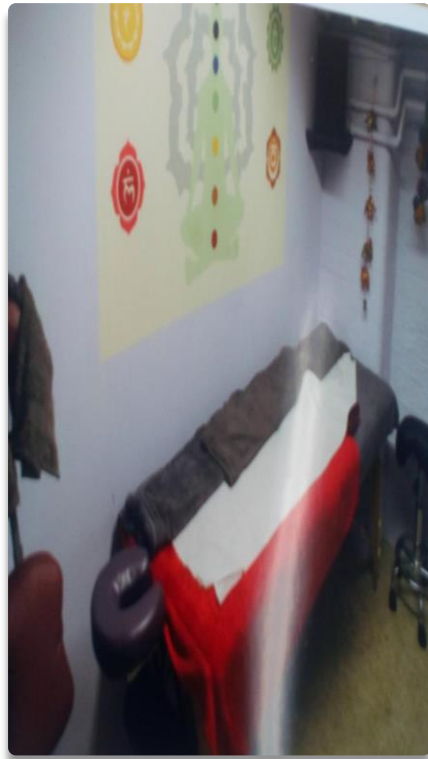
- ▶ The Spider Project
- ▶ How well-being is framed
- ▶ Social prescribing
- ▶ Creativity, addiction and the brain
- ▶ Further research
- ▶ Bibliography



# The Spider Project (SP) Activities



# SP Activities



# Spider Project

- The SP firmly believes that each of its members has many assets and will work with each person to ensure they become the best they can be.
- Caroline Williams (2019) who is the project manager states, ' the Spider project provides a unique , safe environment for people to move forward, learn new skills, achieve qualifications and focus on their assets rather than any previous labels'.

