

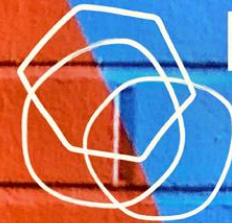
Arts and Creative Placemaking

Thursday 18th May 2023

13:00 - 15:00 GMT Online

Best practice approaches to working in collaboration with artists to design places that nurture wellbeing and engage local communities - everyone welcome.

#HealthyHappyPlaces



Healthy
Happy
Places



Academic Health
Science Network
North East and North Cumbria





Welcome and Introductions

Tim Crawshaw

International Planning and Development Consultant, Crawshaw Urban
Design

Chair of Tees Valley Nature Partnership
President, Royal Town Planning Institute (RTPI)

Dr Rachel Turnbull

Programme Manager (Lead for Healthy Happy Places / Lead for ICS NENC
Mental Health Evidence & Evaluation Group)
Academic Health Science Network for the North East and North Cumbria

House Keeping

- Please ensure your microphone and video are turned off during the session. This is to avoid any disruption during presentations and to assist with the quality of the connection.
- If you need to take a break, please feel free to drop off the call at any time and re-join.
- Live captions are available if required.
- The event is being recorded and will be shared.
- Please ask any questions you have through the chat facility. We will try to address questions during the event, but if we don't manage to do this we will follow up after the event.
- If you cannot see the chat please email your question/s to holly.fillingham1@nhs.net
- Join the conversation on Twitter [#HealthyHappyPlaces](https://twitter.com/HealthyHappyPlaces)
- Speaker presentations and the recording will be circulated following the event.



We are joined today by:

- **Hannah Waterson**, NCCH Research and Policy Manager National Centre for Creative Health
- **Louise Nolan**, Artist & Co-Creator of Make it Glasgow CIC
- **Dr Rachel Turnbull**, Healthy Happy Places, **Elijah Young** and **Eilis McGowan**, Co-Directors of Mustard Stories Arts CIC
- **Sara Cooper**, Artist

Agenda

‘A Space for Conversation’ [OPTIONAL SESSION] – Following the webinar, the Healthy Happy Places team will stay on the call and be available for an additional half an hour where you can join us for a cuppa and chat. This is to provide an opportunity to share thoughts and any further questions related to the webinar content.

Not mandatory but everyone welcome!



Share your examples of art and creativity in your spaces and places



<https://bit.ly/3BtTd9R>

access code: EHXFLH



**Supporting and creating mental health
and wellbeing through the design of
places and spaces**



.....using a multi-sector approach between health,
public health, architecture, arts, planning, and
citizens



.....focussing on areas of inequalities



**Healthy
Happy
Places**

Funded by:

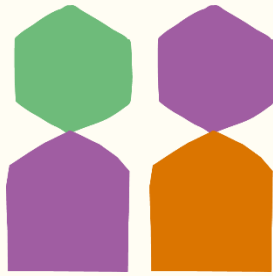


**Academic Health
Science Network**
North East and North Cumbria

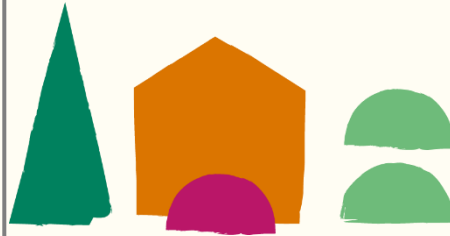




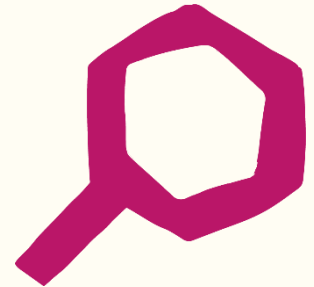
Place specific



People



Buildings & spaces
in between



Evidence →
Implementation



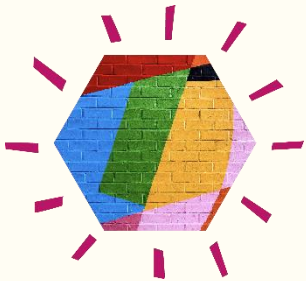
Trauma informed



Neurodiverse aware



Dementia friendly



Arts / Creative



Biophilic /
Nature inspired



Community owned /
activated



Lifestyle Security



Academic Health Science Network
North East and North Cumbria

Healing Environments

How do places and spaces play a role in how we feel and heal?

REGISTRATION OPEN

SPEAKERS

- Dr Rachel Turnbull, Programme Lead for Healthy Happy Places, AHSN NENC
- Dr Angela Kennedy, Head of Centre for Specialist Psychological Therapies, Cumbria Northumberland Tyne & Wear NHS Foundation Trust
- Timothy Crawshaw, Vice President of the Royal Town Planning Institute
- Christopher Shaw, Chair of Architects for Health and Senior Director at Medical Architecture

#HealthyHappyPlaces Thursday 2nd December 2021 11:00 – 12:15



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North East and North Cumbria

Bottom Up Urbanism

Tackling wellbeing in the built environment through citizen participation and leadership

This webinar will explore some of the creative and community driven approaches to creating vibrant spaces and places that contribute and support wellbeing and mental health

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#HealthyHappyPlaces

Webinar Series



Academic Health Science Network
North East and North Cumbria

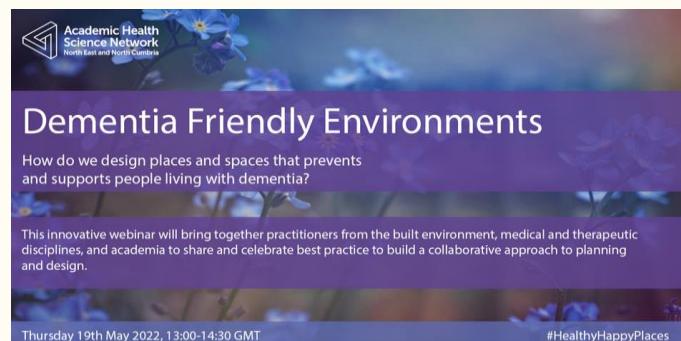
Biophilic Design

Working with nature through design and its impact on mental health and wellbeing

This webinar will explore the elements of **biophilic design**; the psychological impacts and experience of mimicking nature in design; the clinical experience of incorporating nature into therapy; and showcase examples of biophilic design in internal and external spaces through the lens of architecture and urban planning.

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Healthy Happy Places

Suicide prevention by design

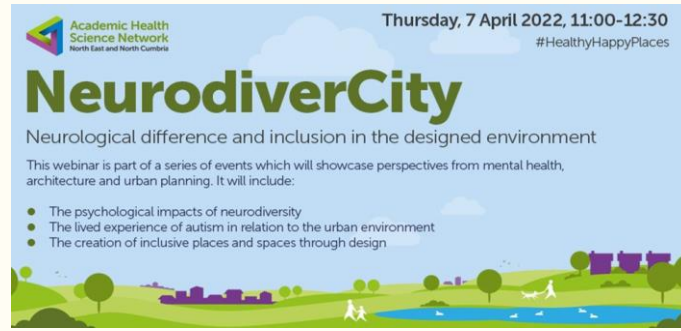
Wednesday 11 January, 2023
1–3pm GMT, Online

Sharing work from public health, planning, design, and community. Everyone welcome.

