

Space2Create (S2C) was founded in December 2012 by a group of volunteers and service users from a charity called Workbase. At the time this charity had been forced to close due to the financial cuts.

S2C was created to include the Workbase service users because the team had been running a group called WellArt at Workbase which was very popular and showed the team the potential for creative activity to help those suffering from serious mental health issues. The team also wanted to build something that used the principles of Workbase to help people who were ill through meaningful activity, distraction, community working and personal growth.

What services does your organisation offer?

S2C deliver creative sessions designed to help people build confidence, self-esteem, resilience and regain the skills of social interaction. Sessions are delivered in mutually supportive social groups where the S2C sense of community helps individuals feel supported and have a sense of belonging.

We have drop-in sessions throughout the week to which anyone can turn up regardless of their issues. These sessions do a wide range of creative activity such as painting, printmaking, ceramics and more. People can be referred or self-refer and we do not charge for any of our creative sessions though we do invite people to make a donation if they would like to.



We also run set groups targeting particular issues. Currently, we have the “In The Moment” group which is for those with dementia and their carers. Also, a teenage group “#TAG” supporting young people at risk of self-harm or suicide. We also offer space to other groups to use and run sessions. This includes Hub Club for adults with learning difficulties or disability and various county council sessions, all who have run a variety of courses in our space. We exhibit artwork by our service users in our own gallery space as well as in the local community such as GP surgeries, the leisure centre and empty local shops. Finally, we involve our service users in local community events such as The Comic Art Festival and Torchlight as well as shows and events around the county when we can.

How many people use your services every year?

Before the COVID-19 restrictions, S2C regularly saw around 150 people a week benefiting from all the various activities at the unit. Alongside this, exhibitions would bring in another 200 visitors to view the artwork on show over the length of the exhibition.

Feedback from people using the service:

“A great atmosphere of acceptance and understanding with stimulating art and craft and creative writing. Very good for distracting from negative thoughts.”

“Space2Create is a wonderful place for anyone who loves to be creative and has been touched in some way by long term mental or physical health problems. So welcoming and friendly and making such a positive impact in people’s lives.”

Are there any opportunities to get involved?

We are always in need of volunteers to help do all sorts from working in sessions, helping with exhibitions and events to cleaning and admin. You can find our more at the S2C Facebook page [here](#).