

# CULTURE & MENTAL HEALTH

## INTERNATIONAL CONFERENCE



24-25 NOV 2022  
GHENT - Belgium



iedereenleest. 

 FACULTY OF PSYCHOLOGY  
AND EDUCATIONAL SCIENCES



 UCL  
ARTS AND SCIENCES

Culture & Mental Health is organised by the Dr. Guislain Museum and Iedereen Leest in cooperation with University Ghent Social Work and Social Pedagogy, University College London Arts and Science and Ghent University Library.

# CULTURE & MENTAL HEALTH

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### PRE-CONFERENCE | WEDNESDAY 23 NOVEMBER 2022

#### 13.00 **Symposium: Libraries and Resilience**

- This symposium discusses the value of public libraries as social infrastructure for supporting people with mental health problems. With [Rianne van Melik](#) (Radboud University, NL), [Debbie Hicks](#) (The Reading Agency, UK) and [Tom Vansteenkiste](#) (HerstelAcademie Antwerpen, BE).

[Ghent University Library – Boekentoren - Belvédère](#)

#### 17.00 **Panel discussion: Connected Materials**

- Reflection on the challenges connected to socially engaged art projects. Artist and researcher [Claire Wellesley-Smith](#) (UK), the curator of the exhibition Connected Materials, will moderate a panel with [Bart Marius](#) (Dr. Guislain Museum, BE) and [Nadia Babazia](#) (Red Star Line Museum, BE). Video message by [Hilde Crevits](#) (Vice minister-president of the Flemish Government and Flemish Minister for Welfare, Health and Family, BE).

[Dr. Guislain Museum](#)

#### 19.00 **Vernissage: Connected Materials**

- An exhibition that celebrates multiple ways of collective making. It is curated as part of the conference.

[Dr. Guislain Museum](#)

*Please consult the last pages of this programme for more information about the conference's locations. For more information about the keynote speakers, see p.9.*



## CONFERENCE DAY 1 | THURSDAY 24 NOVEMBER 2022

 [Dr. Guislain Museum](#) (see map of the rooms on page 14)

**9.00** Registration, coffee and tea on arrival. Location: café.

### 10.15 **PLENARY**

**ROOM A**

Spoken word by [Amina Belôrf](#) (throughout the plenary).  
Welcome by curator [Bart De Nil](#) and [Sylvie Dhaene](#), director Iedereen Leest.

**10.25** Opening message by [Dr. Hans Kluge](#), WHO Regional Director for Europe.

**10.35** Keynote by [Maxwell A. Ayamba](#), Managing Director of the Sheffield Environmental Movement.

**11.20** Keynote by [Gaëlle Zguimi](#), Advisor Culture City of Brussels.

**11.55** Reflection by [Julia Puebla Fortier](#) (London School of Hygiene and Tropical Medicine, UK): 'Stretching the boundaries of care: The emotional labour of creative health facilitators'. Based on research, this presentation examines the emotional impact of facilitating creative activities with individuals who have complex health, psychological or social needs, and the different kinds of emotional 'labours' artists engage in with their participants and within themselves.

**12.15** Questions and discussion.

### 12.30 **LUNCH**

**CAFÉ**

### 13.30 **PARALLEL SESSIONS**

#### **SESSION 1: Changing minds, changing lives**

**ROOM C**

Chair: [Bart Marius](#) - Museum Dr Guislain

As the UK based wellbeing and heritage project 'Change Minds' enters its seventh year, this session reflects on its beginnings, studies its impact and looks towards future developments and opportunities. Firstly, founders [Laura Drysdale](#), Director of the Restoration Trust, and [Gary Tuson](#), Norfolk County Archivist, will describe the genesis of the project and the project's impact on participants' mental health. We will then look at how the sessions unfolded in practice with [Richard Johnson](#), a 'Change Minds' participant. [Amy Moffat](#), Bethlem Museum of the Mind, will discuss the experience of running Change Minds in 2020 and 2022.