#HealthyHappyPlaces

Academic Health Science Network
North East and North Cumbria

ICS



Academic Health Science Network
North East and North Cumbria

NeurodiverCity

Neurological difference and inclusion in the designed environment

This webinar is part of a series of events which will showcase perspectives from mental health, architecture and urban planning. It will include:

- The psychological impacts of neurodiversity
- The lived experience of autism in relation to the urban environment
- The creation of inclusive places and spaces through design

Thursday, 7 April 2022, 11:00-12:30

#HealthyHappyPlaces

Questions and Reflections

Visit our [webpage](#)

Sign up to our [mailing list](#)

Contacts:

rachel.turnbull@ahsn-nenc.org.uk

mail@crawshawurbandesign.com

holly.fillingham@cntw.nhs.uk

Creative Health

Why Creativity is Good for our Health and Wellbeing

Hannah Waterson

NCCH Research and Policy Manager
National Centre for Creative Health



Creative Health: How is creativity good for our health and wellbeing?

Dr Hannah Waterson

Research and Policy Manager

research@ncch.org.uk

What is Creative Health?

- Creative health refers to creative activities and approaches which have benefits for our health and wellbeing.
- Activities can include visual and performing arts, crafts, film, literature, cooking and creative activities in nature, such as gardening.
- Approaches may involve creative and innovative ways to approach health and care services, co-production, education and workforce development.
- Creative health can be applied in homes, communities, cultural institutions and heritage sites or healthcare settings.



What is Creative Health?



Participatory arts programmes

Arts on Prescription (Social Prescribing)

Attendance at cultural venues and events

Arts in health and care environments

Creative art therapies

Medical training and medical humanities

The built and natural environments

Everyday creativity

Creative Health: The Arts for Health and Wellbeing

The Short Report

July 2017



“The National Centre for Creative Health will advance good practice and research, inform policy and promote collaboration, helping foster the conditions for creative health to be integral to health and social care and wider systems”

Developments in Creative Health



- 6000 members of the Culture, Health and Wellbeing Alliance
<https://www.culturehealthandwellbeing.org.uk>
- Continually strengthening evidence-base e.g. WHO Scoping Review 'What is the evidence on the role of the arts in improving health and wellbeing?'
- Dedicated journals and special interest groups
- Policy opportunities to embed creative health into systems



Creativity is good for us!

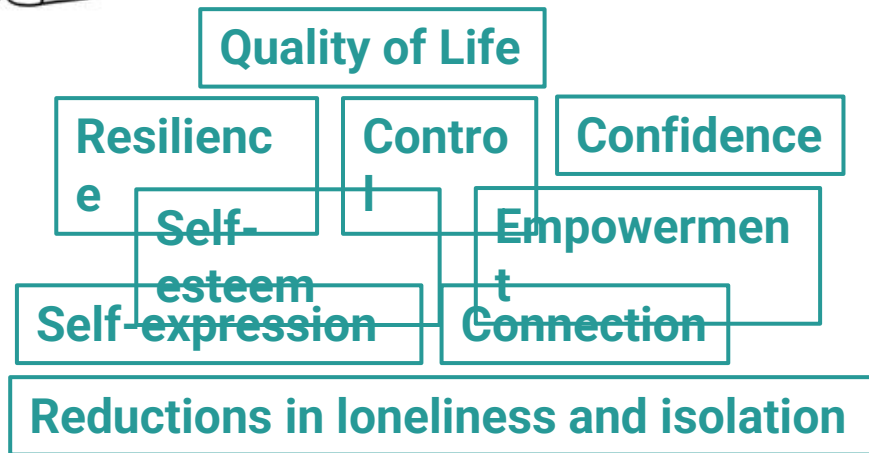
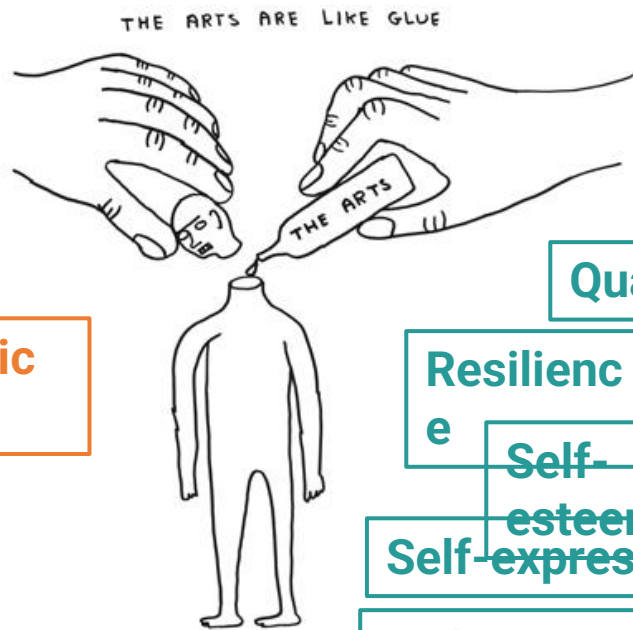


Illustration by David Shrigley for the Creative Health report.

Creativity and Mental Health and Wellbeing

Multiple mechanisms

- Creative activities can reduce depression, anxiety and stress by influencing neurotransmitters and stress hormones
- Creative activities can improve self-esteem, confidence, self-acceptance, self-worth and emotional wellbeing
- Group-based activities can also improve social connectedness and social capital, foster feelings of belonging and promote greater civic and community awareness

Effective across the life course

- Perinatal mental health to arts in care homes

Acts across a spectrum of mental health

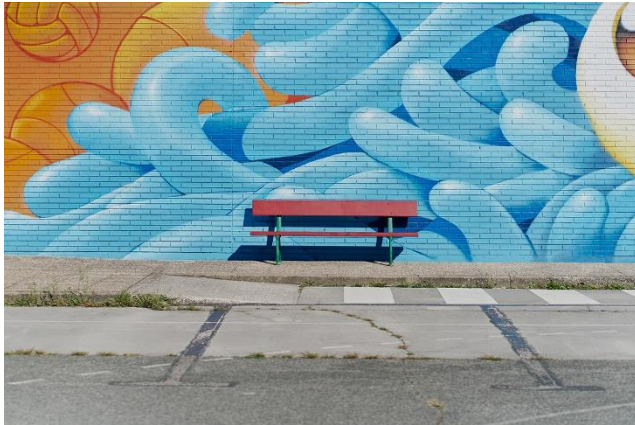
- Wellbeing
- Common mental health disorders
- Severe Mental Illness



Systematic reviews by the What Works Centre for Wellbeing demonstrate the subjective wellbeing benefits of engaging in visual arts, music and singing, and interventions associated with heritage and historic assets

Creative Health in Places and Communities

“Creativity is so much more than just creating art. For some it helps rescue them from their darkest days. For me it helped me be part of a community, helped me be heard, and helped give me my voice back”



Wider Determinants of Health

Creative, Cultural and Community Assets

Placemaking and Regeneration

Community-building and Empowerment

(Equitable) Opportunities for Creative Engagement

Creative Health and Health Inequalities



“People living in areas of higher deprivation are less likely to engage in community activities, but if they do engage it can have more benefits for their mental health than people in more affluent areas.”

- MARCH Network

Mobilising Community Assets to Tackle Health Inequalities Research Programme

- Better understand the links between cultural, natural and community assets and health inequalities at a local and Integrated Care System (ICS) level, with a view to mobilising those assets within health systems to support prevention and intervention strategies, particularly for people living in the most deprived areas.
- Develop testable and replicable collaborative models for integrating cultural, natural and community assets within the changing structures of health and social care, in order to achieve better integration at ICS or equivalent level.

