

MINDSCAPES CONFERENCE: DAY 1



DATE: THURSDAY 22ND APRIL 2021
TIME: 16.00 - 20.00 (UK) / 17.00 - 21.00 (Europe)

The impact of the world around us can have a huge impact on our wellbeing and mental health. Over two evenings, SICK! in Manchester and Kunstinstituut Melly in Rotterdam will present six panel discussions examining the different ways we can be affected by our environment. The first day explores three themes.

SESSION 1: FRESH AIR

Time: 16.00 - 17.00 (UK) / 17.00 - 18.00 (Europe)

Green spaces can have a powerful impact on our mental health and well-being. Why? From our own gardens, to parks and the wider countryside, places where we can be outside and connect with nature seem to provide a positive boost to our mental health. But we don't all have equal access to this. Our second session looks at the social and cultural factors which create this inequality and asks how we can all share the benefits of natural spaces.

Moderator

Tim Harrison, Creative Director, SICK! Festival

Panel

Jini Reddy, Author

<https://www.jinireddy.co.uk/>

Jini Reddy was born in the UK to parents of Indian descent from South Africa and raised in Canada. She is the author of *Wanderland*, shortlisted for the Stanford Dolman Award and for the Wainwright Prize (for UK nature writing.) Her words will appear in the forthcoming *Women on Nature* and she is a contributor to the best-selling *Winter: An Anthology for the Changing Seasons*. Her award-winning book, *Wild Times* was published in 2016 and her poems and texts have been displayed in exhibitions at London's Southbank Centre and at the Royal Botanic Gardens, Kew. As a journalist, she has travelled extensively and in 2019 she was named a National Geographic Woman of Impact. Jini holds an M.A in English Literature from Avignon University, France and a B.A. in Geography from McGill University, Montreal. In her work, she increasingly occupies a fertile cross-cultural, cross-genre space where place, spirituality and culture meet.

For 30% off *Wanderland*, use the discount code WANDERLAND30 at www.bloomsbury.com/wanderland. Offer ends 31st May 2021.

Mark Frith, founder of Growing Togetherness

<https://www.growingtogetherness.co.uk/>

Mark Frith is a horticultural therapist and Sustainable Communities Development Consultant. Mark coordinates the development of community allotments and gardens at Buile Hill Park in Salford, made up of a selection of individual allotments and communal areas. Growing Togetherness are creating a CIC and structured volunteer program to offer a pathway for willing community gardeners to grow and share their knowledge and skills. Mark Frith is a volunteer representative of the Buile Hill Mansion Association, dedicating to to preserving and refurbish the Grade II listed building which has recently received 1.2 Million from Salford City Council for renovation for community use.

Dr Vikki Houlden

<https://environment.leeds.ac.uk/geography/staff/9618/dr-vikki-houlden>

Dr Vikki Houlden is a Lecturer in Urban Data Science at the University of Leeds. With a background in civil engineering and quantitative human geography, her research aims to understand the ways in which spaces and places embody inequalities, and the social structures influencing how people relate to their environment. She is particularly interested in how urban landscapes impact health and wellbeing. She has a PhD in Urban Science from the University of Warwick, where she studied the relationship between urban greenspace and mental wellbeing, which remains her core research passion.

SESSION 2: FREEDOM OF MOVEMENT

17.30 - 18.30 (UK) / 18.30 - 19.30 (Europe)

In our second session we'll be looking at why our city centres and streets sometimes fall short of being open for everyone. Our relationships with the places we work, play, socialise, study and shop have a huge impact on our daily lives. What assumptions do they make about us, our age, disability and income? What barriers do we encounter that stop us all fully enjoying our public spaces?

Moderator

Ruth Fabby MBE, DL, FRSA, WCMT Fellow, Director - Disability Arts Cymru

www.disabilityartscymru.co.uk

Ruth Fabby [formerly Gould until October 2019] is the Director of Disability Arts Cymru (DAC) since August 2019. Now residing in Cardiff, Ruth is leading the organisation to support a creative and equal Cymru where disabled and Deaf people are pivotal to the arts of the nation. Previously she was the founder and Artistic Director of DaDaFest, one of the most successful disability arts festivals in the world. Ruth initially trained in performance arts, speech and drama at Liverpool Theatre School, and has worked in the arts / disability arts all her professional life.

Ruth sees disability rights as human rights and is a passionate and knowledgeable speaker.