## SESSION 2: A diversified approach on reading and narrating in care contexts

ROOM D

Chair: Sylvie Dhaene – Iedereen Leest

Against generalizing interpretations of suffering and of the therapeutic functioning of literature and narrative in care contexts, this session offers a differentiated exploration of the ways in which varying conditions of suffering and different readers require different literary works, storytelling techniques as well as adapted reading and spatial circumstances for narrative care to be successful. [Ninah Tiemersma](#) (teacher Latin and Greek in a secondary school, NL) will share the way in which her form of therapy based on Ancient Greek tragedies helps to improve the mental health of young adults (ages 15-20). In her presentation, [Zoë Ghyselincx](#) (postdoctoral researcher in the department of literary studies at Ghent University, BE; Senior Humboldt-Fellow at the University of Regensburg, GER) will discuss the role of imaginative storytelling in (anticipatory) mourning practices in palliative end-of-life care. [Leni Van Goidsenhoven](#) (postdoctoral researcher at the department of philosophy University of Antwerp, BE) will talk about her experiences of reading graphic novels with five women living alternately in and out psychiatry and will focus on how those shared reading moments animate practices of recognition, processes of becoming-with and becoming-of-the-world. In his talk, [Jürgen Pieters](#) (professor of literary studies at Ghent University, BE) will share a Shared Reading experience with inmates in Ghent's central prison and reflect upon the texts used at that occasion.

## SESSION 3: Creating creative health places within institutional settings

ROOM B

Chair: Thomas Kador – University College London

**Arts at the bedside: a room service for arts at the hospital** - [Tessa Kerre](#) (University Hospital, Ghent University, BE)

This interactive talk presents the current proposal for a platform for an arts room service at the Ghent University Hospital, the result of a broad inquiry of different stakeholders.

**Envisioning Cultural Heritage Institutions as Places of Care** - [Juhi Valia](#) (BTU Cottbus-Senftenberg, GER / Deakin University, AUS)

This research reinforces the belief that as custodians of history and culture for humanity, museums (and by extension, cultural heritage institutions) should direct their efforts towards improving the mental wellbeing of those whose interests they are meant to serve.

**The Club Antonin Artaud in Brussels and its cinematographic practice since 1972** - [Stefanie Bodien](#) (GSARA, BE)

This presentation shows and comments on some of the numerous cinematographic experiments that have been made in the Brussels based day center 'Club Antonin Artaud' where adults with psychological difficulties can express themselves via cinematography since the early 1970s.

**Challenging life narratives through prison radio** - [Katrin Lohmann](#) (hell-er vzw, BE)

Stories and insights will be shared from years of experience in producing a regular prison radio show on the psychiatric ward of the Antwerp prison.

**Inclusion project UPC Kortenberg** – [Diederick Nuyttens](#) (Dr. Guislain Museum, BE) & [Celien Stevens](#) (KADOC, BE)

This paper discusses the workshops that were organized in collaboration with the vicinity of UPC Kortenberg. These workshops are shaped by a series of sessions in which visual art is produced, inspired by the the imagery of dr Michel Outtier's creative therapy from 1960 till 1985.

15.15 **BREAK**

15.30 **PARALLEL WORKSHOPS**

**WORKSHOP 1: MUDE: my music design**

**ROOM E**

Even if you are not a musician, with the method 'My Music Design' you can easily connect with people with severe mental disabilities. Delivered by [Manon van Hees](#), (The Smiling Sun, theater of the senses, NL).  
(max. 30 persons)

**WORKSHOP 2: How making media effects the wellbeing of recently arrived migrants**

**ROOM B**

An interactive and hands on presentation about the film and media projects of Common Frames in which you will make media yourself, watch videos from young newcomers and hear about their experiences in The Netherlands. Delivered by [Hemmo Bruinenberg](#) (Common Frames ,NL).  
(max. 20 persons)