Integrating Creative Health into Joined-up Systems

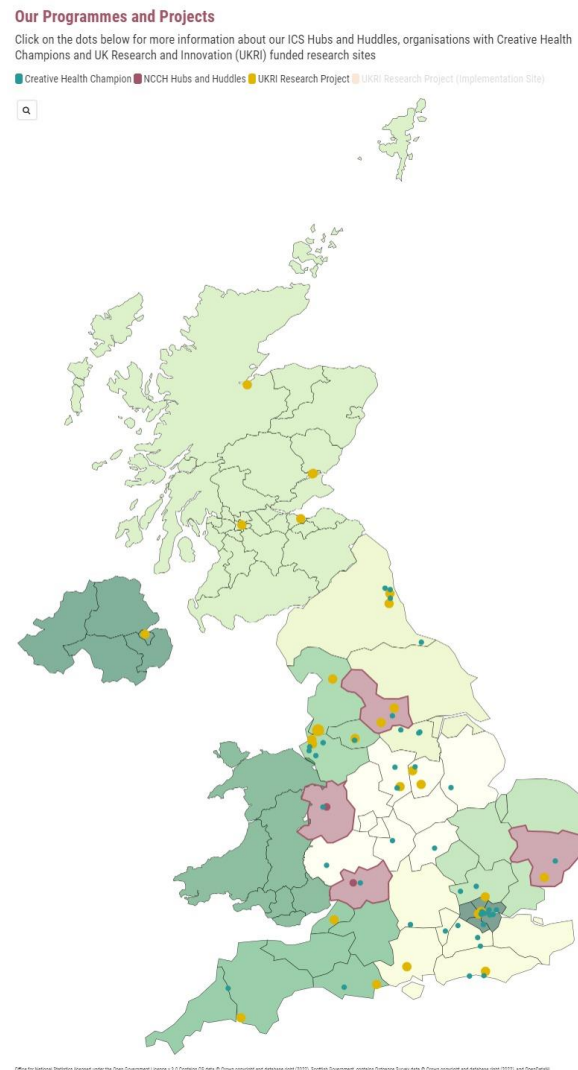
Creative Health Hubs, Huddles and Hives

Creative Health Champions and Associates

Mapping creative health strategies and posts

UKRI Mobilising Community Assets to Tackle Health Inequalities Programme

Creative Health Review





Arts, Health and Wellbeing

Creative Health Review



The APPG on Arts, Health and Wellbeing and NCCH Creative Health Review will make **recommendations to Government** and **Metro Mayors** about a cross-departmental creative health strategy. We want to highlight the ways in which creative health can help to tackle pressing policy challenges such as health inequalities and keep people healthier for longer.

Mental Health and Wellbeing across the Life Course

Health Inequalities

Social Care

End of Life Care and Bereavement

Education and Training

Cost-effectiveness, Evidencing Value for Money and Funding Models

Leadership and Strategy



Creativity for healthy lives

Dr Hannah Waterson
Research and Policy Manager
research@ncch.org.uk

ncch.org.uk

One tile at a time

Louise Nolan

Artist & Co-Creator

Make it Glasgow CIC



ONE DAY YOU'RE
YOUNG AND
COOL.
THE NEXT DAY
YOU'RE HOARDING
POTTERY.


Liberating education
consists in acts of
cognition, not
transfers of
information.

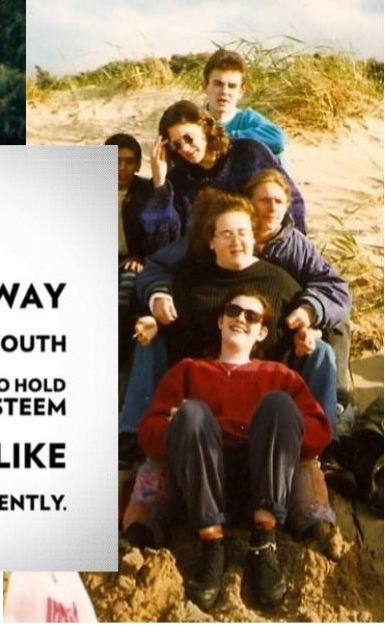
Paulo Freire

maetville.com



The Pitbank Fairies


THE
SUREST WAY
TO
CORRUPT A YOUTH
IS TO
**INSTRUCT HIM TO HOLD
IN HIGHER ESTEEM**
THOSE WHO
THINK ALIKE
THAN THOSE WHO
THINK DIFFERENTLY.
NIETZSCHE



'Have you ever seen a pit?'



Comfort Break

Share your examples of art and creativity in
your spaces and places



<https://bit.ly/3BtTd9R>
access code: EHXFLH

Places of Sanctuary

Healthy Happy Places in North Tyneside

Dr Rachel Turnbull, Healthy Happy Places

Elijah Young, Co-Director of Mustard Stories Arts CIC

Eilis McGowan, Co-Director of Mustard Stories Arts CIC



**Places of Sanctuary – Healthy Happy Places
in North Tyneside**

Dr Rachel Turnbull, Co Lead
Timothy Crawshaw, Co-Lead
Healthy Happy Places, AHSN NENC

Elijah Young, Co-Director
Eilis McGowan, Co-Director
Mustard Stories Arts CIC

May 2023



'Creative Placemaking'

"...is when partners from public, private, non-profit, and community sectors strategically shape the physical and social character of a neighborhood, town, city, or region around arts and cultural activities. Creative placemaking

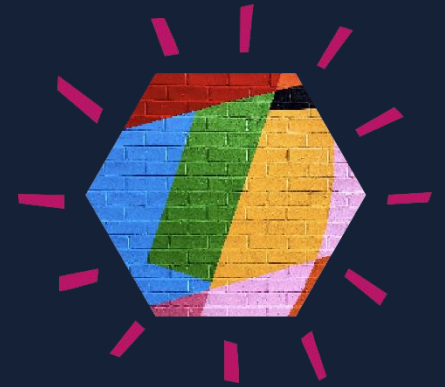
animates public and private spaces,

rejuvenates structures and streetscapes, improves

local business viability and public safety, and **brings**

diverse people together

to celebrate, **inspire**, and be inspired.



'The community is the expert in their own lives.'

Jeanne van Heeswijk



Understanding
Place

Data
+
lived experience through
creative practice



Interventions in
Place

Co-produced
'Ground-up'



Evaluation in
Place

Capturing impact

A wide-angle photograph of a beach scene. The foreground is a sandy beach with some small debris. The middle ground shows waves breaking onto the shore, creating white foam. The background is a vast expanse of the ocean meeting a sky filled with large, white, fluffy clouds. The sky transitions from a deep blue near the horizon to a lighter blue at the top. The overall mood is serene and natural.