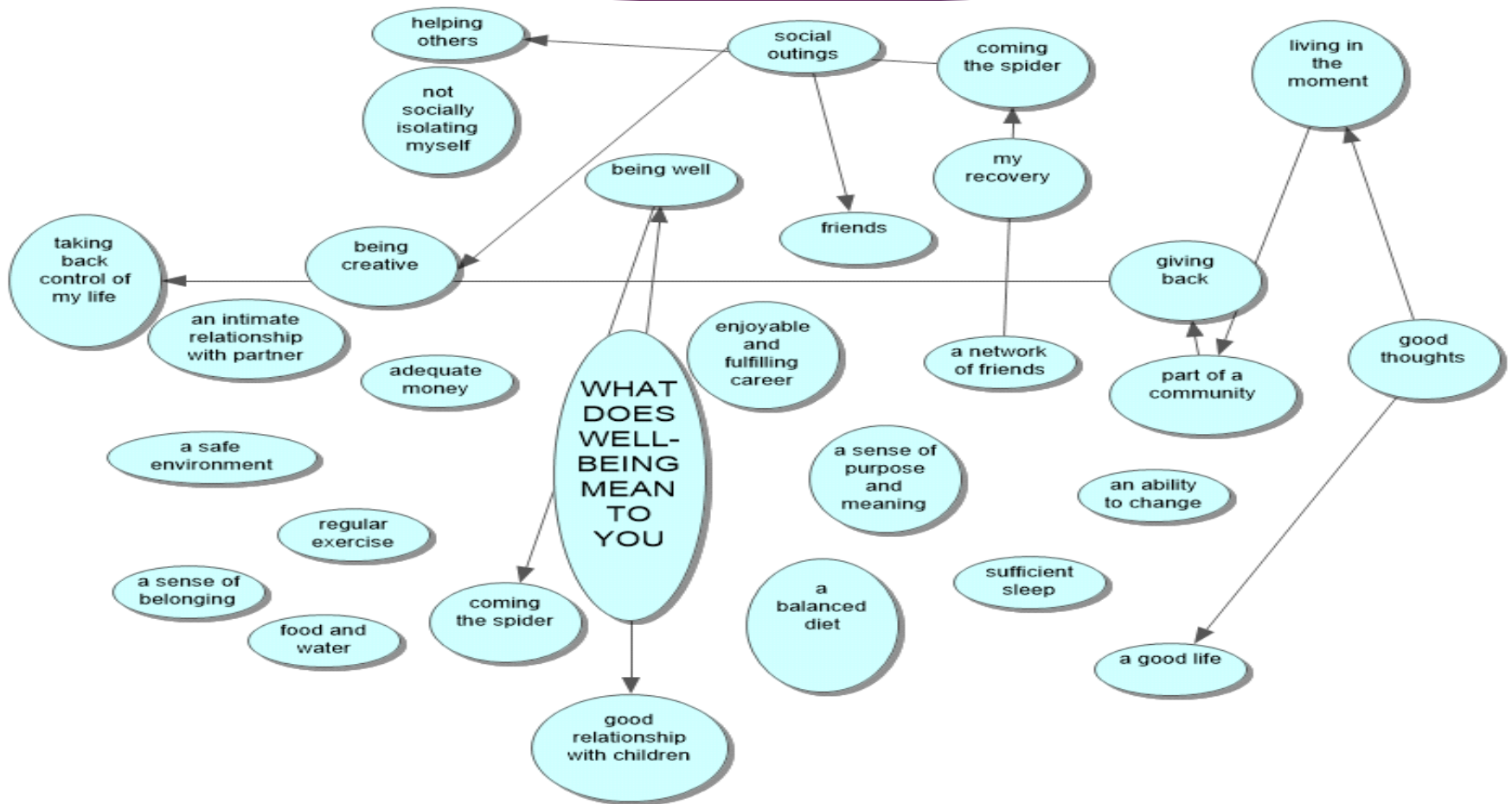
# Spider Project

- Social prescribing, employment, education, advice, debt and housing management.
- The SP believe that 'creativity is the foundation of everything we do, every one of us is uniquely creative in our own way' (Beyond the Label Taverner, K ,2019).

# Well-being application

- According to Dodge, et al (2012) and White (2008) it is difficult to define exactly what it means, 'In part this is because how people understand wellbeing will be very different in different contexts,' suggests White (2008).
- In other words, well-being is subjective to individual needs and desires and depending on the question or the situation will differ from person to person.

