

Make it better (mitber) is a recently incorporated CIC that aims to share creative tools with communities to help them live well.

We use a person centred approach, responding to individual cultural interests, we enable people to feel more confident by engaging in chosen activities, new or familiar in different ways.



Participants develop support networks with like-minded people in the community, people are valued more, sharing the skills, knowledge and understanding they have with new generations.

Because embedding routine cultural participation means we are more able to be active in our daily lives.

In 2016 the 'Happy Crafters' was shortlisted for the Arts Health South West Prize, this project is now in its fifth year. This is funded through third sector stakeholders, lottery funding, Cornwall Community Foundations etc.

<https://ahsw.org.uk/userfiles/AHSW%20Prize%202016/FINAL%20AHSW%20Shortlist%20Document%202016.pdf>

The project is based at Miners Court, an extra care sheltered housing scheme in Redruth that offers day services to older people in the community. Active beneficiaries are people with physical and sensory disabilities, learning disabilities, those living with mental health issues and long-term health conditions including dementias.

The project enables people to take part in community events such as St Pirans day by entering competitions, creating sets in shop window and displaying artworks around the town.

*Volunteering opportunities*





We also run regular sessions around Cornwall with people living in care homes using arts and task based making, engaging individuals in communication, advocacy and positive risk taking. These occupational therapy activities help people to live well, by taking ownership, looking after and making connections to their culture.

*Allow for decisions about their environment*

*diverse circumstances*

*Open culture*

*Reflects preferences and cultures.*

We see that-

- The arts are proven to support people in feeling better; helping with stress, pain and depression.
- Making art and other handcrafts distract from stress, pain and problems in life, encouraging a calm focus.
- Step-by-step making activities give time for clear thinking and reduce anxiety.
- Completing art projects is rewarding, being active encourages positive thoughts and improves mood.
- Arts activities enable expressive ways to connect to others.
- Working together on cultural projects reduces isolation; regular meetings give life structure.
- Arts participation provides ways to use, develop and maintain life skills without pressure; this raises self-esteem and confidence.
- Motivating participants to try new arts techniques develops independence in daily life.

We offer training in using creativity effectively, developing imaginative and innovative strategies for individuals to take away and use in care homes, health settings, in clubs, groups and associations.



*It aims to help professionals in care/social and health services provide outstanding services for those later in life by celebrating and engaging with creativity. Artefacts, creations and performance*

- *Enthusiasm is infectious*
- *Sharing experiences*
- *Positivity*
- *Working together*
- *Momentum and looking forward*
- *Celebrate our uniqueness*

<https://www.facebook.com/mitber/>

<https://twitter.com/hurdygurdypurdy>

<https://www.instagram.com/ruth.purdy/>



We hope to provide online services at Mitber.com and are developing a forum to share good practise and support collaboration. It is intended that subscribing members will include creative practitioners, care and health professionals, volunteers and activity providers. We are currently trialling this on Facebook and welcome people getting involved.

<https://www.facebook.com/groups/105702876668525/>

We intend to offer downloadable art and making activities, including kits, instructions and eventually a weekly tried and tested activity emailed to members. I am also researching and developing a range of making and art kits that can be purchased by health services or the general public for occupational health.