Panel

Dr. Stefan White, Professor of Architecture, Manchester School of Architecture

<https://mcrmetropolis.uk/portfolio/stefan-white/>

Stefan is an architect researching and practicing the architecture and urbanism of social and environmental sustainability. He is director of the PHASE Place-Health research and delivery group at the Manchester School of Architecture - working collaboratively to understand and create healthier places with UK Government, Regional Health and Care providers, City Council's, Registered Housing Providers and Local Communities

Aidan Moesby, Artist, Curator and Writer

<https://www.aidanmoesby.co.uk/>

As an artist, curator and writer, Moesby's work is at the intersection of the visual arts, wellbeing and increasingly, technology. Interventions on the dual crises of Climate Change and Mental Health serve as a catalyst for conversations to initiate positive social change. He produced 'I was Naked, Smelling of Rain' a multi-format performance and installation exploring the relationships between the outer physical weather and internal psycho-emotional weather. His work is that is at once playful, intimate, questioning and deeply human. He works nationally and internationally on issues of cultural access and inclusion within disability and mainstream contexts.

Mike Emmerik, Crimson Architects

<https://www.crimsonweb.org/>

Mike Emmerik (1986) was trained as an urbanist at Delft University of Technology. He is currently partner at Crimson Historians & Urbanists and is the director of the Independent School for the City. Throughout the past years, he has been involved in various research and design projects at the intersection of urban design and policy making and he is affiliated with the Dutch Board of Government advisors from which he advises the national government and local authorities about issues related to urbanisation and mobility.

SESSION 3: INSTITUTIONS OF CARE

Time: 19.00 - 20.00 (UK) / 20.00 - 21.00 (Europe)

Approaches to care within mental health hospitals, wards and units have changed a lot over the years with artistic practices playing an increasing role. Bringing together individuals who have personal experience of institutions of care, with those who have delivered creative programmes in those settings, our panel will be

asking if the move away from traditional ways of caring has resulted in greater awareness of compassion for people with mental health conditions.

Moderator

Sofia Hernandez Chong Cuy, Director, Kunstinstituut Melly

Panel

Richard Bennaars, Artistic Manager, Herenplaats

www.herenplaats.nl

Studied at the Art Academy in Den Bosch and Rotterdam and began working for Pameijer Foundation in 1984 in a daycare centre for people with intellectual disabilities. With Frits Gronert he started Atelier Herenplaats in 1991 with talented artists with a disability or mental health issue. Work of Herenplaats artists is part of many private and museum collections all over the world.

Wilco Tuinebreijer, Chair of Beautiful Distress Foundation

www.beautifuldistress.org

W. Tuinebreijer works as a psychiatrist in Amsterdam. He has been medical director till 2019 at the GGD Amsterdam. (The Public Health Service of Amsterdam)

Currently he is working for Arkin, an Amsterdam mental health institute. His current work is constructing a city-wide mental health care network for refugees.

In 2016 he founded the Beautiful Distress Foundation. Beautiful Distress strives to create more awareness and acceptance in society for the mentally ill through art projects. By removing stigmas Beautiful Distress hopes to foster understanding for the problems that patients face. By bringing the worlds of art and psychiatry together Beautiful Distress wishes to validate the world and experience of the mentally ill.

He publishes and lectures national and international and is the curator of various expositions.

www.beautifuldistress.org

www.arkin.nl

www.amsterdammuseum.nl

Angèle de Jong, Project Manager, Madness Meets Art

Angèle de Jong studied Child Development and Education -Mediadicactics- at the University of Amsterdam. She worked in the tv and film sector and as project manager, counsellor and trainer on Diversity Policy in Education and Labor Market. About eight years ago she decided to be open about her background in Psychiatry. Nowadays she works as developer/ trainer on diverse courses about Stigma and Recovery. For Foundation Beautiful Distress, she's a co-creator for projects like Madness meets Art. She sees Art and Creativity as important languages to make

psychological suffering visible and tangible and to discuss prejudices against mental illness.

Marieke van Rooy, Artist

<http://manganovanrooy.com/>

Marieke van Rooy (Weert, NL, 1974) lives and works in Amsterdam. She forms an artist duo with Domenico Mangano and is an external PhD candidate at the faculty of the Built Environment of the Technical University of Eindhoven. Since 2014 they work on the Dilution Project, a long-term artistic research project revolving around the subject of anti-psychiatry and the democratic movement in the Netherlands in the 1970s. It focuses on the heritage and the actuality of the Nieuw Dennendal experiment, as well as the legacy of psychologist Carel Muller who developed the idealistic and utopian concept of 'dilution' in collaboration with the progressive architect Frank van Klingeren. This groundbreaking experiment aimed at bringing together healthy and mentally ill people to overcome the formation of a polarised and hierarchical society. Mangano & Van Rooy combine archival research, participation and educational projects and transform these into art projects consisting of film, spatial installations, photos, drawings, performances and publications.