



Creative Hands  
Foundation

Inspiring change through the arts

# CREATIVE HEALTH PROSPECTUS 2026–2029

**Creativity** • **Community** • **Culture**

Improving Health, Wellbeing and Communities  
Through the Arts

“Creativity is not simply about making art. It is about improving lives, strengthening communities and creating healthier futures.”

Inspiring Change Through the Arts





# ABOUT **CREATIVE** HANDS FOUNDATION

Established in 2008, Creative Hands Foundation is a Manchester-based charity using creativity as a powerful tool to improve health, wellbeing and community life.

We deliver inclusive arts, heritage and wellbeing programmes for children, young people, adults and older people from diverse communities across Greater Manchester and beyond.

Our professional team of artists, educators and community practitioners design and deliver high-quality, culturally relevant programmes that inspire, empower and transform lives.



## OUR VISION

Vibrant, creative communities where everyone can thrive and belong.



## OUR MISSION

To use creativity to improve health, inspire change and build stronger, more connected communities.



## OUR CORE VALUES

Creativity  
Inclusion  
Respect

Collaboration  
Empowerment  
Integrity



# *WHY* **CREATIVE HEALTH?**

Creative Health is the use of arts, culture and creativity to improve health, wellbeing and quality of life.

Evidence shows that participation can:

- ✓ Improve mental health and emotional wellbeing
- ✓ Reduce loneliness and social isolation
- ✓ Increase confidence and self-esteem
- ✓ Encourage physical activity and movement
- ✓ Reduce stress and anxiety
- ✓ Support recovery and long-term conditions
- ✓ Strengthen communities and resilience
- ✓ Promote cultural identity and inclusion



**Creative Hands  
Foundation delivers these  
benefits every day through  
engaging, inclusive and  
culturally relevant creative  
programmes.**





# OUR **CREATIVE** HEALTH PROGRAMMES



## **Mental Health Resilience Hub**

Supporting emotional wellbeing,  
confidence and social connection.



## **Creative Wellbeing Workshops**

Arts and crafts that promote  
relaxation, self-expression and  
personal growth.



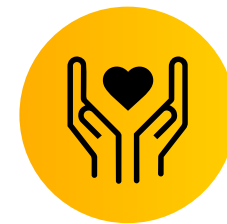
## **Dance & Keep Fit**

Fun, inclusive movement sessions  
that improve mobility, fitness and  
wellbeing.



## **African Drumming for Wellbeing**

Interactive drumming sessions  
that boost mood, reduce stress  
and build community.



## **Heritage & Wellbeing**

Exploring culture, identity  
and heritage through  
creative activities.



## **Creative Ageing**

Activities that reduce  
isolation and promote  
healthy, active ageing.



## **Community Arts**

Projects that bring people  
together, strengthen  
communities and build  
pride.



## **Intergeneration al Creativity**

Bringing generations  
together to share skills,  
stories and creativity.



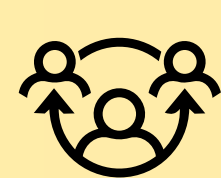
# *SUPPORTING* **SOCIAL PRESCRIBING**

We provide non-clinical activities suitable for referrals from:

- ✓ GPs
- ✓ Social Prescribing Link Workers
- ✓ NHS Services
- ✓ Community Organisations

## Suitable referrals include

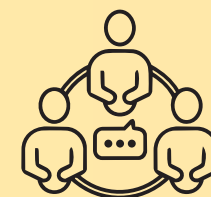
- ✓ Loneliness
- ✓ Anxiety and stress
- ✓ Low mood
- ✓ Carers
- ✓ Older adults
- ✓ Long-term conditions
- ✓ Low confidence
- ✓ Social isolation
- ✓ Referral Pathway



Referral



Assessment



Programme



Review



Outcome



# WHO WE WORK WITH



**MANCHESTER**  
CITY COUNCIL



**LONGSIGHT**  
**LIBRARY**



Lancashire &  
South Cumbria  
NHS Foundation Trust



**HERITAGE**  
FUND



**SCHOOLS**



**LIBRARIES**



**ARTS**  
**COUNCIL**  
**ENGLAND**

**MUSEUMS**  
**& CULTURAL**  
**INSTITUTIONS**



**HOUSING**  
**ASSOCIATIONS**



**COMMUNITY**  
**ORGANISATIONS**



**LOCAL**  
**BUSINESSES**



**FAITH &**  
**VOLUNTARY**  
**ORGANISATIONS**

Working together for healthier, happier communities.

# OUR **IMPACT**

**17+**  
Years  
of Experience

**100+**  
Projects  
Delivered

**Thousands**  
of Participants  
Engaged

**50+**  
Partner  
Organisations

## Positive Outcomes



Improved mental health  
and wellbeing



Reduced loneliness and  
isolation



Increased physical activity  
and healthy ageing



Stronger confidence and  
self-esteem



New skills and creative  
opportunities



Stronger communities  
and social connections

Real people. Real change. Real impact.





