



CREATIVE BEINGS

Cultivating creative practices for wellbeing

Annual Impact & Reach Report to 31st Dec 2023

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 2023?

Some of the highlights included **intimate performances**:



Suthering brought their gorgeous harmonies to sing songs about the natural world



World Poetry Slam Champion Harry Baker touched our hearts in 'Unashamed'



Floaty-tuned Flute Cake trio played for Hospiscare Open Gardens, helping to raise £900

Courses on creative expression and being inspired by the natural world:



Gelli printing, with Lisa Parkyn, using forms from the garden



Sculpting the Figure in Yoga



Foraging & Preserving including conversation and camping by a firepit near the Food Forest

Proceeds from those courses and events helped to fund **social outreach wellbeing projects**. We were also fortunate to receive funding from:

- **Honiton Carers** to run 10 ‘Pottering With Plants’ and 10 crafting sessions
- **Devon Wildlife Trust** to develop and lead ‘After The Ashes’ workshops, responding to the changing landscapes caused by millions of trees dying from ash dieback
- **Arts Council England** to run creative sessions exploring ‘Biocycles’ with brain-injury charity Headway; to commission an outside soundscape; and to run contemporary dance workshops leading to performances in front of a crumbling medieval wall. [More info here](#)



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



10 Carers’ Crafting sessions, experimenting with plant dyes, clay, puppets, printing, etc.



Drawing with home-made charcoal in an After The Ashes workshop at DWT’s Woodah Farm.



Some output from ‘Biocycles’ workshops with Headway clients, exploring tree life cycles.



Making contemporary dance costumes, responding to a 13-min outside soundscape.



The Biocycles Dancers exploring regeneration (in the rain!) at Bishop’s Palace Gardens, Wells.

We continued with **tree-planting** and have now planted over 1,000 broad-leaved hardwoods in Awliscombe and Farway, with the help of many wonderful volunteers. Last year, Devon Wildlife Trust gave us a micro tree nursery that we installed in our Food Forest. There, we have grown over 400 trees to plant or give away at a DWT Tree Hub event. Most of these young trees were grown from local seed that we had gathered, stratified and nurtured ourselves. It has been such a joy collecting seed and seeing our own trees shoot up.



Creating the micro tree nursery in February, growing trees from local seeds.



The micro tree nursery just 6 months later. Look how 400 seeds have grown!



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

2023 combined reach & impact

Over the year we:

- ran 20 courses and events (including 2 fund-raising events for charities)
- delivered 27 social outreach sessions (aimed at carers, socially-isolated individuals, adults with brain injuries, contemporary dancers)
- engaged 760 participants

What's in store for 2024?

Contemporary folk concerts. A singing workshop. An introduction to Food Forestry. Making wild fibres from the land. Abstract drawing from nature. Gong washes. Life drawing and sculpture. And more tree-planting! Check out our website for the latest updates at www.creativebeings.uk



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