

# Arts Alive Wales (AAW) at Whitestone Llandovery District



## 1. Protected Characteristic category

Age, disability and race

## 2. Partner organisations

Arts Council of Wales and the Forestry Commission fund the project.

## 3. Details of initiative

The aim of the initial project 'inside out' was to bring children and adults from under-represented groups into the local landscape, and specifically to allow them to explore health and well-being issues through outdoor creativity with creative professionals. A number of groups were targeted, for example Young Carers, WAIMON (Women's Aid Monmouthshire), MIND and Alzheimer's. AAW has a focus on wellbeing projects and aims to become a regional provider of arts in health activities.

## 4. Initiative/Project aims and background

Each session takes place around the 'Forest Circle'. Building and lighting the fire, and sitting in the circle to talk and share food and drink (activities may include simple cooking over the fire) are an important feature of the sessions.

# Good Practice case studies

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The creative activities are designed to suit the needs of the group. When required, AAW bring in additional practitioners to provide expertise in a variety of creative media. The sessions can accommodate a maximum of 12 participants plus their support workers; the ideal group is around 8 persons. Attendance by support workers, known to the participants, is essential.

## 5. Future plans

Following the pilot project, there are 2 blocks of weekly sessions, each lasting 6 weeks, one in the Autumn and one in Spring. Sessions will last 2 to 3 hours.

A training and information session will be offered before the commencement of a 6 week block. There will also be three open access sessions.