# Wellbeing Chart





# Wellbeing

- As White (2008) puts forward 'wellbeing offers an inclusive aspiration, as relevant for policy-makers and the wealthy as the poor'.
- *Confident Communities, Brighter Futures*' (Dept. Of Health 2010), well-being is defined as 'a positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and wider environment'.

# 5 Ways to Well-being

- According to Nic Marks who is a happiness researcher and founder of the London Centre of Wellbeing (TEDglobal2010) 'the top five most effective ways to becoming a happier person are:



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



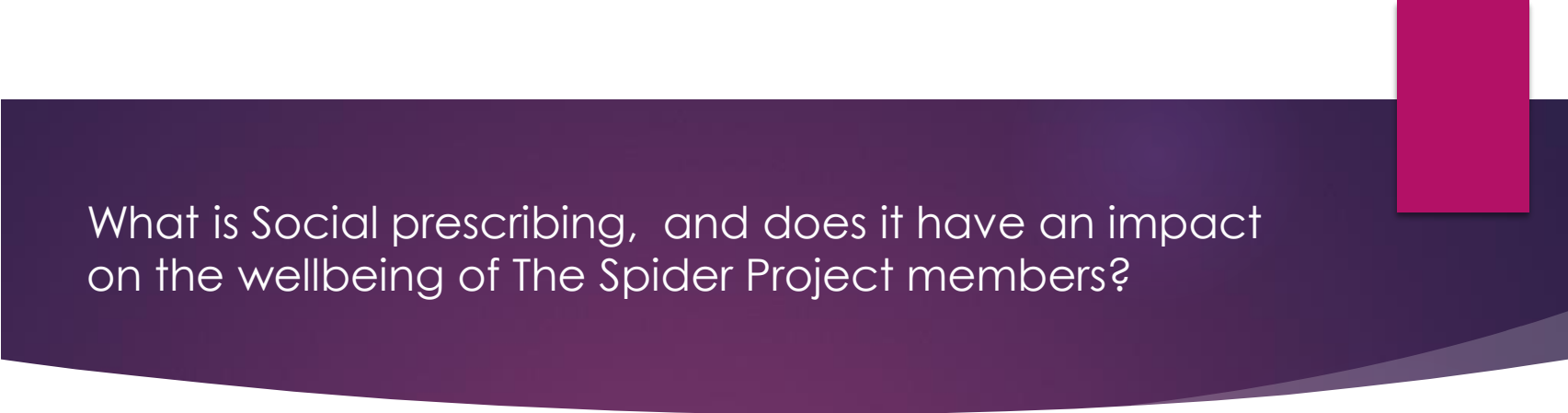
EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

