





‘The Flower Carrier’ (Diego Rivera)

What do you notice first?

Where is your attention drawn?

What emotions does this painting carry?

What story is unfolding here?

How might this relate to your own experiences of care, burden, or support?





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Culture and Nature for Health and Wellbeing for Unpaid Carers



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- Strong evidence for the benefits of creative arts, heritage and nature for people's wellbeing
 - Accelerating Reform Fund, Department of Health and Social Care
 - Innovation and proof of concept



The Project

- For unpaid carers
- At Doddington Hall and Gardens
- Co-production workshops, supported by Every-One
- Commission professional artist – Rachel Petheram, Catkin
- Monthly workshops and celebration event
- Training programme for support workers
- Evaluation and research into embedding into existing health care systems, by the University of Lincoln



Co-production workshops

- Asked carers what support they need to come to activities – e.g. respite care for cared for person, travel, timings of activities
- What they want from activities – e.g. mindfulness, creativity, new skills





Creative workshops

- Monthly throughout the seasons until May 2025
- Bringing in other professionals



Training programme

- For those that support carers and families
- Opportunity to have experience of activities
- Learn how to deliver similar activities anywhere and any time using creative arts, heritage and nature
- Will allow activities to continue beyond the funded project

LEARNING NEW SKILLS TO SHARE



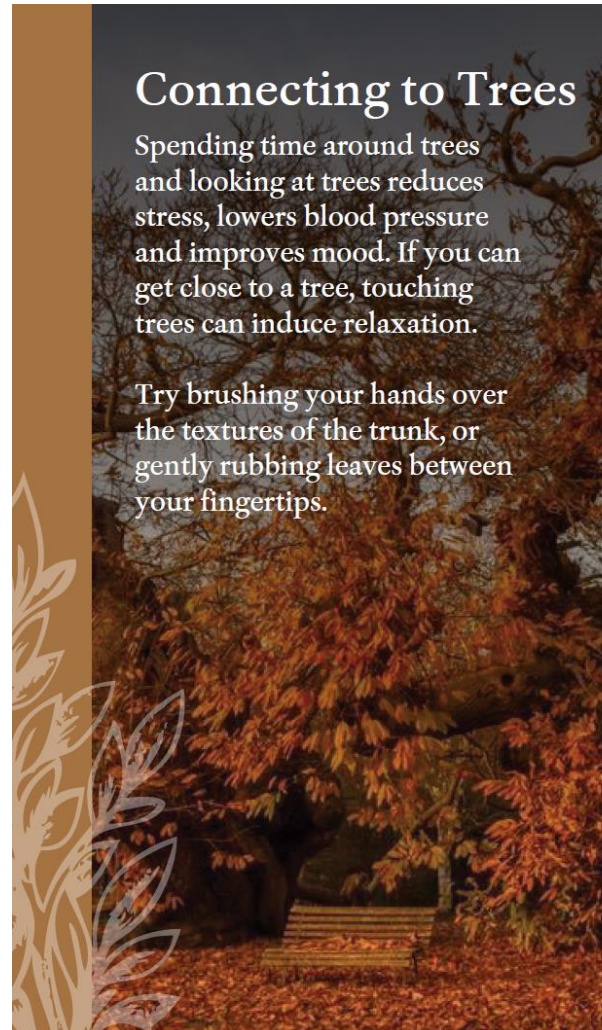
Training for support workers

- Immersive experience (akin to carers' experiences)
- Philosophy of activities shared
- To be delivered anywhere there is nature
- Trained to train others how to deliver activities



Additional activities

- Working with Green Synergy (local nature and wellbeing charity) to deliver more activities for carers
- Developed online culture and nature resources for anyone to use



CATKIN

Lincolnshire
COUNTY COUNCIL
Working for a better future

1 Find a Tree

Find a tree that is local to you and is easy for you to get close to.

2 Put your hands on the trunk

feel the texture of the tree beneath your hands. Pay attention to how the trunk feels under your hands. Put your face close to the trunk and take a deep breath. What can you smell? What does the bark smell like?

3 Soften your gaze and look at the bark on the tree

Set a timer on your phone or watch for 3 minutes and allow your focus to be taken up by the patterns on the bark. Really notice what shapes, patterns, textures you can see. If your mind wanders off, gently bring your focus back to the patterns on the bark.

Fractals consist of a pattern that repeats on a finer and finer scale and are widespread throughout nature.

Trees are fractal by nature, meaning that patterns created by the large structures, such as the main branches, repeat themselves in the smaller structures, such as smaller branches.

Research has shown that when people view naturally occurring fractals in nature, it increases the alpha brainwave activity in their brain. Alpha waves are produced when people are relaxed, and they are linked to positive health benefits.

Just looking at these patterns will have profoundly beneficial effects on your body and mind as well as helping you to create a relationship with an amazing, living being.