North Tyneside



North Shields Town Centre



Ambition for North Shields and the Fish Quay

Find out how we're transforming the town centre and riverside into a great place to live, work and visit

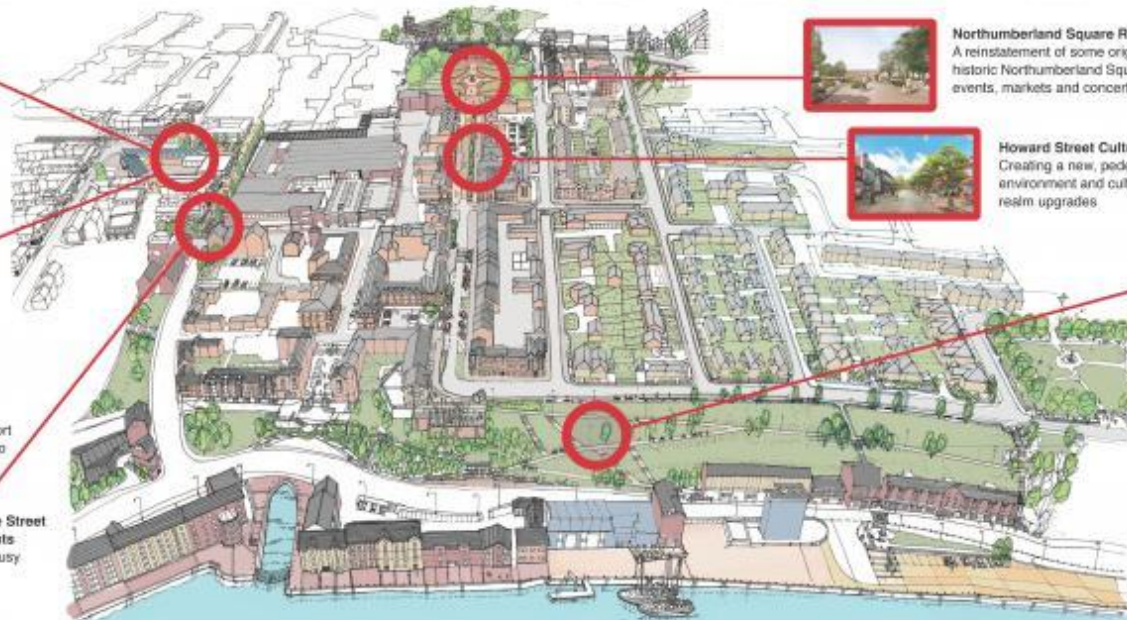


Town Square
A new public square for events space



Transport interchange
A high-quality public transport hub with covered walkway to the town centre

Bedford Street and Saville Street Public Space Improvements
A major makeover for this busy town centre area



Northumberland Square Redevelopment
A reinstatement of some original design features of the historic Northumberland Square, as well as space for events, markets and concerts



Howard Street Cultural Quarter
Creating a new, pedestrian and cyclist-friendly environment and cultural scene, and public realm upgrades



Riverside Embankment Walkway
A new safe and accessible walkway linking the town centre with the vibrant Fish Quay, providing stunning views of the River Tyne

www.northtyneside.gov.uk

Search **Ambition for North Shields** for more details

Follow us on Facebook: facebook.com/AmbitionNS

To subscribe to our e-bulletin please email AmbitionNS@northtyneside.gov.uk

In partnership with



In addition:



Improvements to key highways gateways

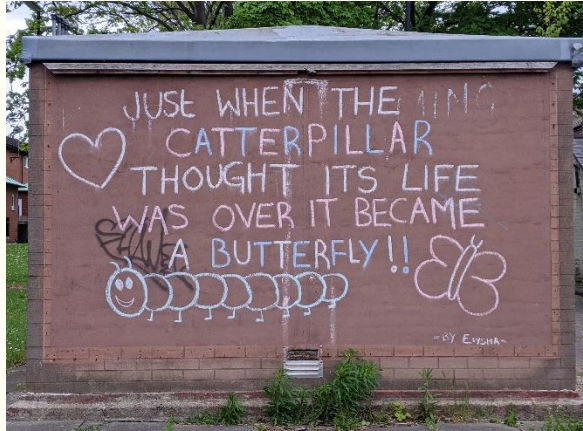


High-quality housing developments



Supporting the relocation of the Shields ferry landing



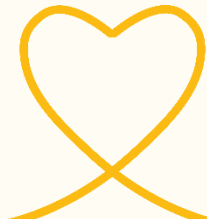


Wallsend Town Centre

Social Safeness - the extent to which people experience their world as safe, warm, and soothing.

People with “**high loneliness** reported significantly higher fears of expressing compassion for others and self, and receiving compassion from others, as well as **lower reported social safeness, subjective happiness and social connection** compared to those with reported low loneliness” ([Best et al, 2021](#)).

“A positive feeling state that can help to regulate other emotions but can be there independently. It is experienced as a feeling of warmth and connectedness. It differs from attachment security in that it extends to the **wider social environment**, where others are perceived and experienced as soothing. It is likely related to individual capacity and **related to the environment itself** (Gilbert, 2009)”
Quoted by Angela Kennedy.



Understanding
Place

Creative commission: 'Places of Sanctuary'

How can our towns create and nurture positive mental health and wellbeing for all?

- Can sanctuary be found in a physical place or is it an imagined space, or a mix of both?
- What would an imagined safe space look and feel like?
- How can this be applied to real spaces in the town centre?
- How can we make shared public spaces feel more welcoming, safe, joyful?



Co-Directors of Mustard Stories Arts CIC



hello@mustardstoriesarts.co.uk www.mustardstories.co.uk



Anxious Minds



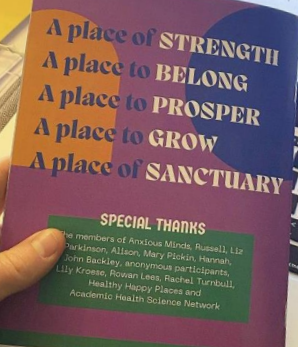
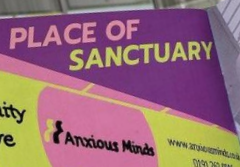
Community
ive

Anxious Minds

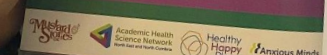


COUNSELLING
SUPPORT GROUPS
RELAXATION
MINDFULNESS
ART GROUPS
DRUGS

The Zine



SPECIAL THANKS
The members of Anxious Minds, Russell, Liz
Harrison, Alison, Mary Pickin, Hannah,
John Binkley, anonymous participants,
Lily Kroeze, Rowan Lees, Rachel Turnbull,
Healthy Happy Places and
Academic Health Science Network



The Animation



The Workshops

A place of **STRENGTH**
A place to **BELONG**
A place to **PROSPER**
A place to **GROW**
A place of **SANCTUARY**

Story Collection





Byker Arts Festival

28th - 30th July & 4th - 6th Aug
2023

A community arts festival that aims to bridge gaps between artists and communities in the East End of Newcastle.





Places of Sanctuary animation (Wallsend)

Further info: Wallsend, North Tyneside – Places of Sanctuary - AHSN NENC (ahsn-nenc.org.uk)



Places of Sanctuary zine ('zeen')

“Creative, kind-hearted and structured. It was fun and prompted me to use my own creativity (art and writing) more effectively.”

“My experience on the project was amazing. Meeting people and sharing experiences they share of Wallsend.”

“Brilliant. Really enjoyed the experience and you learn new things.”

“I went from being unsure about whether to participate to feeling I and others present had a valuable contribution and our voices were heard.”

“The confidence Mustard Stories has given me is fantastic, I’m using my art and creative writing now to greater effect. I would heartily recommend people to attend your workshops.”

“I used to love going to live productions and visiting places where people’s creations were displayed. The community needs some enjoyable, more social places where people with common interests can get together and share with each other.”

“Reopen the Buddle Arts Centre. Wallsend forum and high street is maybe not the most attractive place and looks ran down. But apparently there is a master plan to make it better! But this is a strange place and the people are strong. Consult the people.”