# 5 Ways to well-being

- As Mel Bowen, who is the creative director of the SP points out, 'when we first heard about the 5 Ways to Well-being we realised that by a sort of happy accident, here at Spider, we already implement the 5 Ways every day without realising, as probably a lot of people in Wirral do too' (interview Wirral View 20th June 2018).



What is Social prescribing, and does it have an impact on the wellbeing of The Spider Project members?

- It is as Professor Helen Stokes-Lampard, Chair of the Royal College of GPs (RCGP), points out, not a recent trend:
- 'Social prescribing is not a new phenomenon- it just hasn't had a name until recently- but benefits can include less medication being prescribed, fewer follow up consultations, and more patients becoming actively involved in their own health' (2018).

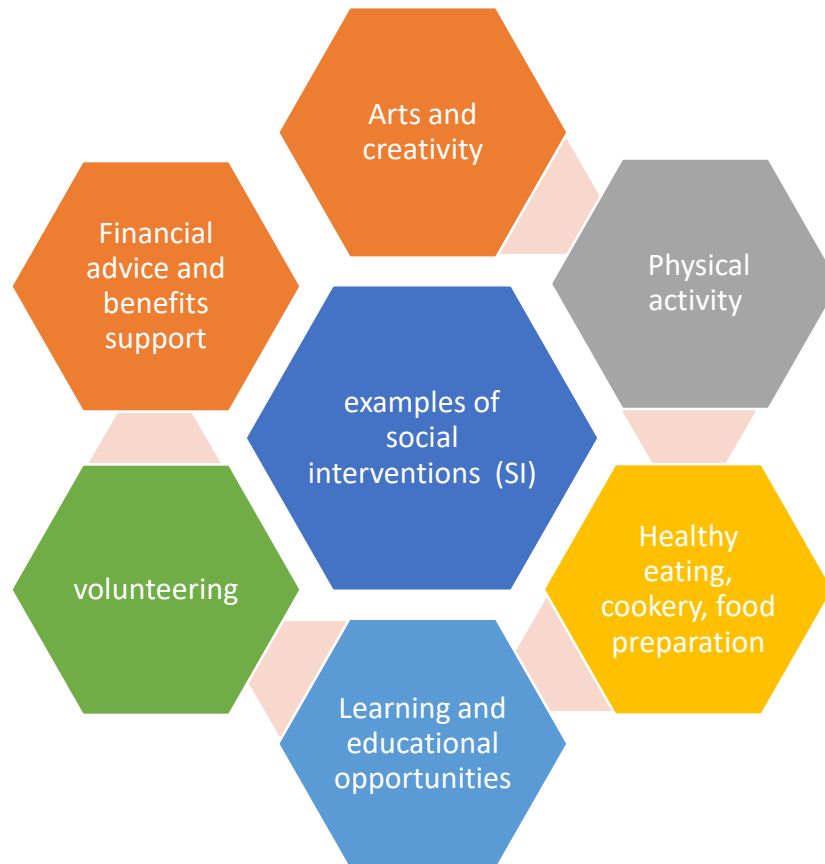
# Social prescribing

- Set out provisions for those who had 'long term health conditions' to access what they called wellbeing prescriptions, such as exercise classes through to art classes, to help promote good health and wellbeing.
- Social prescribing has had apparent benefits to those who have mild to moderate mental health issues with positive outcomes in improving their wellbeing.
- It has also been shown to benefit whole communities and could be a possible route into reducing social isolation.

# Social Prescribing

- According to an article in the Smithsonian Magazine (Solly,2018) British doctors may soon be prescribing art, music, dance and singing lessons for those with long term health issues, ranging from dementia to mental health issues.
- The Conservative Health Minister Matt Hancock, pledging to give 4.5 million to deliver Social Interventions (SI) with the campaign being rolled out in its entirety by 2023.

# Social Interventions Chart



# Timetable

**SPIDER PROJECT'S WEEKLY ACTIVITY SCHEDULE AUGUST 2019—MORNING SESSIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Photography</b> (Main room) No camera required Take the pictures you always wanted 10:00am-12:00pm *All abilities incl. Beginners	<b>Open Jamming Session</b> (Music room) Guitar, singing and percussion 10:00am-12:00pm  <b>Learn to Draw</b> (Beginners & Masters) Designed for Easy Level 10:30am-12:30pm  <b>Katrina Cicke</b> (Main room) Knit, natter and relax 10:00am-12:00pm	<b>Film &amp; Video Production</b> (Top rooms) Learn to create your own film/ video/animation 10:00am-12:00pm *All abilities incl. Beginners  <b>Vocal Group</b> (Music room) Learn to make the most of your singing voice 11:30am-1:30pm *All abilities incl. Beginners  <b>Jewellery Making</b> (Small rooms) Starting 14th August 10:00-12:00	<b>Holistic Therapies</b> (Therapy rooms) <b>Head, Neck and Shoulder treatment</b> 10:00am-4:00pm *By appointment only  <b>Story Box Reading Group</b> (Top rooms) 10:00am-12:00pm  <b>Guitars Tuition for Beginners</b> (Music room) Learn to play the guitar 10:00am-11:45am  <b>Yoga Group</b> (Small rooms) 10am-11:30am Please book the day before  <b>Singals, Jamming and Guitars</b> (Music room) Sing or play in the music studio 10:00am-12:00pm *All levels welcome  <b>Tea Chat</b> (group room) 11:30am - 12:30pm	<b>Outward Sounds</b> Changes each month see staff for details. Get in early, places are limited  <b>Sculpting</b> (Main room) Starting from 9th August 09:30-11:30  <b>Holistic Therapies</b> (Therapy rooms) <b>Head, Neck and Shoulder treatment</b> 10:00am-4:00pm *By appointment only  <b>Health Walk</b> Gentle walk around the local area 9:45am-10:45am  <b>Singals, Jamming and Guitars</b> (Music room) Sing or play in the music studio 10:00am-12:00pm *All levels welcome  <b>Tea Chat</b> (group room) 11:30am - 12:30pm

There will be separate sessions for sculpting and batik from the 8th August!  
Batik will be on Thursdays from the 8th August and  
Sculpting will be on Fridays from the 9th August