**WORKSHOP 3: Places of learning as places for wellbeing: (re)positioning the role of creative health education**

**ROOM F**

What is the role of educators and places of learning to foster the health and wellbeing of the next generation of cultural and creative health professionals? Delivered by [Hannah Sercombe](#) and [Sylvie McGowan](#) (students of the first ever intake of University College London's new 'MAsc Creative Health Programme') and [Thomas Kador](#) (Lecturer in Creative Health at UCL, UK).  
(max. 15 persons)

**WORKSHOP 4: Kleurrijk Stuivenberg (Colourful Stuivenberg)**

**ROOM G**

The interactive workshop 'Kleurrijk Stuivenberg' guides you within a social artistic framework through different methods with heritage as a binding factor and Vincent Van Gogh's paintings as an inspirational starting point for non-clinical empowerment. Delivered by [Hans Jackmaert](#) and [Simon Van Brandt](#) (project 'Kleurrijk Stuivenberg', BE).  
(max. 15 persons)

**WORKSHOP 5: Connective Materials**


**ROOM I**

Stitching as connection in mental health and textile heritage projects will be explored during this workshop with textile artist, writer and researcher [Claire Wellesley-Smith](#) (UK). A simple stitching activity will be offered as we talk, no experience necessary.  
(max. 10 persons)

17.00 **END OF CONFERENCE DAY 1**



## CONFERENCE DAY 2 | FRIDAY 25 NOVEMBER 2022

 [Dr. Guislain Museum](#) (see map of the rooms on page 14)

9.00 Registration, coffee and tea on arrival. Location: café.

### 9.30 WORKSHOPS

#### WORKSHOP 6: A Bag of Tricks. A democratic and inclusive resource kit for mental health and wellbeing ROOM F

A chance to learn more about the 'Bag of Tricks' project and take part in a cultural animation workshop to see it in action. Delivered by [Sue Moffat](#) (Director New Vic Borderlines, UK) and [Rachel Reddihough](#) (Borderlines Deputy/Project and Technical Manager, UK).  
(max. 30 persons)

#### WORKSHOP 7: Museum Minds ROOM E

The 'Museum Minds' workshop will provide case studies of the ground-breaking wellbeing work devised through the partnership between Arts & Minds Network and Leeds Museums & Galleries, and experience of using the best practice toolkit they have developed. Delivered by [Linda Boyles](#) (Arts Development Manager for Arts and Minds Network, UK) and [Chris Sharp](#) (Leeds Museums & Galleries, UK).  
(max. 20 persons)

#### WORKSHOP 8: Literary approaches in dementia care: imagining and shaping more just futures ROOM B

In this workshop participants experience two literary approaches in dementia care: the Alzheimer's Poetry Project (APP) and Shared Reading (SR), and how they contribute to the affirmation of the person living with dementia as well as engender inclusion by destabilising the hierarchical binary between neurotypical and neurodivergent people through imagination and play. Delivered by [Akke Visser](#) and [Marije Wilmink](#) (Stichting Culturele Apotheek, NL) and [Aagje Swinnen](#) (Professor in Aging Studies at Maastricht University, NL).  
(max. 30 persons)

#### WORKSHOP 9: The heart of (the) matter ROOM I

For this workshop, socially engaged artist [Lies Van Assche](#) (DOEK vzw, BE) invites you to explore the affective and connective potential of textile together, by describing an object and sharing its story. Taking the time to see, touch, smell, and feel, you will meet each other and journey towards the heart of (the) matter. Participants will be asked to bring a personal textile object (piece of clothing, pillow case, stuffed animal, etc.) with an emotional value.  
(max. 15 persons)

## SESSION 4: Growing and making

ROOM D

Chair: Claire Wellesley-Smith - Open University

**Safety Net** - [Lynn Settingington](#) (Manchester Metropolitan University, UK)

Safety Net is a large-scale installation which raises awareness of poor mental health in the construction industry, where suicide rates are three times the national average.