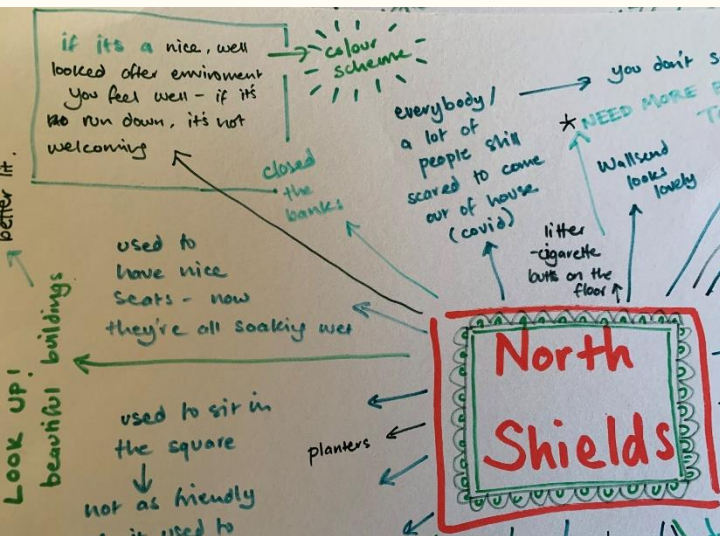
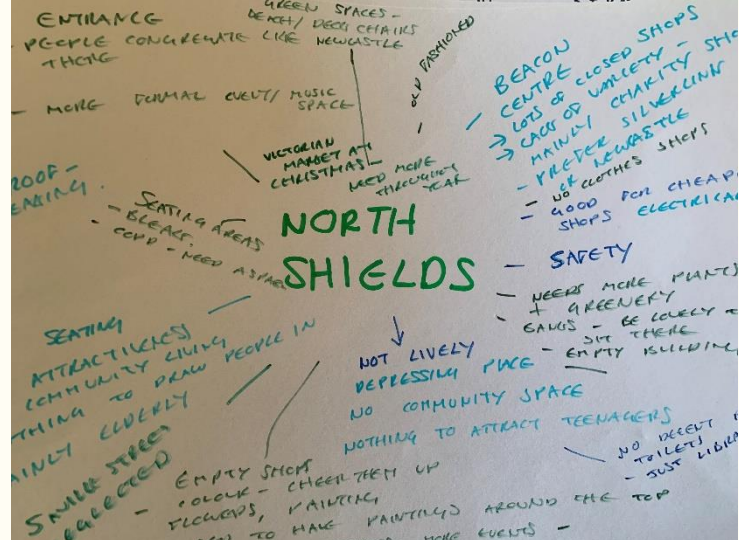


[Sally Southern - Artist | Facebook](#)

Freelance community artist, textile designer and illustrator based in Cullercoats.

[Nicola Lynch](#)

I am a Visual Artist working in mixed media, creating often temporary sculptural works that directly address a community concern or theme. I have worked as a freelance artist since 2004, specialising in community engagement. I work with adults, children and young people. My focus is on the process of creativity, the playful act of making and the value of the work to its maker and audience.



CEDARWOOD TRUST
Nurture - Nourish - Thrive

CHANGING LIVES




What does Sanctuary look like to you?

All ages activities
 FREE ACCESSIBLE ACTIVITY
 a place to sit and watch the world go by
 Somewhere spacious + light
 Somewhere for children to break the monotony of shopping
 Somewhere to get out of the buggy + play or sit making use of an empty space + linking to library
 Somewhere you feel SAFE, WITH NICE PEOPLE ABOUT
 WELL CARED FOR NOT DAMP
 Talking therapies, healing activities
 a calming quiet, sensory space

Safe & welcoming
 Makes you feel good
 Somewhere warm
 People talking; QUIET
 Friendly & Comforting
 BEING BY THE SEA
 NICE SMELLS
 A REFLECTIVE JOY
 Somewhere to sit that isn't too beautiful
 A nice hot drink.





“A physical environment that is dangerous, that feels unstable or unpredictable, will have our nervous system in a state of **hyperarousal**,” Vázquez notes, “while a **physical environment that communicates consistency, predictability and care** will calm our nervous system.”

“Being in a supportive community, having connections with other people and **the natural world**, and taking opportunities to move and be safely grounded in the body all play important roles. Trauma is all-encompassing, and so trauma healing is all-encompassing”

['Trauma-Informed Placemaking' Gives Cities Space to Heal - Bloomberg](#)



Visit our [webpage](#)

Sign up to our [mailing list](#)

E: rachel.turnbull@ahsn-nenc.org.uk

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ICS
 Institute for Community Studies

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 Tuesday 7th March 2023
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With shared learning and experience from architecture, artists, placemakers and psychology. Join us - all are welcome!

Register now!

#HealthyHappyPlaces

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Suicide prevention by design
 Wednesday 11 January, 2023
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 How do places and spaces play a role in how we feel and heal?

SPEAKERS

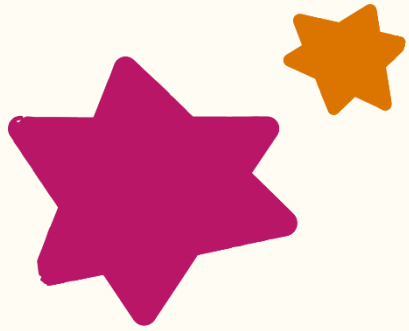
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- Timothy Crawshaw, Vice President of the Royal Town Planning Institute
- Christopher Shaw, Chair of Architects for Health and Senior Director at Medical Architecture

#HealthyHappyPlaces

Thursday 2nd December 2021 11:00 - 12:15

REGISTRATION OPEN

Academic Health Science Network
 North East and North Cumbria



With thanks to funding from:



**Academic Health
Science Network**
North East and North Cumbria





Art, Process, Place: Case Studies North East

Sara Cooper

Artist

Art, Process, Place; Case Studies North
East
Sara Cooper

Arts and Creative Placemaking
Healthy Happy Places, 18 May 2023

Coatsworth Road

Townscape Heritage Initiative 2016-18

Commissioned by Gateshead Borough Council

22 ShedsCIC

(Sara Cooper, Lowri Bond, Kate Percival)



'Our Coatsworth Road' community drop-in & event space 2017 (22ShedsCIC)



© 22sheds OCRProject 2017

The Patterns of Coatsworth Road

Photographs by Gateshead Primary School Pupils

'Our Coatsworth Road'

Using creative approaches to connect with communities, explore, investigate and celebrate place

Photographs by Gateshead primary school pupils
2017 (22ShedsCIC)



'Our Coatsworth Road' – street patterns & cup designs by Gateshead primary school pupils, Shipley Art Gallery, Gateshead, 2017 (22ShedsCIC)



‘Our Coatsworth Road’ – street patterns & textile designs by Gateshead primary school pupils, Shipley Art Gallery, Gateshead, 2017 (22ShedsCIC)

