



**PhD Researcher & Artist**

**University of Exeter**

**Funded by SWWDTP (AHRC)**

**Catherine Cartwright**

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Arts and Health

among others...

## Community Arts

may also be called...

Participatory Arts

Socially Engaged Arts

Hospitals

Libraries

**Community Artists  
work outside the studio**

Schools

Museums & Theatres

in all kinds of  
community spaces  
including...

Care Homes

Community Centres

## **Community Artists practice different art forms**

including...



# **Community Artists may work with Communities affected by Trauma**

including...

poverty

domestic  
abuse

chronic  
illness

neglect


homelessness

racism

war

sexual  
violence

bereavement



**I keep saying this is not  
art therapy**

Artist - KIERA



**Experience, trial and error, luck, shadowing**

Artist - SITA



**Community Artists need to Be Well to Practice Well**

**Community Arts are Relational and Power-sensitive**

**Community Arts are Attuned and Non-Judgmental**







**Community Artists need to Be Well to Practice Well**



***if we're not healthy, that can unconsciously bleed into  
the way that we're running programmes and place  
more of a burden on the community***

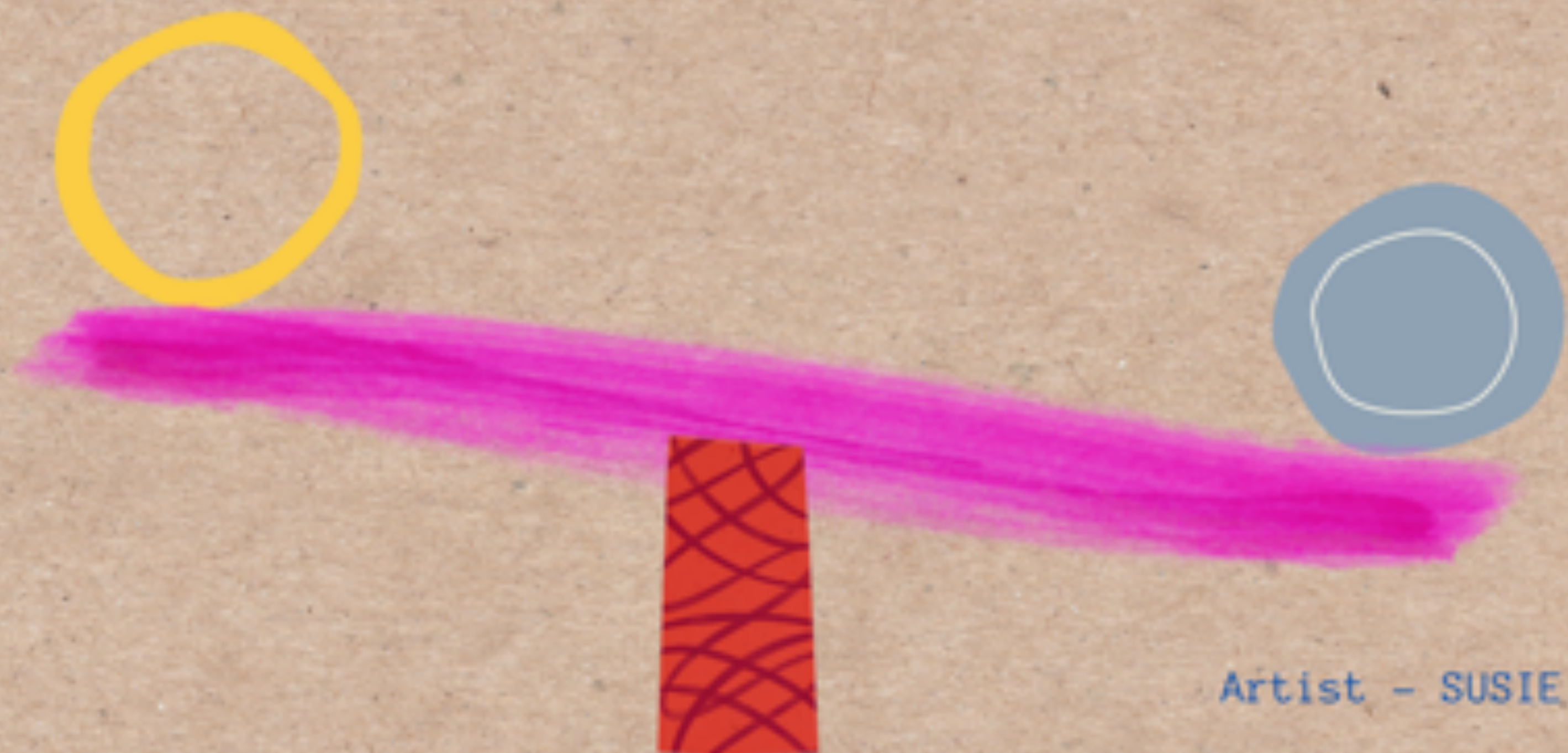
Artist - HANNAH



**I just can't care anymore.  
Run out of caring guys.  
Sorry**

Artist - SITA

**But it's a risky, it's a risky procedure. But because  
there's two of us, I think it does make it okay**



Artist - SUSIE



**Community Arts are Relational and Power-sensitive**




**I was a little nervous... And then it was like,  
'Okay, there's no kind of hierarchy here.**

**We're all on the same level**

Service User - ELIZABETH





**And it triggered a trauma within myself  
and I didn't have the voice to stand up and say,  
'No, that's not right'.**

Artist - NORA



**Community Arts are Attuned and Non-Judgmental**





**it became a very powerful space for letting  
somebody just be ... without any pressure**

Emotional Support Volunteer





**Community Artists need to Be Well to Practice Well**

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