**Recovery resilience and stitchery: How quilting saved my life** - [Karina Thompson](#) (University of Wolverhampton, UK)

Karina Thompson will talk about the creation and the response to her series of Art Quilts, The Recovery Quilts, created in response to her own lived experience of depression.

**A Library Garden** - [Lieve Willekens](#) (Public Library Permeke, BE), [Marion Vanbossel](#) (SAMMO, BE) & [Nadia Babazia](#) (Red Star Line Museum, BE)

How a Library Garden becomes a healing garden where women connect with each other and with their personal stories of migration.

**Gardening at any age for health and wellbeing** - [Zoe Gealy](#) (Amgueddfa Cymru - National Museums Wales, UK)

How to develop a community garden in your cultural setting, the pros/cons and everything in between ...

## SESSION 5: Tackling loneliness and social isolation

ROOM B

Chair: Esme Elsden - University College London

**ROESTVRIJ (stainless)** - [Nathalie Decoene](#) (ONBETAALBAAR vzw, BE)

In this presentation of 'ROESTVRIJ' - a project in which creative ateliers (guided by artists) are used to create connections and break through the isolation of older people in care homes. We want to share our approach and experiences and inspire others.

**Festivals and Films: Cynefin, Placemaking and Community Arts for Wellbeing** - [Owen Evans](#) (Edge Hill University, UK)

This paper will introduce a conceptual model derived from analysing the place-based wellbeing (cynefin) benefits of community arts festivals and then apply it to the work of community cinema in the UK.

**Read, Talk, Share: Tackling loneliness through libraries and reading** - [Carina Spaulding](#) and [Debbie Hicks](#) (The Reading Agency, UK)

This paper will explore the ways The Reading Agency's 'Read, Talk, Share' campaign (in partnership with UK public library services acting as trusted frontline services during the Covid-19 pandemic) reached people at higher risk of experiencing loneliness during this challenging period, supporting them to feel less lonely and more connected to others.

**Prescribe Culture: EPIC Lessons** - [Ruthanne Baxter](#) (University of Edinburgh, UK)

Ruthanne Baxter shares approaches to developing, promoting, delivering and evaluating, online and in-person, heritage based cultural and social prescribing programmes.

## SESSION 6: Different means: music, singing, multi-sensory and heritage

ROOM C

Chair: Lieselot De Wilde – Ghent University

### **Multisenso Rail** - [Kris Vlaeminck](#) (Train World, BE)

Kris Vlaeminck will discuss why Multisenso Rail is developed, how the museum realised it and what the possibilities are in terms of inclusion.

### **Music and Mental Health in Dementia** - [Jocey Quinn](#) (University of Plymouth, UK)

This paper explores how music fosters mental health for post-verbal people living with late-stage dementia.

### **Being Brent: Heritage for Health & Wellbeing** - [Stephanie Wilson](#) (Brent Museum & Archive / London Borough of Brent, UK)

Brent Museum and Archives will share learnings from the diverse 18 month passive and participatory creative programme, 'Being Brent: Heritage for Health and Wellbeing', funded by the National Lottery Heritage Fund delivered in 2021-2022.

### **Building dementia-inclusive communities through arts and culture** – [Free De Backer](#) (University of Brussels, BE)

A hands-on toolbox developed by a transnational consortium within the Erasmus+ project 'Dementia in Cultural Mediation' is presented. The initiative is based on the great potential of cultural and artistic activities as an innovative and dynamic approach to achieve social inclusion of people with dementia in local communities and improve their quality of life.

13.00

LUNCH

CAFÉ

14.00

PLENARY

ROOM A

14.00

Keynote by [Ronni Abergel](#), The Human Library Organisation.

14.40

Keynote by [Liz Atkin](#), artist, educator and mental health advocate.

15.20

Keynote by [Kornelia Kiss](#), Consortium leader of the EU preparatory action CultureForHealth, Projects and Operations Director of Culture Action Europe.

15.50

Questions and discussion.

16.05

Wrap up by curator [Bart De Nil](#) and [Bart Marius](#), artistic director Dr. Guislain Museum.

