

MINDSCAPES CONFERENCE: DAY 2



DATE: FRIDAY 23RD APRIL 2021

TIME: 16.00 - 20.00 BST (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 second day explores three themes:

SESSION 4: STAYING IN

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

Our first discussion will be looking at how we create our own living spaces, what they say about us and how they shape the thoughts we have about ourselves. What do our private spaces say about our self-esteem and our place in the world? Have our relationships with the places we call home changed because of COVID?

Moderator

Tim Harrison, Creative Director, **SICK!** Festival

Panel

Hamja Ahsan, Artist, writer and activist,

<https://www.shadesofnoir.org.uk/creatives/portfolio/hamja-ahsan/>

Hamja Ahsan is an artist, writer, activist and curator based in London, UK and Maastricht, Netherlands. He is the author of the book *Shy Radicals: Antisystemic Politics of the Militant Introvert*, now adapted into a film. He was awarded the Grand Prize at Ljubljana Biennial 2019. He is co-curator of the DIY Cultures festival of creative activism, zines and independent publishing since 2013. He was shortlisted for the Liberty human rights award for Free Talha Ahsan campaign on extradition under the War on Terror. He is on the editorial board of the Radical Mental Health magazine *Asylum*. IG/ Twitter: @hamjaahsan

Moosje M. Goosen, PhD research fellow at University of Amsterdam

<https://www.uva.nl/profiel/g/o/m.goosen/m.goosen.html>

I'm a writer who lives in Rotterdam. Having worked as an art critic and in different educational capacities, my life took a turn when I was diagnosed with a rare autoimmune disorder, which led to a bilateral lung transplant in 2017. While I was ill, I was forced to live a life of the Mind, a life of reading, writing, thinking – but with

an ailing body. Both in my PhD research, as in my other writing, I give room and occasion to the philosophical condition of being ill.

Jackie Hagan, Poet, stand-up comedian, theatre-maker and playwright

<https://disabilityarts.online/directory/jackie-hagan/>

Jackie Hagan is a working class, one-legged scouser who undercuts awkwardness and taboo with smart, loving wit. She believes on the power of live art to effect lasting social change. She is an award winning poet, standup comedian, theatre-maker, stump-puppeteer and playwright.

SESSION 5: THE DIGITAL EFFECT

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

Nowadays we can be alone in our rooms whilst connecting to millions around the world. That's a lot of scrutiny and peer-pressure to face alone. How does this affect our mental health and the way we see ourselves? The dynamics between isolation and connection have shifted so much and in our fifth session we look at its effects, both positive and negative, particularly on the lives of younger people.

Moderator

Robin van den Akker Senior Lecturer Continental Philosophy and Cultural Studies, Erasmus University College

Robin van den Akker is Senior Lecturer in Cultural Philosophy and Studies and Director of the Erasmus Center for Liberal Arts and Sciences at Erasmus University College Rotterdam. He has written extensively on the digitization of everyday life and contemporary aesthetics and culture in *The Journal of Aesthetics and Culture*, *Frieze*, *ArtPulse*, *Monu*, *The American Book Review*, *De Groene Amsterdammer*, and various other journals, magazines, catalogues, and edited collections. His work has been translated in numerous languages, including Mandarin, Russian, German, and Spanish.

Joe Strickland, Artistic Director of Chronic Insanity, theatre maker, digital producer, and creative technologist

<https://chronicinsanity.wixsite.com/12in12>

Joe Strickland is a prolific, theatre maker, digital producer, and creative technologist with great energy and passion. Since 2012 they have been helping to create all manner of theatre and performance in venues across the country. They are the Artistic Director of Chronic Insanity, the Executive Producer of Strickland Productions, the Digital Producer for DaDaFest. They are an artist in development with the Nottingham Playhouse, a BBC New Creative, and a studio member with Near Now. They are a PhD researcher looking at Future Experience Technologies and Storytelling based at the University of Nottingham's Mixed Reality Lab.

Prof. Ian Tucker, Professor and Director of Impact and Innovation in the School of Psychology at UEL

<https://www.uel.ac.uk/staff/t/ian-tucker>

Ian is Professor of Psychology at The University of East London. Ian's research interests include mental health, emotion and affect, digital media and surveillance. He has published empirical and theoretical work on care and recovery in a range of environments for mental health support; digital peer support in mental health and surveillance. Ian is currently working on a UKRI MARCH Network+ project exploring the impact of digital platforms in relation to 'community assets' (e.g. arts and creative communities) and experiences of mental ill-health. Ian is co-author of *Social Psychology of Emotion* (Sage) and *'Emotion in the Digital Age'* (Routledge's *Studies in Science, Technology & Society Series*).

