



CREATIVE BEINGS

Cultivating creative practices for wellbeing

Annual Impact & Reach Report to 31st Dec 2024

What is Creative Beings CIC?

We devise and run creative events to enhance wellbeing. Increasingly, we work in, and with, nature. By paying attention to the pace of what we do, as well as hosting creative spaces carefully, natural processes that contribute to wellbeing have a chance to emerge and embed. Many of our workshops help people to develop self-expression and 'be heard'. These processes can contribute to higher self-esteem, more connection and stronger wellbeing.

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.

Some of our 2024 highlights included **intimate performances**:



Suthering returned with their gorgeous harmonies, to sing songs about the natural world.



Mae Karthausier trio shared their wonderful quirky songs, as part of the Villages In Action programme.



We hosted experimental theatre-in-a-car 'Blind Spot' performances from Alright Mate?

Courses on creative expression, inspired by the natural world:



Colour & Texture: Abstract Drawing from Nature, with Katie Sollohub.



Singing with Nature ... and Suthering.



Willow-weaving garden obelisks, guided by Rachel Dixon.

Proceeds from those courses and events helped to fund **social outreach wellbeing projects**. The main one, monthly ‘Pottering With Plants’ sessions, was aimed at fostering community for individuals including some who felt socially isolated. We also funded and ran a self-care day for members of the **Honiton Memory Café**.

To extend our reach and impact, we were fortunate to receive funding from:

- **Devon Wildlife Trust** to develop and lead an ‘After The Ashes’ poetry walk, responding to the changing landscapes caused by millions of trees dying from ash dieback.
- **Honiton Carers** to lead a wreath-making craft session.
- **Creative East Devon Fund** through the **UK Shared Prosperity Fund** to run experimental ‘Biocycles by the Grove’ workshops, including outdoors mark-making and movement sessions, a soundscape commission and contemporary dance performances in an overgrown former formal garden. [See more info and videos here.](#)



Pottering With Plants sessions end with a light lunch, created with tasties from the Food Forest.



DWT Ash Walk / Poetry Day with Chris Waters in Ashclyst Forest.



Wreath-making using foraged materials, with the Honiton Carers.



‘Biocycles by the Grove’ mark-making workshop in Poltimore House gardens.



Movement to music workshop, exploring tree life cycles, in a dramatic woodland setting.



Introduction to Food Forestry ... in the Food Forest.

We continued to grow trees, from locally-harvested seed, in our Devon Wildlife Trust **micro tree nursery**, and have now grown over 600 trees from seed. We also gave away another 400 tree whips at a DWT Tree Hub event. Supported by many wonderful **tree-planting** volunteers, we planted 600 broad-leaved hardwoods in Awliscombe and Farway, making a total of over 1,600 since this project began. This includes some fruit trees, planted in 2019, that are now bearing fruit! And a new small mixed orchard, planted in 2024.

The Devon Wildlife Trust kindly gave us some match-funding to support the development of these woodland areas, including tree guards, stock fencing, bark chippings, barn owl boxes and dormouse boxes.



Free Tree Spree give-away to encourage others to plant trees in gardens or other spaces where they have permission.



Tree-planting party, replacing larch with broadleaved whips in tubes, to protect them from deer.



A barn owl box, made by local social enterprise Men In Sheds, awaits its first visitor.

2024 combined reach & impact

Over the year we:

- ran 20 courses and events
- delivered 11 social outreach sessions (aimed at carers, socially-isolated individuals, young dancers)
- engaged 390 participants

What's in store for 2025?

A singing workshop. A nature & nurture day retreat. Gestalt exploration. Biocycles mark-making and movement in Sidmouth. Gong wash sound journeys. Life drawing and sculpture. And more tree seed harvesting, nurturing and tree-planting! Check out our website for the latest updates at www.creativebeings.uk



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