Unearthing stories in the soil

10 minute listening project

Digging, sowing, laughing and reading poems. A string of voices of four women talk about growing food as an intergenerational collective, Go Grow With Love. On the land of Falcon Fields Allotment in Enfield, London, home to 260 plot holders. Mama Selma the matriarch has been “in the mud” growing there every day for over 50 years. They speak of how the land offers a reflective space to reclaim their autonomy and be in a reciprocal relationship with the earth.



Joya Berrow



Joya Berrow

As you listen please write any words or phrases that resonate with you or anything it that comes into your mind in the chat.

Sharing the results on the whiteboard.



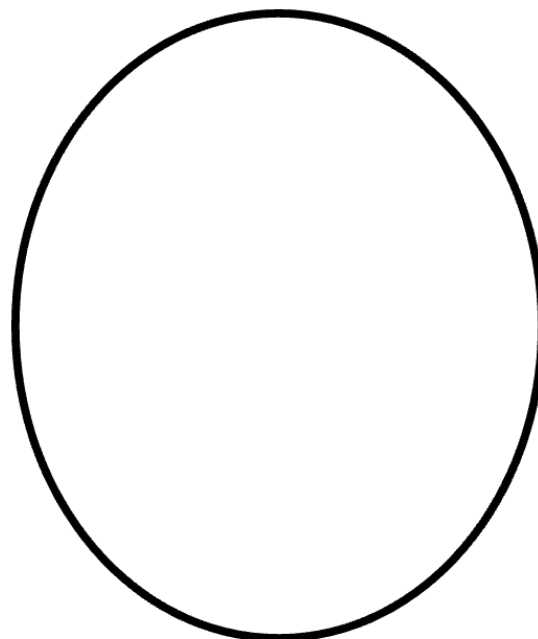
How do you evaluate
such experiences?
Can you calculate it
in financial terms?



Start

What are you feeling?

Fill this in using the pastels. It can be anything (colours, symbols, images, etc.)



In this drawing I have tried to capture...

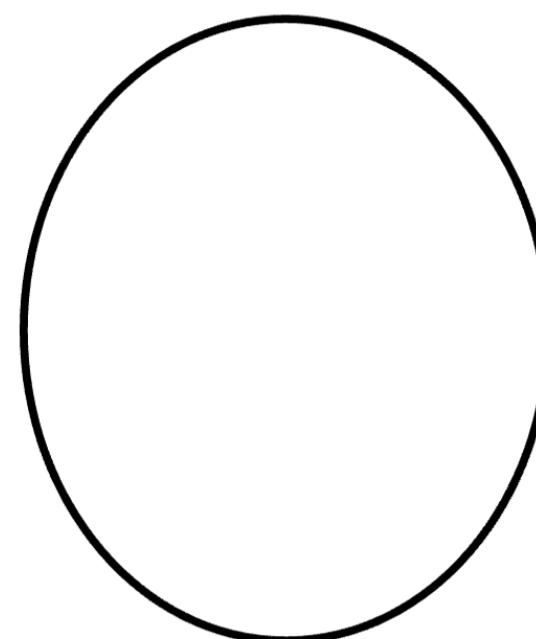
Accepting
Anxious
Apprehensive
Appreciative
Bored
Caring
Compassionate
Concerned
Confused
Curious
Delighted
Despondent
Disappointed
Discouraged
Distant
Doubtful
Edgy
Engaged
Energised
Encouraged
Exhausted
Fascinated
Focused
Fulfilled
Grateful
Indifferent
Inhibited
Inspired
Interested
Involved
Isolated

Joyful
Lethargic
Lucky
Moved
Nervous
Open
Optimistic
Peaceful
Present
Proud
Reflective
Reluctant
Resistant
Restless
Safe
Sceptical
Self-conscious
Sensitive
Shut down
Stimulated
Tense
Thankful
Uplifted
Uneasy
Understood
Unhappy
Upset
Weary
Withdrawn
Worried
Worn out

End

What are you feeling?

Fill this in using the pastels. It can be anything (colours, symbols, images, etc.)



In this drawing I have tried to capture...