Princess Arinola Adegbite, Poet, Songwriter, Filmmaker and Student

<https://www.amazon.co.uk/Soft-Tortures-P-Bitez/dp/1542620392>

Princess Arinola Adegbite or "P. A. Bitez" is a Jamaican-born Nigerian poet, songwriter, filmmaker and student based in Manchester. Born in 2000 Bitez has appeared in the Young Writers Anthologies and has received multiple Young Writers Awards. In 2017 she won Slambassadors, a national poetry competition and published her debut poetry collection 'Soft Tortures' which deals with heartbreak, loss, existence and mental illness from an adolescent point of view. In 2020, she is one of six finalists of BBC Words First 2020, a talent scheme searching for the best Spoken Word Poets in the UK. She is a member of Young Identity.

SESSION 6: CARE AND CULTURAL SPACES

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

Cultural institutions like art galleries, museums and theatres have long recognised their value in contributing to society's well-being. They now lead the way in making mental health and social responsibility visible within their buildings and as part of the art they present. But has that put the responsibility on cultural institutions to look after the nation's mental health that should be the responsibility of government? Our final session looks at the shift in arts, culture and health at a time when core mental health services are being cut.

Moderator

Tim Harrison, Creative Director, SICK! Festival

Panel

Alex Coulter, Director of the National Centre for Creative Health, Director of Arts & Health South West

<https://www.ahsw.org.uk/about-us/people/ahsw-staff/>

Alexandra Coulter provides the secretariat for the All-Party Parliamentary Group on Arts, Health and Wellbeing and project managed the 2 year Inquiry which led to the Creative Health report. She is the Director for the National Centre for Creative Health which launched on 9th March 2021. She has been Director of Arts & Health South West since 2010 and in that role is delivering the Culture, Health and Wellbeing International Conference in June 2021, featuring policy, research and practice from over 20 countries. She was previously the Arts Programme Manager at Dorset County Hospital for 15 years.

Pelin Basaran, Producer and curator of contemporary performance currently working at Contact, Manchester

www.contactmcr.com

Pelin Basaran is a producer and curator of contemporary performance developing and delivering high-profile projects across Europe and beyond. As a founding member of garajistanbul, the foremost centre for contemporary performance in Turkey, Pelin was a leading voice in the cultural landscape of Istanbul for many years. In 2011, she founded her own organization, PARC, instigating many international projects and nurturing artistic practice in Turkey. She was founder and Director of Siyah Bant, a research and advocacy initiative dedicated to Freedom of Expression in the Arts. She currently works as programme manager at Contact, Manchester whilst developing international projects independently. In the UK she has contributed greatly to promoting diversity and anti-racism within the arts and to the growing discourse on care as a cultural and ethical paradigm within cultural institutions. She received her BA in Political Science from the Middle East Technical University and completed her MA at Boğaziçi University, Institute of Modern Turkish History.

Esther Vossen, Director and curator of The Fifth Season

www.vijfde-seizoen.nl

Esther Vossen is an art professional dedicated to contemporary art and mental health. She is director and curator of The Fifth Season, an artist residency that focuses on art and mental health and the artist-in-residency at Fukuroda Hospital in Japan. Besides this, she is part-time director of a gallery and art rental space for art made by artists who have a psychiatric background and art consultant at hospitals in The Netherlands. As art consultant she's responsible for art commissions and the art collection of the organizations. Vossen is committee member of the various national funding bodies and has regularly positions as board member. She studied Journalism and worked as a program maker for a Dutch

national broadcast company (VPRO). Hereafter she studied at the Art Academy Amsterdam, followed by art history at the University of Amsterdam. Since 1998 she was project manager and curator contemporary art at several art institutions, like de Appel Arts Centre, the State Academy of Fine Arts in Amsterdam and the Dutch National Museum of the Mind.

Romily A Walden

<https://romilyalicewalden.com/>

Romily A Walden is a transdisciplinary artist whose work centres a queer, disabled perspective on the fragility of the body. Recent work has shown at BALTIC Centre for Contemporary Art: Newcastle, Hebel Am Uffer: Berlin and SOHO20: New York. In 2019 Walden was a Shandaken Storm King resident; they will be resident at Wysing Arts Centre and HAU Berlin in 2021. Since 2019, Walden has been a fellow of the UdK Graduate School and Berlin Centre for Advanced Studies in Arts and Sciences.

Sofia Hernandez Chong Cuy, Director, Kunstinstituut Melly