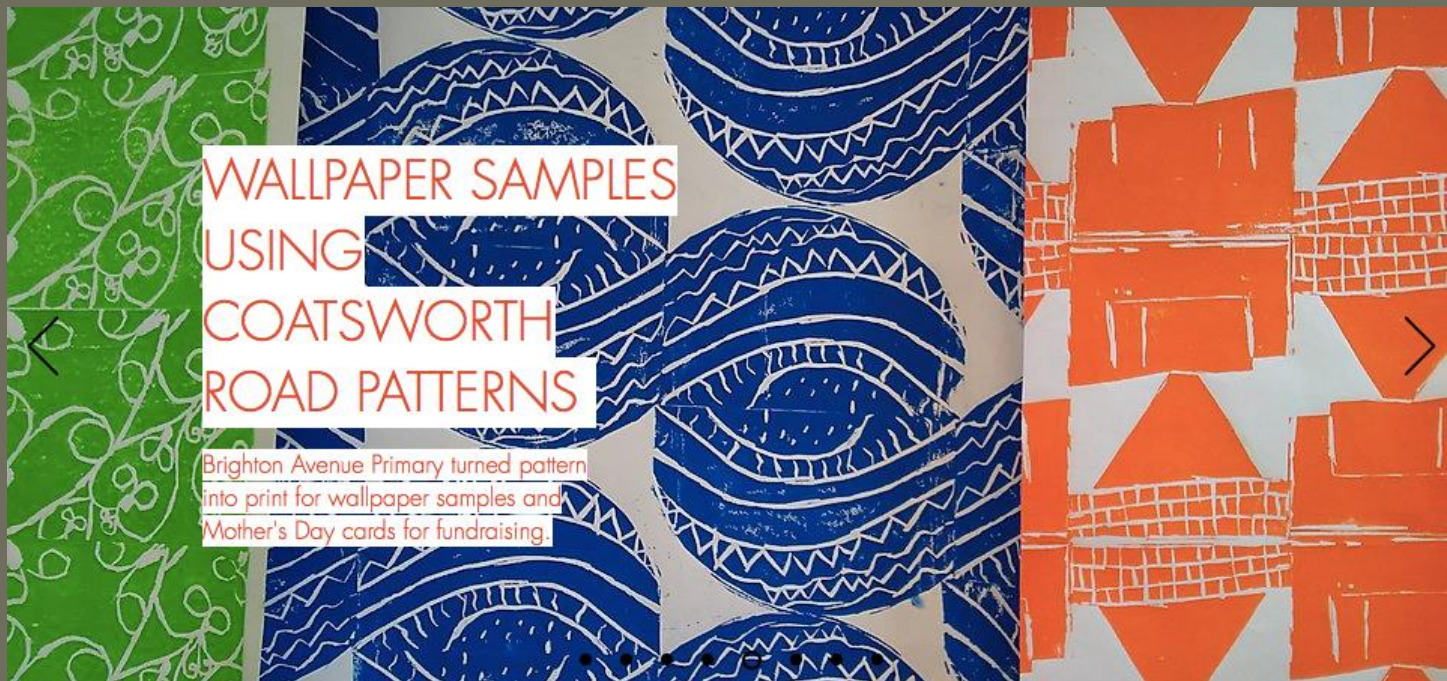


‘Our Coatsworth Road’

Using the archives, partnership with Gateshead Library

Blue plaques designed by Gateshead primary school pupils, Shipley Art Gallery, Gateshead, 2017 (22ShedsCIC)





WALLPAPER SAMPLES
USING
COATSWORTH
ROAD PATTERNS

Brighton Avenue Primary turned pattern
into print for wallpaper samples and
Mother's Day cards for fundraising.

'Our Coatsworth Road'

Lino-cut print patterns designed by Gateshead primary school pupils
Project Space, Gateshead, 2017 (22ShedsCIC)

COATSWORTH ROAD

Townscape Heritage Initiative

QUARTERLY NEWSLETTER UPDATE

The Townscape Heritage Project on Coatsworth Road is now coming to a close and in this last newsletter, we'd like to update you on the projects that will be finished by Spring next year.

- Refurbishment has started on the apartments above Tesco (the former Honeysuckle pub). It will have a new roof, new windows & doors. The Victorian turret and weathervane will be restored too.
- Sloans, Snip and the Alhadi Mosque are being extensively refurbished. The new shop fronts and windows are being made at a local joiner shop in Team Valley.
- The Golden Bird takeaway will benefit from a new shop front, with stone repairs to the bay window and new wall and railings.
- The roof of the block from Golden Bird to the Tattoo parlour will be repaired and the 19th century stone wall in Woodbine Place near Tesco will be repointed.
- The two flats above the Stamp Shop and Allsorts are being re-roofed and fitted out for habitation.
- GK Butchers, Wheel Assist, and Eagle Residential lettings on Bewick Road will all benefit from new shop fronts. Unfortunately two projects, Superpie and Sue Ryder will not be going ahead at this time, but there are some great plans in place for replacing their shopfronts in the future.

The THI grants have helped create a smarter Coatsworth Road with well-kept buildings that can continue to serve communities and traders along the street. We wish all the businesses and residents well for the future.



Exhibition Celebration Evening at Shipley Art Gallery

'OUR COATSWORTH ROAD' EXHIBITION SUCCESS

From the 1st to the 16th September the 'Our Coatsworth Road' exhibition at the Shipley Art Gallery displayed the work of local school children following their project on the heritage and patterns found on Coatsworth Road. Pupils created beautiful designs and made wallpaper prints, mugs and a book of patterns that can be seen on shop fronts and buildings along the road. Children also made blue plaques to celebrate Coatsworth Road's history, its stories and people. Textile designer, India Johnson, used some of the children's designs to create Coatsworth-inspired aprons, bags and cushion covers for the exhibition. Thanks to all those who came along to the celebration evening to enjoy the work and to sample some delicious treats provided by local businesses Tasty Bake, Blooms and the Samosa Sisters.

'Our Coatsworth Road'

Quarterly Newsletter
2017 (22ShedsCIC)

Reimagining Pandon Dene

Artist's Commission

Sara Cooper in collaboration with
Dwellbeing Shieldfield, 2020-22



Reimagining Pandon Dene

Getting to know the neighbourhood, walking with the Shieling Working Group, listening & observing
Drawings by Dwellbeing young people



Dwellbeing Artist Commission:
Drawing the Past - Plant shadows, ink on paper
April to September 2021



Reimagining Pandon Dene
Drop-in drawing sessions with Shieldfield community
Close observation, what we walk past everyday



Reimagining Pandon Dene - Identifying underused spaces, research with Shieling Working Group and neighbourhood survey produced by Shieldfield community & Harper Perry Architects the footprint of former mills

REIMAGINING PANDON DENE

Drawing the Past



SARA COOPER &
DWELLBEING SHIELING
WORKING GROUP MEMBERS



Dwellbeing Artist Commission:
Collaboration and research, community booklet and creating a wildflower meadow
April to September 2021

Reimagining Pandon Dene

Creating a community wildflower meadow in an underused public space,
connecting with local residents and people using the street as a thoroughfare



INTRODUCTION

Dwellbeing Shieldfield has been working with artist Sara Cooper since 2018, initially working with local school children. Most recently Sara has been undertaking an art commission with us. She has worked closely with our Shieling Working Group and has researched the history and plant life of the area, particularly around Napier Street. Working with a local botanist we identified over 50 types of plants, including a rare Hawkweed species. She thought about how the area might have been laid out in the past with its dene, woodland, river and pasture and, later on, as a place famous for its gardens and orchards. Sara undertook many types of drawing activity with residents young and old. This booklet shows a selection of these by residents and the Shieling Working Group highlighting the creative potentials of the natural world.

This commission has led to the planting of a wildflower meadow on Napier Street. The meadow is planted in the outline of one of Shieldfield's historic water mills which was once on the banks of the Pandon Burn - a river which now lies underneath the Central Motorway. This is a living artwork which will flower year after year. It has been a pleasure to work with Sara in this work and to explore the creative potentials of plants and our own histories through Dwellbeing's first art commission.

