

# ANGUS CREATIVE MINDS

## A TEAM OF ORDINARY PEOPLE

Angus Creative Minds based in Forfar, opened on 18<sup>th</sup> October 2019. The aim of the charity is to bring people together to engage in creative activities to improve mental health and combat loneliness. They work with volunteers from all walks of life and backgrounds who bring about these activities for all to be involved in. Their members and visitors reflect the local community, and each person brings their own unique creative talents and self.

Some of the activities are:

Community

### ART, CREATIVE WRITING & PHOTOGRAPHY

As well as adapting the old Voluntary Action Angus building, our starting point was to offer art, creative writing and photography groups. The common theme being creativity for everyone, in your own way.

### MENTAL HEALTH PODCAST

Many conversations and sharing of experiences happen naturally at ACM. This led to us start a Mental Health Podcast Group this spring. The content of the podcasts is being determined by the group participants.

### DRUMMING

In March, we received a donation of around 25 drums meaning we could start a small drumming circle. We hope to restart our drumming circle again soon.

### SHARING EXPERIENCES

When we can, we share our collective lived experiences of local services with others to try and influence change.

Creative Minds

### RED TENT EVENTS

These are facilitated in partnership with Angus Community Planning Partnership, providing an opportunity for people to meet and chat about all things menstrual. Speakers are invited to give brief talk on topics arising from previous events, and then the conversation flows from there, while also doing something creative activities while chatting.

### LOCKDOWN

Along with many organisations our premises were closed during lockdown. As one of our key aims is creativity for wellbeing for everyone, we used this time to continue to focus on creativity, skill-share and community – by producing and sharing newsletters by post and email, distributing resources by post, and by sharing work in an online community.

### TO ABSENT FRIENDS FESTIVAL

We are pleased to be working with Angus Health and Social Care Partnership and Forfar Action of Churches Together to host an Absent Friends Festival Event in November 2020. People who have died remain a part of our lives To Absent Friends gives people across Scotland an opportunity to remember, to tell stories, to celebrate and to reminisce about our absent friends.

To connect with us, please contact us by phone on 07745 669565 or by email to [team@anguscreativeminds.org.uk](mailto:team@anguscreativeminds.org.uk)

Creativity | Skill-share | Community