



# CREATIVE BEINGS

Cultivating creative practices for wellbeing

## Annual Impact & Reach Report to 31<sup>st</sup> Dec 2025

### What is Creative Beings CIC?

We are a social enterprise that aims to enhance wellbeing for people, and planet, through courses and events that take place in, and with, the natural world. By paying attention to the pace of what we do, as well as hosting creative spaces carefully, wellbeing processes have a chance to emerge and embed. Many of our workshops help people to develop self-expression and connection with the world around them. These processes can contribute to higher self-esteem, more belonging and stronger wellbeing.

Creative Beings CIC also collaborates 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.

Wherever possible, we reference the land that nourishes us. This takes many forms, from planting and harvesting in a Food Forest and Alley-Cropping system to taking time to appreciate the beauty and fragility of the natural world and noticing our response to it.

Some of our 2025 courses on creative expression, inspired by the natural world:



Rewild The Blank Sketchbook with Katie Sollohub.



Singing with Nature ... and Suthering.



Nature & Nurture Day Retreat led by Harriet Price.

Working with natural materials:



Processing and weaving our first crop of flax, led by Alice Fox.



Figurative Sculpture in Clay led by Martin Staniforth.



Hosting artist AMOS for Devon Open Studios.

- Proceeds from courses and events helped to fund **social outreach wellbeing projects**. We ran a self-care day for members of the **Honiton Memory Café** and ran other sessions for charities **Open Arms East Devon** and **Daisi**. Proceeds were also used to offer subsidised places on some courses.

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

- The **Blackdown Hills National Landscape** for a compost loo and a separate grant to run several 'Pottering with Plants' sessions, aimed at fostering community for individuals including some who felt socially isolated.
- The **Department for Environment, Food & Rural Affairs** towards the costs of installing deer-and-rabbit-proof fencing for our Alley-Copping experimental agroforestry project.
- **Honiton Carers** to lead a wreath-making craft session.
- **Creative East Devon Fund**, through the **UK Shared Prosperity Fund**, to extend the experimental 'Biocycles' project to the centre of Sidmouth. This included outdoors mark-making and movement workshops and contemporary dance performances.



Pottering with Plants sessions end with a light lunch, created with produce from the Food Forest in season.



Our new compost loo, built with Devon-grown timber.



The deer-proof fencing protecting the Alley-Cropping project.



'Biocycles' mark-making workshop in Blackmore Gardens, Sidmouth.



Outdoor dance performances, exploring tree life cycles.



Sound journey based on local composer GRICE's One Thousand Bird Symphony.

## 2025 combined reach & impact

Over the year we:

- ran 16 courses and events
- delivered 13 social outreach sessions (aimed at carers, socially isolated individuals, young dancers)
- engaged 510 participants

## What's in store for 2026?

A singing workshop. Agroforestry planting. Hospiscare Open Gardens. Gong wash sound journeys. Life drawing and sculpture. Workshops on collaging, Getting Grounded and the Acoustic Body. Blues and classical concerts. And more ...

Check out our website for the latest updates at [www.creativebeings.uk](http://www.creativebeings.uk)

Thank you for your support.



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Directors of Creative Beings CIC