1

REIMAGINING PANDON DENE

by Sara Cooper

Dene: From the Old English *denu* "valley" (*den*); a place of retreat" (late 13c).¹

In the English counties of Durham and Northumberland a dene is a steep-sided wooded valley through which a burn runs.²

Shadow has its origins in Old English *sceadwe*, "shadow" from *sceadu*, "shade." The verb shadow is interesting: it comes from Old English *sceadwian* "to protect with covering wings".³

As part of the commission, I researched the area previously known as Pandon Dene, which defined the edges of modern-day Shieldfield. I tried to visualise how this landscape might have looked in the past.

I had made shadow drawings earlier, using plant pigments, and continued to use this as a mechanism to think about the area's natural history, allude to the passage of time and perhaps capture a vestige of the dene.

2

Dwellbeing Artist Commission:
Collaboration and research, community booklet and creating a wildflower meadow
April to September 2021

Reimagining Pandon Dene - Creating a community wildflower meadow in partnership with the Shieling Working Group, working together to improve local spaces and increase biodiversity



Reimagining Pandon Dene

Footprint of a watermill, drone footage by Mike Tweddle



Reimagining Pandon Dene

Community Wildflower Meadow, Napier Street, Shieldfield

Photo credits – Matt Denham for Dwellbeing Shieldfield



**DWELLBEING
SHIELDFIELD**

Email: info@dwellbeingshieldfield.org.uk
Facebook: [@DwellbeingShieldfield](https://www.facebook.com/DwellbeingShieldfield)
Instagram: [@dwellbeingshieldfield](https://www.instagram.com/dwellbeingshieldfield)
Twitter: [@DwellbeingsS](https://twitter.com/DwellbeingsS)
Website: www.dwellbeingshieldfield.org.uk

Flourishing together

SHIELDFIELD: A strategic plan



Newcastle and North Tyneside Biodiversity Action Plan (BAP)

The BAP is a ten-year vision for the protection and enhancement of biodiversity in Newcastle and North Tyneside, aiming to ensure the natural environment is managed effectively to protect natural resources and to leave a legacy that will benefit the present and future generations. Newcastle City Council make direct reference that everybody can play a role in helping deliver this plan, which Shieldfield aims to accomplish through our proposals.

Excerpt from the Strategic Plan



Re-imagining Pandon Dene

An urban wildflower meadow created by artist Sara Cooper in collaboration with Dwellbeing Shieldfield

Planted Winter 2021

The western edges of modern-day Shieldfield was defined by an area previously known as Pandon Dene, where the Pandon Burn sustained woodland, farms and pasture before feeding into the River Tyne at Burn Bank.

Several water mills were also situated on the Burn, including one producing oatmeal and another mustard. Shieldfield later became famous for its gardens and orchards but the Dene was eventually lost to development, and Pandon Burn culverted (around the Civic Centre and beneath Manors Metro Station).



Print of 'View in Pandon Dene' by John Knox, 1821. © Tyne & Wear Archives and Museums.

This artwork was made collectively. Members and friends of Dwellbeing lifted turf and prepared the ground to echo the footprint of a water mill. The Shieldfield Youth Group, Dwellbeing members and the artist sowed seeds by hand.

British and non-invasive flowering plants, including Allium, Hollyhock and Mallow will provide colour, pollen and nectar to support native insects and other wildlife. The meadow will evolve year by year, leading to increased biodiversity and a healthier urban space.

Inspired by the flow of water through the area, and invoking the spirit of the Dene, the living artwork reflects on how natural heritage might inform and contribute to a greener future for our towns and cities.

Dwellbeing Shieldfield is a welcoming community group and co-operative for people of all ages and backgrounds in Shieldfield, Newcastle. Our aim is for community members to play an active role in shaping life in Shieldfield.



*East view of a mill in Pandon-dene,
near Newcastle. - J. Bell. Oct. 15th 1773.*

East View of a Mill in Pandon-Dene near Newcastle by John Bell, 15th October 1773. © Northumberland Estates.

Get in touch to find out more and become a member of Dwellbeing Shieldfield:
info@dwellbeingshieldfield.org.uk
07593 769 129
www.dwellbeingshieldfield.org.uk



#YourPublicRealm

Navigator North & Sara Cooper
Middlesbrough, Oct 2022 – March 2023

Creative consultation commissioned by Middlesbrough
Council in partnership with Historic England



species accounts. It's certainly a must-read for anyone hoping to visit the area, as well as for those who are fortunate enough to live in the county.

Dave has also been busy helping to highlight the 'hidden natural heritage' of urban areas, working with artist Sara Cooper and the Middlesbrough Cultural Partnership. He led several botanical surveys of the town in 2020 (abiding by social distancing rules), with the group paying close attention to the plants found in pavement cracks, and on roadside verges, buildings and walls. One of the species recorded was *Arabidopsis thaliana* (Thale Cress), the properties of which have been found to lead to a quicker recovery time for breast cancer patients, and fewer secondary effects compared with those subjected to chemical treatment (Bömer et al., 2020). Sara used this as inspiration for her finished work, a mural of a repeat pattern of Thale Cress which has just been

installed in the underpass gallery at Middlesbrough station.

John Durkin has produced a short Flora of Deepdale Wood (v.c.66), a beautiful site located on a side valley of the River Tees that joins the Tees at Barnard Castle. It is, as John describes, one of 'the four Teesdale Great Woods'. Read all about it here: www.durhamnature.co.uk/deepdale.html (scroll down to the image of *Campanula latifolium* to access the Flora).

David Morris found out last year that the local records centre had in its archive the digitised master cards from the 1998 *Flora of Oxfordshire*, amounting to almost 300,000 records, and he has been checking these with the intention to transfer to the DDB, which will add very significantly to the historic data holding for v.c.23. David has also had the 1998 *Flora* digitised by a professional archiving company, and that will be going on the web soon, and he hopes to do the

Tunnel Gallery, 2020-21 art commission in collaboration with Navigator North
On-site research with Christine Corbett (community engagement officer
Teesside Archives) and BSBI botanist Dave Barlow, BSBI article

©Sara Cooper, Drawing for NZ4920 (code 142), ink on paper, November 2020



©Sara Cooper - NZ4920 (code 142)
Installation view - Middlesbrough Railway Station, vinyl, 25m, 2020

NZ4920 (code 142), Tunnel Gallery art commission
Heritage Action Zone, Middlesbrough



Heritage Action Zone

Community engagement by
Navigator North,
commissioned by Historic
England, Middlesbrough

(Tunnel Gallery within the
HAZ, A66 on the periphery
of Exchange Square)



14 of 16

Privacy

A66 bypass bridge over Albert Road into the centre of Middlesbrough. 17th March 1986.

#YourPublicRealm – archive research for creative consultation around Exchange Square, Middlesbrough. Image credit: Teesside Live



#YourPublicRealm – creative consultation with ‘The Word’ Artist’s Collective, Exchange Square, Middlesbrough, Nov. 2022



Hello

Our January newsletter is here! With the announcement of a brand new exhibition opening this week and we'd love to invite you along.

Since November last year we have been working with a number of artists, collectives and community groups as part of a creative public consultation to explore the future use of Middlesbrough's Historic Quarter in particular Exchange Square. This has been as part of our extended work on the High Street Heritage Action Zone with Middlesbrough Council and Historic England.

On Thursday 2nd February we'll be opening the doors to our creative space on Middlesbrough high street - The Masham, to welcome in the public to see what we've gathered so far and to take part in the conversation.

#YourPublicRealm
Navigator North Newsletter – exploring the future
use of Middlesbrough's Historic Quarter

#YourPublicRealm explores the past, present and future of the area, bringing in archival information and heritage knowledge through creative engagement opportunities with a wide range of people.

