

MHM CREATIVE



As the Mental Health Peer Support group grows some members may become more cautious about sharing and opening up. What we have realised is that our members have an enormous amount of skill and experience around different creative disciplines. With that in mind we created MHM Creative to bring like minded people together in smaller discipline groups to support each other away from the main group.

So how does this work in practice?

What creative Disciplines are in MHM Creative?

At present MHM Creative has the following groups for members to engage in:

- The Poetry Collective
- The Art Collective
- The Book Club
- Music Appreciation
- Photography
- Podcasting Group
- Video Games

Impact

If we take the poetry collective there are 8 members and over 40 pieces of poetry have been written and shared. Members use the written word to express themselves and share how they are feeling. Three examples of poems can be seen below. These were used in conjunction with the peer support group and support bubbles. The MHM Creative is really good for the individuals but also it means we are also capturing some rich content to share on social channels

How might this be developed?

The possibilities of the smaller creative discipline groups are only limited by the imagination of the members and team. At present the groups are managed virtually but there is nothing stopping events being hosted and run across the country post Covid 19. Other collectives being discussed for example are a women's support group, intergenerational garage workshops, a motorbike racing team and an MHM international. As our capacity grows all of these things could become a reality if there is a need.

