



CREATIVE BEINGS

Cultivating creative practices for wellbeing

Annual Impact & Reach Report to 31st Dec 2022

What is Creative Beings CIC?

We devise and runs creative events to enhance wellbeing. We often work in, and with, nature and enjoy the natural surroundings of garden, woodland, field and stream here. By paying attention to the pace of what we do, as well as hosting the creative spaces carefully, the natural processes that contribute to wellbeing have a chance to emerge and embed.

Many of our workshops help individuals to develop self-expression and 'be heard'. These processes can contribute to higher self-esteem, more participation and stronger wellbeing.

Our creative interventions can include facilitated conversation (e.g. exploring our feelings around our place in the world), expressive mark-making, a walk in woodland (for inspiration and connection to nature) and/or mindfulness practices.

Creative Beings CIC also works with musicians, dancers and performers to create opportunities for them to share their work with audiences who might not normally experience these art forms. There is very much a two-way flow as the audiences and performers gain from their explorations and experiences with each other.

How has the community benefited from Creative Beings CIC in 2022?

Some of the highlights included spaces for intimate performances:



The Matt Woosey trio delighted with an evening of blues and light rock



Harpist Alison Sydenham entertained the Memory Café volunteers at a 'thank you' lunch



Floaty-tuned Flute Cake trio played for Hospiscare Open Gardens, helping to raise £1,150

Spaces for creative expression:



'Find & Explore Your Creative Flow' with 5 tutors sharing 5 techniques in 5 days



'Sculpture With Attitude' and monthly life drawing



Foraging & Preserving including conversation and camping by a firepit

Social outreach wellbeing projects:



'What's behind the portrait?' Creative Wellbeing Workshops with Headway clients



'Pottering With Plants' wellbeing sessions in the studio and young agro-forest



Awliscombe Primary School 'seeds of creativity' workshops, exploring mark-making, poetry & movement

In 2022, all of our Creative Wellbeing Workshops were 100% funded by proceeds from Creative Beings courses. In keeping with our Articles of Association, the Directors of Creative Beings do not receive payment or profits. Instead, we aim to generate a surplus to spend on social outreach projects with under-served communities.

Tree-planting:



Tree hub with Devon Wildlife Trust, giving away 200 young trees

Fund-raising for Moor Trees with a 'Fluting under the GreenWord Tree' soirée

Setting up a micro tree nursery, growing trees from local seeds

2022 combined reach & impact

Over the year we:

- ran 28 courses and events (including 2 fund-raising events for charities)
- delivered 4 social outreach projects (aimed at carers, socially-isolated, adults with brain injuries, primary school students)
- engaged 640 participants

What's in store for 2023?

All sorts! A slam-poetry evening. An event exploring psychological pressures facing refugees. A wide range of creative courses. Planting and nurturing a micro tree nursery, donated by Devon Wildlife Trust. Generally trying to do our bit as we move towards net zero. Running a series of creative events for Honiton Carers, providing an oasis of respite.

Check out our website for the latest updates at www.creativebeings.uk



Sue Holland, Martin Staniforth, Alex Staniforth, Jan Campbell Young, Rosemarie Boon
Directors of Creative Beings CIC