

Creative Communities: Making the invisible visible through creative expression of mental wellbeing in land and sea communities in Scotland.

Seminar 1: 19th December 2018

Design Informatics Studio, Bayes Centre, Potterrow, Edinburgh

Seminar aims:

The first creative seminar aims to mobilise knowledge among programme team, participants and other interested members towards building a collective contextual understanding of rural mental wellbeing among invisible communities. The overlap of Mental ill-health (nature and effects), New 'digital creativity' to meaningfully promote wellbeing, and Rural Geographies (inequalities, challenges and benefit for mental health) is suggested to trigger the conversation.

The creative seminar will utilise visual design approaches to collaboratively map the current research, policy and practices of rural mental wellbeing for invisible communities and will support participants to identify thematic areas of focus for 'Flurries'. The resulting co-created knowledge and visualisation of the landscape of rural mental wellbeing among invisible communities will be shareable and disseminated via our networks.

9.30 Arrive (tea/coffee)

10.00 Understanding the rural mental health and wellbeing landscape

Introduction to the programme, sharing experiences and expertise

11.15 Coffee

11:30 Mapping existing rural mental health research, policy and practice

Identifying key challenges and areas of opportunity

12:30 Lunch

13:30 Prioritising and shaping the thematic 'flurries'

Community engagement and creative modes of expression

15:00 Programme roadmap

Key actions, timeline and dissemination opportunities

16:00 End