Turn over for afternoon activities

THE SPIDER PROJECT, 56 HAMILTON ST. BIRKENHEAD, CH41 5HZ, 0151 647 7723

**SPIDER PROJECT'S WEEKLY ACTIVITY SCHEDULE AUGUST 2019 - AFTERNOON SESSIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>New Casting Group</b> (Leaving School) 12:30pm *Please Book!  <b>Open Award</b> (Music room) Learn how to produce music in our studio 1:00pm-5:00pm Ink and Wash (Main room) Art with ink and water colours 1:00pm-3:00pm  <b>No body fit on Mondays</b>  <b>Open Award in Nutrition</b> 12th August (Talk to a staff member)	<b>Spider Players Drama Group</b> (Group rooms) Drama sessions with a focus on stage craft and productions 12:30pm-2:30pm  <b>Music Production</b> (Music room) Learn how to produce music in our studio 12:30pm-2:30pm  <b>Burning Group</b> Improve your fitness and run with our Spider runners. Leave Spider at 1:00pm  <b>Practice with Paint</b> (Main room) Starting 30th July 2:30-4:30pm  <b>Guided Relaxation</b> (Group rooms) 3:00pm-4:00pm Muscle relaxation, followed by guided tour of soothing scenery	<b>Creative Woodwork</b> (Main room) Be creative and learn basic woodwork skills 1:00pm-3:00pm  <b>Photographic Editing</b> (Top rooms) 1:30pm-3:30pm  <b>Body Fitness</b> (Main room) Intense interval and weight training 4:00pm-5:00pm  <b>No Practice with Paint Tuesday 20th August</b>	<b>Creative Writing</b> (Group rooms) Stories, poems and fun writing by you 1:30pm-3:30pm  <b>Batik</b> (Main room) Paint with wax 2:30pm-5:00pm  <b>Turn over for morning activities</b>	<b>Community Lunch</b> (Main room) Eat together and meet others from 12:30pm *Donations always welcome  <b>Calm &amp; Create</b> (Main room) A creative art class with a focus on relaxing and enjoying art making 1:30pm-3:00pm  <b>Football at Tranmere Rovers</b> Football training and 5 a side game 3:00pm-4:00pm *Need of Spider at 2pm  <b>Guided Relaxation group</b> (group rooms) 3:30pm-4:30pm Muscle relaxation, followed by guided tour of soothing scenery

Remember we are also open Saturdays  
10am-2pm for tea, talks and quiz fun

THE SPIDER PROJECT, 56 HAMILTON ST, BIRKENHEAD, WIRRAL, CH41 5HZ, 0151 647 7723



# Creativity, Addiction and the brain

- 'having a buzz' 'like a natural high' 'it makes me feel amazing when they [the audience] clap' to 'I don't want it to end' 'I feel down for days after' 'I hate it when its over, as I want to do it all over again'.
- Mesolimbic dopamine influences novelty seeking and creative drive (Flaherty,A.,W 2005).
- This area of the brain is also know as 'the reward pathway'.

# Creativity, Addiction and the Brain.

- This region of the brain which is involved in memory, reward and pain receptors, when stimulated by reinforcing stimuli such as food and sex, produces pleasurable effects.
- The ventral tegmental area of the brain (VTA) extends to the nucleus accumbens which is the key area of the brain that is involved with reward.
- Dopamine is a neurotransmitter that helps people remember the pleasure of experience so they repeat it over and over again (Kosten, T, R and George T, P 2002).

# Creativity, Addiction and The Brain

- If you have a low functioning dopamine system, you are more likely to be more risk taking, novelty seeking and compulsive.
- And while these aren't necessarily creative behaviours, they are starting points that can lead to being creative.

# Further Research

- Will aim to explore, investigate and analyse whether participating in a variety of creative activities has made an impact on the *Spider Project* members' recovery and overall wellbeing.
- By exploring whether being in active addiction and partaking in creative activities releases the same hormones naturally and therefore produces similar effects on the brain, which is why those who are in recovery are drawn to the world of creativity.


# Further Research

- By unpacking the following question 'How important is creativity in the lives of those in recovery from drugs/and or alcohol and those who have mild to moderate health issues ?'