16.15

RECEPTION

CAFÉ





## KEYNOTE SPEAKERS | INFO

### Dr Hans Henri P. Kluge | opening message



Dr Hans Henri P. Kluge is the WHO Regional Director for Europe. His term began on 1 February 2020, following his nomination by the WHO Regional Committee for Europe and appointment by the WHO Executive Board. Throughout his career, beginning as a family doctor in Belgium, along a journey to Somalia, Liberia, the prisons in Siberia, former Soviet Union countries, Myanmar and the Democratic People's Republic of Korea, and most recently leading the Division of Health Systems and Public Health at WHO/Europe for a decade, Dr Kluge has always been committed to achieving better health for all with a focus on the vulnerable.

As Regional Director, Dr Kluge's vision for the WHO European Region is 'United action for better health', working in partnership to achieve universal health coverage, address health emergencies and promote healthier populations.

*Dr Hans Henri P. Kluge opens the conference on Thursday 24 November at 10.25.*

### Maxwell A. Ayamba | keynote



Maxwell Ayamba is the founder and director of the Sheffield Environmental Movement, and co-founder of the 100 Black Men Walk for Health Group (2004) which inspired the production of the national play 'Black Men Walking' by Eclipse and Royal Theatre Production Company in 2018-2019. Maxwell was the first black person on the Board of the Ramblers Association. He was also a Portfolio Advisory Board Member of the

Imperial College's Open Air Laboratories (OPAL) Explore Nature project. He has published research papers, chapters in books, articles in the media and has also delivered national and international talks in relation to Black & Ethnic Minority communities and the environment in the UK. Maxwell was the recipient of the National Lottery Heritage Award for 2021 and was named in 2021 as one of the 70 most remarkable people in the history of the Peak District National Park since its creation in 1951.

In this talk, Maxwell will draw on the Imperial College's Open Air Laboratories Explore (OPAL) Nature Surveys, a citizen science project in England to argue, with the right tools, resources and information, everyone can become empowered to go outdoors, explore, discover and record natural indicators in local communities.

*Maxwell Ayamba will deliver his keynote on day 1 of the conference, Thursday 24 November at 10.35.*

## Gaëlle Zguimi | keynote

In 2021, the Brussels-City councillor in charge of culture and tourism launched a three-month museum prescriptions initiative involving the CHU Brugmann psychiatry department prescribing patients visits to the five public museums in Brussels: The Sewer Museum, The Brussels City Museum, The Fashion & Lace Museum, the Centrale Museum for Contemporary Art and The GardeRobe MannekenPis Museum. The concept of 'museum prescriptions' refers to the practice of doctors prescribing culture as a treatment for patients suffering from stress, burnout, mental illness and anxiety. It is seen as not an alternative to tried and tested medical approaches, instead it is supposed to function as a supplement. The cultural initiative was aimed to alleviate some of the pent up stress from the pandemic and social distancing measures.



*Gaëlle Zguimi will deliver her keynote on day 1 of the conference, Thursday 24 November at 11.20.*

## Ronni Abergel | keynote

Ronni Abergel, journalist and social change activist, is founder of the Human Library and founder of the Human Library Organisation (HLO). He's also a widower and father of two and was born in Copenhagen. Nowadays, he's leading the work of the HLO to embed the Human Library in communities around the world.



The mission of the Human Library Organisation is to create more inclusive and cohesive communities around the world. HLO acknowledges the fact that we all judge, and so this is an opportunity to unjudge. Instead of talking about people, the Human Library offers a safe space to talk to people. A place where people who otherwise would never meet nor talk, can find room for conversation. A place where the reader can sit down with a complete stranger, who are volunteering as an open book to answer questions about being homeless, a refugee, bisexual, Muslim, disabled, HIV+, or a police officer. A place where the reader can ask honestly, and get a genuine answer from the people who are living the life themselves. No two visits to the library are the same, and a visit to the Human Library provides all participants with new perspectives.