Impactasaurus



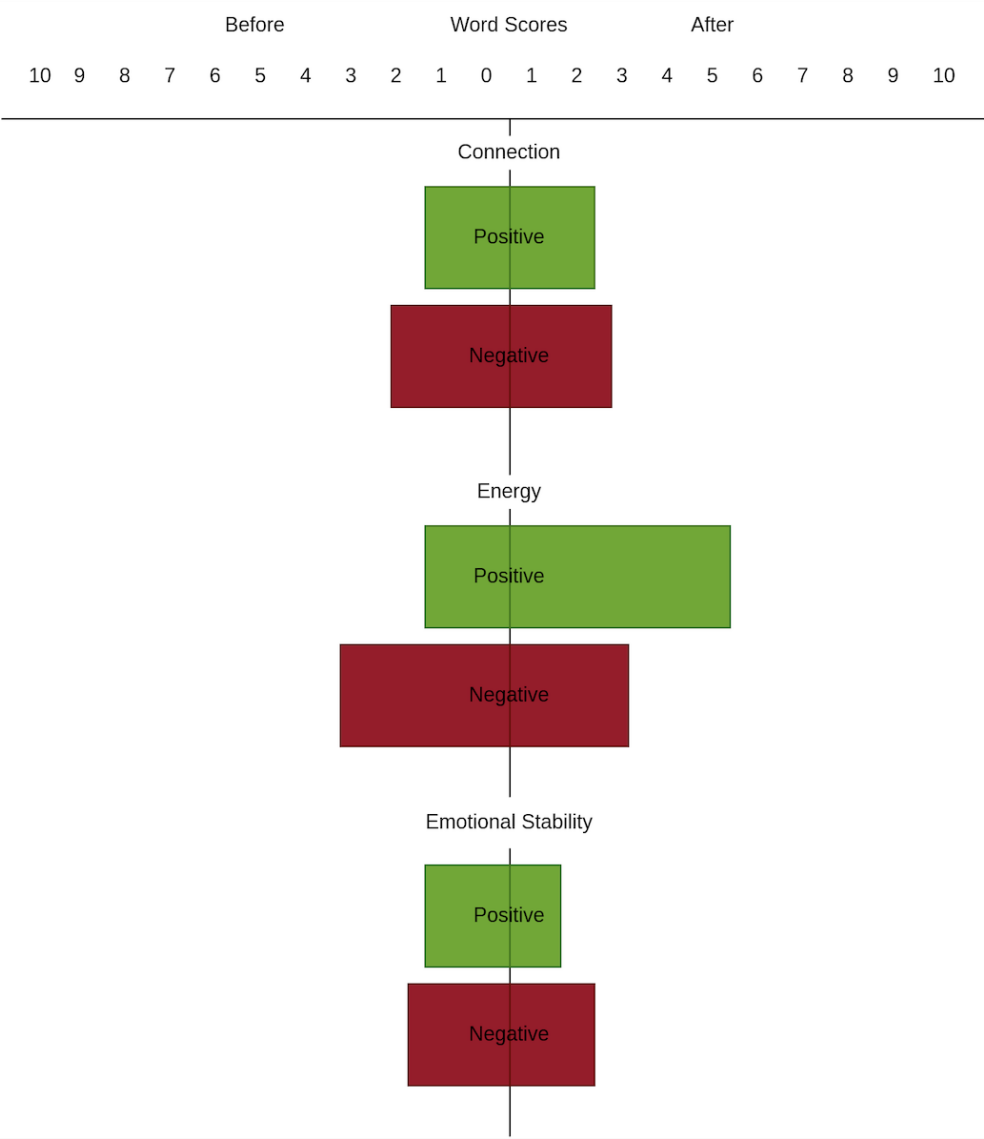
What are you feeling?:

- Accepting Anxious Apprehensive Appreciative Bored Caring Compassionate Concerned Confused Curious Delighted Despondent
- Disappointed Discouraged Distant Doubtful Edgy Engaged Energised Encouraged Exhausted Fascinated Focused Fulfilled Grateful
- Indifferent Inhibited Inspired Interested Involved Isolated Joyful Lethargic Lucky Moved Nervous Open Optimistic Peaceful
- Present Proud Reflective Reluctant Resistant Restless Safe Sceptical Self-conscious Sensitive Shut down Stimulated Tense Thankful
- Uplifted Uneasy Understood Unhappy Upset Weary Withdrawn Worried Worn out

Is there anything else you'd like to add about your current feelings or experiences? You might include what's contributing to how you're feeling in this moment:

Back

Finish



Feedback so far...

- Evaluation ongoing
- Report with learning and recommendations that will be shared
- Considering what comes next... another project...?

CARERS IN ARTS, CULTURE AND NATURE PROJECT



"THANK YOU FOR THE PROJECT.
IT'S A GODSEND. IT MAKES A BIG
DIFFERENCE, GIVES ME TIME BACK, DOING
SOMETHING WONDERFUL."

Carer & project participant

Celebration event

- A chance for carers to show what they have created
- Final piece of co-production





Resources

- Our website - [Culture and Nature for Wellbeing - Lincolnshire Heritage Explorer](#)
- Visit Lincolnshire website - [Catkin Flowers Nature Connectedness Workshops - Visit Lincolnshire](#)

Downloadable resources include:

- Mindful Birding
- Flower Mindfulness
- Experiencing Awe
- Creating a Flat Lay
- Connecting To Trees

Any Questions?