# Bibliography

- ▶ Bates, P., (2002) Briefing: Working for Inclusion – making social inclusion a reality for people with mental health problems: *Housing Care and Support* Vol 5, Issue 3.
- ▶ Biello, D., (2011). Is There a Link Between Creativity and Addiction? Addiction starts with genetics and the environment but is triggered by stress. *Scientific American* online [www.scientificamerican](http://www.scientificamerican.com) 06/02/2018.
- ▶ Department of Health, (2010) *Confident communities, brighter futures: a framework for developing well-being*. Available from: [https:// www.scie-socialcareonline.org.uk](https://www.scie-socialcareonline.org.uk).
- ▶ Department of Health (2006). *Our Health, Our Care, Our Say: a new direction for community service*. Available from: [https:// www.gov.uk](https://www.gov.uk)
- ▶ Dodge, R., Daly, A., Huyton, J., & Sanders, L (2012). The challenge of defining wellbeing. *International Journal of Wellbeing*, 2(3), 222-235. Online [www.internationaljournalofwellbeing.org](http://www.internationaljournalofwellbeing.org) 26/01/2019

- ▶ Flaherty, A., (2010) Brain illness and Creativity: Mechanisms and Treatment Risks. *The Canadian Journal of Psychiatry*; 56:132-143
- ▶ Geere, D., (2010). How to be Happy Nic Marks' five -a-day-guide. Available from: <https://www.wired.co.uk/article/how-to-be-happy-nic-marks> Accessed [26/1/2019]
- ▶ Koob, G and Kreek, M, J (2007) 'Stress, dysregulation of Drug Reward Pathways, and the Transition to Drug Dependence'. *American Psychiatric Association* 164(8): 1149-1159
- ▶ Kosten, T, R and George T, P (2002) 'The Neurobiology of Opioid Dependence: Implications for Treatment'. *Science Practical Perspect*
- ▶ Marks, N., 2010. The Happy Planet Index [online video] [https://www.ted.com/talks/nic\\_marks\\_the\\_happy\\_planet\\_index?language](https://www.ted.com/talks/nic_marks_the_happy_planet_index?language)

- 
- ▶ Stokes, L,H (2018) Social prescribing key in prevention agenda. *Royal College of General Practitioners*. [Accessed 12/1/2019]
  - ▶ Solly, M., (2018) British Doctors May Soon Prescribe Art, Music, Dance, Singing Lessons. Online [www.smithsonian.com](http://www.smithsonian.com) accessed 26/12/2018)
  - ▶ South, J., Higgins, T,J., Woodall, J.,& White, S, M (2008). Can social prescribing provide the missing link? *Primary Health Care Research & Development* 2008; **9**: 310–318
  - ▶ Taverner,K., (2019). Spider Project, Beyond the Label Art Exhibition.
  - ▶ THE WORLD HEALTH ORGANISATION, (2009) *Mental Health Resilience and Inequalities*. [online] Available from: <http://www.euro.who.int>.



- 
- ▶ White, M., & Salamon, E., (2010) An interim Evaluation of the Arts for Well-being Social Prescribing scheme in County Durham. *Centre for Medical Humanities*. Available from: <https://www.artsandhealth.ie/wp.content/uploads> [accessed 31/1/2019]
  - ▶ White, S. C., (2008). But what is Wellbeing? A framework for analysis in social and development policy and practice. *Centre for Development Studies ESRC Research Group on Wellbeing in Developing Countries*. Available from: [https:// www.research.net](https://www.research.net).
  - ▶ Williams ,C.,(2019) Interview for the Spider Project Presentation. 21<sup>st</sup> July 2019.
  - ▶ Wirral Borough Council (2017). *5 Ways to Wellbeing*. [online] Available from: [www.wirral.gov.uk/health/social](http://www.wirral.gov.uk/health/social) accessed [27/1/2019]
  - ▶ Wirralview (2018). Award-winning project on board with wellbeing work. *The Wirralview* [online]. 20<sup>th</sup> June. Available from: <https://www.wirralveiw.org>