*Ronni Abergel will deliver his keynote on day 2 of the conference, Friday 25 November at 14.15.*

## Liz Atkin | keynote



Liz Atkin is an artist and educator. She reimagines her Compulsive Skin Picking and anxiety into drawings, photographs and performances. Liz is a mental health advocate and raises awareness for the disorder around the world. She has exhibited and taught in the UK, Europe, Australia, USA, Singapore and Japan. Her artwork and an archive of her advocacy for skin picking is held by the Wellcome Collection.

Before the Covid-19 pandemic, she gave away more than 18.000 free #CompulsiveCharcoal newspaper drawings to commuters on public transport in London, New York, San Francisco, Singapore, Cologne and more. Liz teaches art in schools, hospitals, hospices, prisons, arts venues and universities. She is an ambassador for The Big Draw, the world's largest drawing festival, focusing on the role of creativity for health and wellbeing.

Liz received the Unstoppable Spirit Award for Outspoken Advocacy at the TLC Global Conference for Skin Picking and Hair Pulling Disorders in San Francisco in 2018, and was a finalist in the Janey Antoniou Award with Rethink Mental Illness in 2018. Her work has featured on TEDx, BBC News, Woman's Hour, Vice, Women's Health USA, Huffington Post, Channel News Asia, Metro, AlJazeera and more.

*Liz Atkin will deliver her keynote on day 2 of the conference, Friday 25 November at 14.55.*

## Kornelia Kiss | keynote

For over 5 years, Kornelia Kiss has been Projects and Operations Director at Culture Action Europe (CAE), the major European network of cultural networks, organisations, artists, activists, academics and policymakers. CAE is leading the consortium of the 'CultureForHealth' project, which is a Preparatory Action launched by the EU for Bottom-Up Policy Development for Culture & Wellbeing in the EU.



'CultureForHealth' has the ambition to trigger a true policy change in EU, regional and local levels – bringing closer together the health, cultural and social policies. There is clear evidence on the role of the arts in improving health and wellbeing, as outlined in the WHO report from 2019. Now it is time to investigate how to bring cross-sectoral collaboration on a more strategic level and provide policy recommendations.

'CultureForHealth' is undertaking a scoping review clarifying the importance and the role of culture for wellbeing and health, taking stock of existing knowledge and evidence, and delineating recommendations for policy as well as targeted investment

measures. It also maps relevant examples of EU, national, regional and local programmes, initiatives, projects and will develop a compendium of sustainable culture-based solutions for wellbeing and health targeting practitioners.

*Kornelia Kiss will deliver her keynote on day 2 of the conference, Friday 25 November at 15.35.*

## Amina Belôrf | poet

Amina Belôrf performs and writes poetry and prose. She is a social worker and a columnist. Her texts have appeared, for example, in the Poëziekrant, DW B magazine and Het Liegend Konijn. Her debut collection *Zonder het licht te breken* (Without Breaking the Light, Epo, 2020) is now in its eighth printing. Belôrf is currently working on her next book.

*Amina Belôrf will read her poems throughout the plenary on day 1 of the conference, Thursday 24 November.*





## LOCATION | INFO

### Ghent University Library - Boekentoren | Rozier 9 – 9000 GHENT

**Programme for this location:**

Pre-conference – symposium ‘Libraries & resilience’

**How to get there:**

[Location on Google Maps](#)

Tram 1: stop ‘Gent Verloren Kost’

Car parking is available at the underground car park of Sint Pietersplein.

### Dr. Guislain Museum | Jozef Guislainstraat 43 – 9000 GHENT

**Programme for this location:**

Pre-conference – panel discussion & vernissage ‘Connected Materials’

Conference day 1

Conference day 2

**How to get there:**

[Location on Google Maps](#)

Tram 1: stop ‘Gent Guislainstraat’

Car parking is available at the museum (pay attention for closing hours of the parking).

*See next page for a map of the conference rooms at Dr. Guislain Museum.*

## Map & conference rooms at Dr. Guislain Museum:

