

THE CREATIVE HEALTH TRUST UK

OUR HOPES AND DREAMS 2023-2024



THE Creative HEALTH TRUST UK

IN MEMORY OF
Sofiya Patel

Our dream

Finding clarity in your thoughts can often be difficult using words alone - especially when you are very ill or bereaved. Creative therapies delivered by Hospices help their beneficiaries communicate inner experiences and what they are feeling more easily. Our dream is to help make this happen and give Hospices easy-access grants to deliver these therapies.

What do we mean by 'creative therapies'? Any art-based or creative activity.

- Art - expressive collage, painting, cartoons, digital art
- Craft - clay, weaving, crochet, knitting
- Cookery - recipe making, nutrition, Bake Off's
- Gardening - gardening clubs
- Drama and music - dance, concerts, visiting musicians. **The list is endless.**

1

Our grants will **help people with long term illness to develop healthy coping strategies.**

2

Our grants will **help people talk about end of life issues, reducing stress and pain and improve mental capacity.**

3

Our grants will **help bereaved explore, manage and give insight into the trauma of loss.**



Sofiya Patel

Sofiya's legacy and love of the arts remains at the heart of what we do.



Our founder

Bob Sutcliffe visiting one of our funded projects in Huddersfield.



Art workshops

Bob is currently raising money for CHTUK by delivering art workshops.

OUR INITIAL PLANS

We want to make a difference by doing small things really well in 2023/4

We will:

- Focus all giving and grants on Hospice organisations who are supporting people and their families facing long term illness, end of life discussion and bereavement.
- Enable the delivery of creative therapies through Hospices based in the North West of England and Yorkshire in the first phase of our growth..
- Raise £20,000 of funding from sales of cards in Booths stores to be allocated directly to nominated hospices for the use in delivery creative therapies.

By being focused on excellence, we will initially...

1. Concentrate the efforts of CHTUK on 12 Hospices in the NW and Yorkshire.
2. Generate £5000 to support 3 pilot creative therapy projects which can help further development of this type of activity in Hospices which are funding-limited.
3. Review and research additional fund raising opportunities e.g. grants, private donations / bigger fundraising events

We will manage our charity within legal requirements set by the Charity Commission and ...

- ensure that administrative costs are limited to 7% of total annual giving.
- run an annual surplus of no more than 10% of generated funds each year ensuring the funds available are put to good use quickly



'Being creative helps people to relax and talk about, often, difficult subjects'

Jennie Longbottom is an art therapist in training, undertaking work experience at the Forget Me Not Children's Hospice in Huddersfield. She talks about her work and its benefits:

'Art therapy, and indeed most creative therapies, offer an alternative to the more traditional talking therapies. Often in our culture, we struggle to find the right words when it comes to the difficult emotions of grief, loss and bereavement. **Art therapy offers a safe, creative space** where these feelings can be explored and **families can find their inner strength and resilience.**'

CASE STUDY -WHERE IT ALL STARTED

South Lakes and Cumbria Cancer Care

In 2021, our founder Bob's fundraising supported a unique complementary therapy project for young people. The funds paid for tablets and creation of a world-first computer package, based on Minecraft, to enable adults to engage with hard to reach youngsters effected by cancer and bereavement.

The project became a pivotal drive to establish The Creative Health Trust.