# CASE STUDIES



## Mental Health Resilience Hub

Creative workshops helping participants manage anxiety, improve mood and build supportive friendships.



## Cross Cultural Textiles

Celebrating African heritage through textile art, storytelling and exhibitions, improving wellbeing and cultural pride.



## Dance & Keep Fit

Fun, energetic sessions improving fitness, mobility and social connection for older adults.



# TESTIMONIALS

“I didn't know I could do this. I've learnt something new and discovered abilities I never knew I had.”

Fiona



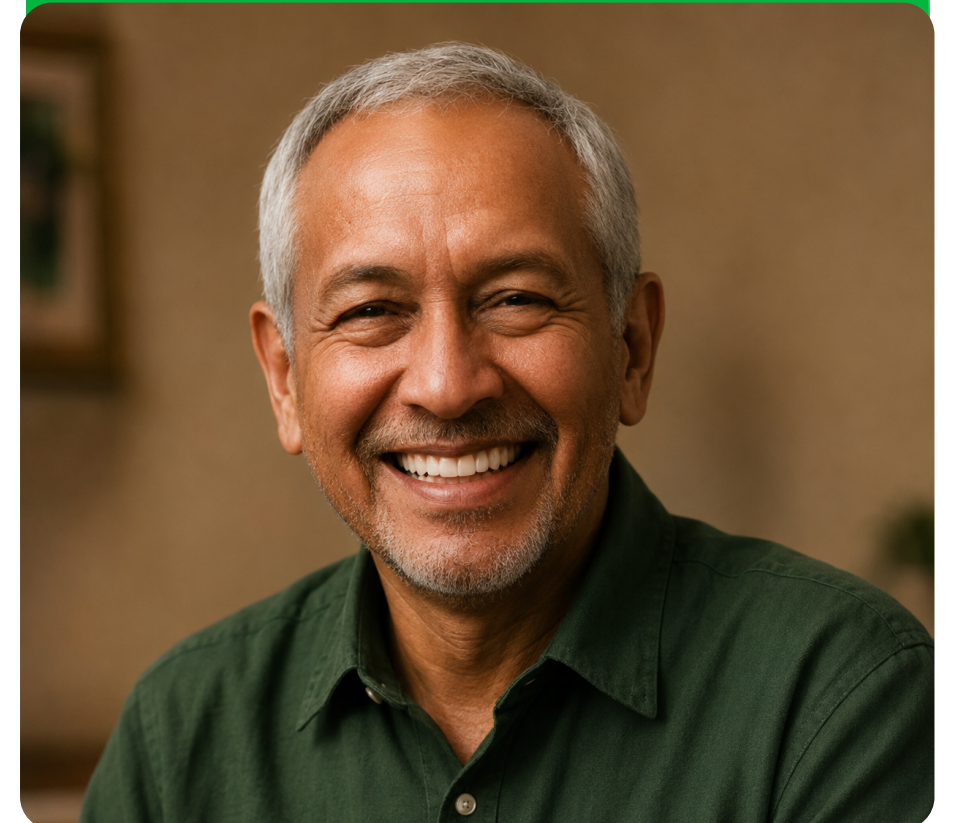
“Had a fantastic session like nothing I've done before. Played music, danced and left feeling stress free.”

Participant



“Thanks to both of you. It has really helped my stress. I can't wait to come back for the next time.”

Asma





# COMMISSIONING OPPORTUNITIES

Creative Hands Foundation can deliver:

- ✓ Creative Health Programmes
- ✓ Arts on Prescription
- ✓ Healthy Ageing
- ✓ Mental Health Support
- ✓ Community Engagement
- ✓ Heritage & Wellbeing
- ✓ Public Art & Cultural Projects
- ✓ Youth Programmes
- ✓ Volunteering & Training



We Welcome Partnership Opportunities With

- NHS
- Primary Care Networks
- Integrated Care Boards
- Local Authorities
- Housing Associations
- Schools & Colleges
- Charities & Trusts
- Businesses





# *WHY* **PARTNER** **WITH US?**

- ✓ 17+ years experience
- ✓ Professional, trusted team
- ✓ Community-led, culturally responsive
- ✓ Safe, inclusive and accessible
- ✓ Evidence-based practice
- ✓ Strong track record of impact
- ✓ Safeguarding & DBS checked staff
- ✓ Health & Safety compliant
- ✓ Excellent project management
- ✓ Sustainable & long-term approach



**We don't just deliver projects, we build lasting relationships and healthier communities.**



# *LET'S CREATE* **HEALTHIER** **COMMUNITIES** **TOGETHER**



Director: **Joseph Ayavoro**

Phone: **07525 354429**

Email: **info@creativehandsfoundation.org**

Website: **www.creativehandsfoundation.org.uk**

**Registered Charity No. 1129387**

**Inspiring Change Through the Arts**