This work started in November 2022 with a pop-up exhibition and research lab based in Zetland Buildings in Exchange Square, inviting the public to have their say and gathering responses through sound, film and performance art.

Focused outreach sessions have taken place with students from Middlesbrough College, Northern School of Art and a local elder's group to explore what these spaces might become. Local people and businesses have been invited to talks about urban design and the town's development from landscape architects, Historic England and Middlesbrough Council, and were invited to share their thoughts on how these key areas of public realm could look and feel in the future.

Regional artists including Dyad, The Word Collective and Rachel Deakin have been commissioned to create new works which offer an alternative perspective and invite responses to three key questions.

What would make Exchange Square a safe and vibrant public space to spend more time in?

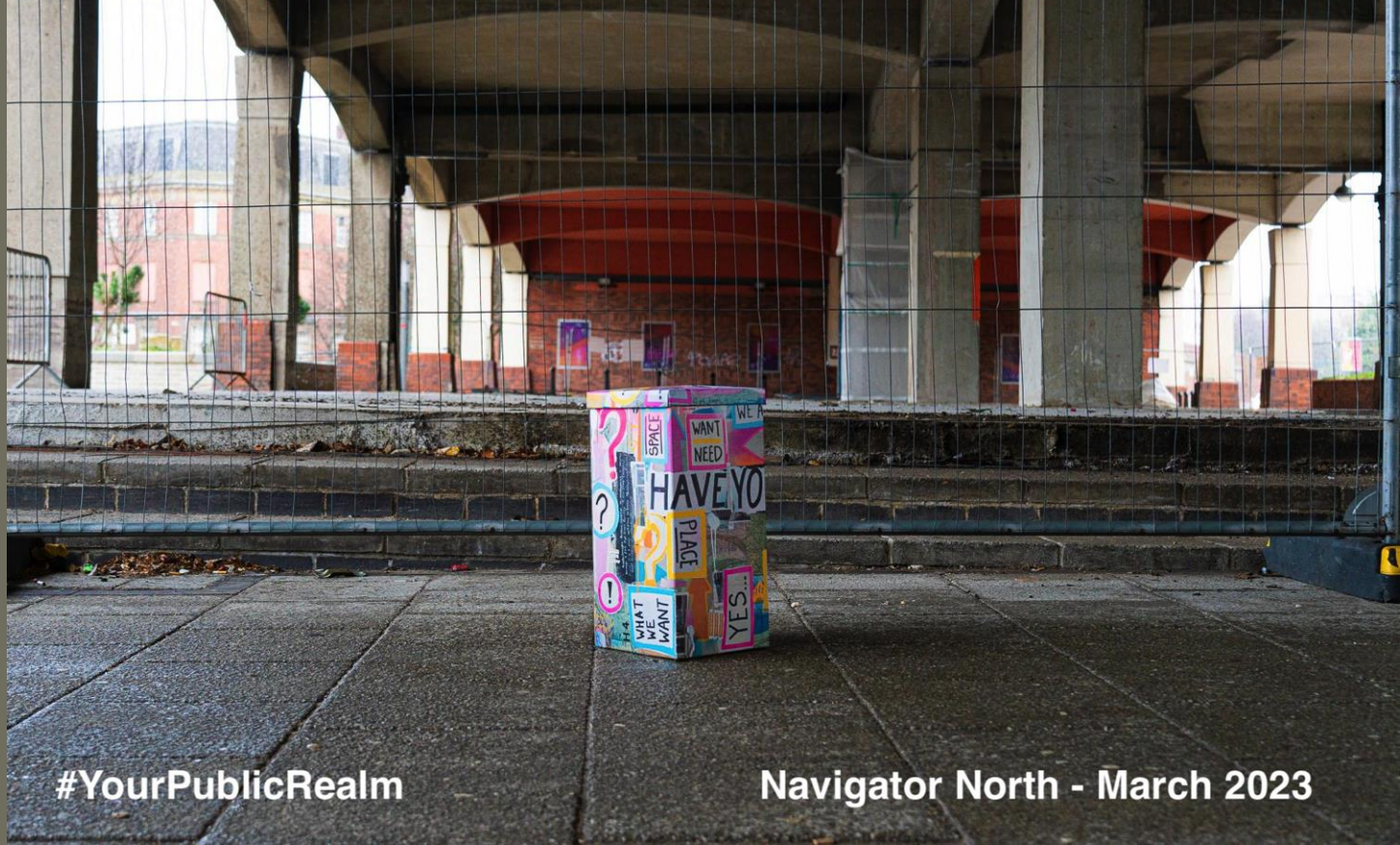
Tell us how you would encourage more people to use this space?

How can heritage feature in the design and creation of these spaces?



#YourPublicRealm

'Have Your Say', painting & collage by artist DYAD
Exhibited at The Masham creative space, Middlesbrough
Feb 2023 (Navigator North)



#YourPublicRealm

Navigator North - March 2023

'Have Your Say' painting & collage by DYAD
Comments boxes by Navigator North, photo credit – Rachel Deakin
(under the A66 flyover, Middlesbrough)



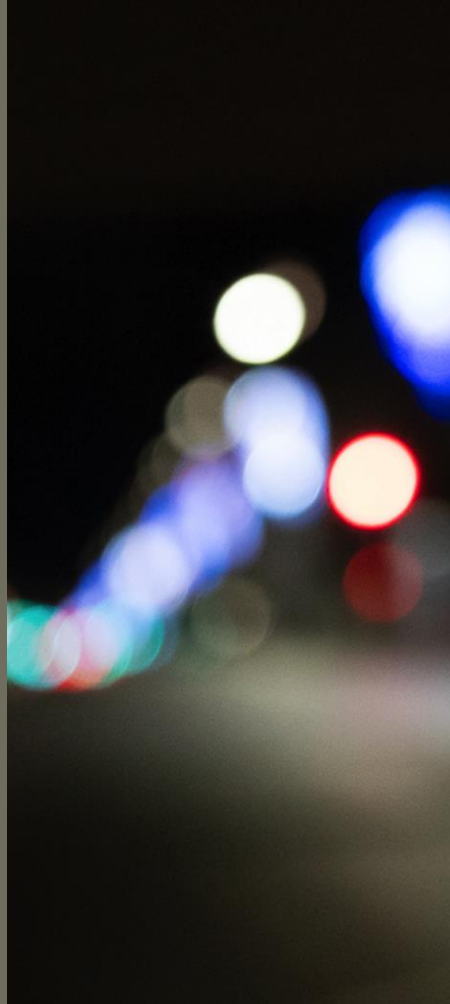
#YourPublicRealm

Creative survey with Northern School of Art
(under the A66 flyover, Middlesbrough), photo credit – Rachel Deakin



#YourPublicRealm

Creative workshop, idea development with Northern School of Art
Future use of Middlesbrough's Historic Quarter, photo credit – Rachel Deakin



#YourPublicRealm – A66 flyover & Exchange Square at night ©Rachel Deakin



#YourPublicRealm – A66 flyover & Exchange Square ©Rachel Deakin

Questions and Reflections

Visit our [webpage](#)

Sign up to our [mailing list](#)

Contacts:

rachel.turnbull@ahsn-nenc.org.uk

mail@crawshawurbandesign.com

holly.fillingham@cntw.nhs.uk



Share your examples of art and creativity in your spaces and places



<https://bit.ly/3BtTd9R>

access code: EHXFLH



A Space for Conversation

#HealthyHappyPlaces