

AiS x Galeri: Synwyriwm

Project Summary

Synwyriwm is an Arts and Health project created by Amser i Siarad (AiS) and Galeri Caernarfon in collaboration with Plas Newydd, National Trust. The project harnesses the creative arts to empower individuals with mild to moderate mental health problems. We will commission five Welsh-speaking artists to produce sensory artworks inspired by Plas Newydd's heritage. These pieces will be used in creative workshops with AiS clients, encouraging engagement and meaningful conversations that enhance mental health and wellbeing.

The project will culminate in a touring exhibition at Galeri Caernarfon and Plas Newydd, showcasing both the commissioned works and the art created during workshops. This exhibition aims to reduce the stigma surrounding mental health, promote awareness, and celebrate the intersection of art and health.

Amser i Siarad (AiS)

AiS is a local grassroots mental health charity supporting adults, children, and young people across Ynys Môn and Gwynedd. Based in Caernarfon, AiS provides a variety of services including 1-1's, therapeutic groups and training across both counties.

Galeri Caernarfon

Galeri Caernarfon is a not-for-profit community arts centre offering theatre, cinema, work units, and exhibition spaces. Our vision, "Creu Cyfoeth Cymunedol Cynaliadwy" (Creating Sustainable Community Wealth), is reflected in our diverse artistic programming, including theatre, film, exhibitions, music, and workshops.

Project Health Challenge

The project addresses mild to moderate mental health problems —such as anxiety, depression, loneliness, and isolation—through creative sessions that foster self-expression and conversations, promoting resilience and wellbeing.

Project Details

- **Sensory Art Experiences:** Five artists will create tactile artworks inspired by Plas Newydd, with the intention of supporting positive mental health either through actively exploring the artwork, using it to aid conversation and storytelling, or through the making of an object itself (within workshops).
- **Community Impact:** The project aims to embed well-being within our community and the artists' practises, creating lasting awareness and support for mental health.

- **Training:** Artists and Plas Newydd staff will receive Mental Health First Aid training from Clare Bailey of AiS.
- **Workshops:** Each artist will lead 4 workshops (2 per group) with 10 participants from AiS, totaling 20 workshops throughout the project held at Galeri Caernarfon and Plas Newydd. We encourage the use of outdoors and nature within the workshops.
- **Ongoing Support:** Clare, a qualified counsellor, will offer support to artists as needed, ensuring the well-being of all involved.
- **Creative Continuity:** Participants will receive material packs to continue their creative activities at home.
- **Documentary Film:** A short film will document the project from start to finish, capturing the artists' commissions and the workshops.
- **Exhibition:** The project will culminate in an exhibition at Galeri Caernarfon and Plas Newydd, where participants will help curate and install the artworks, promoting mental health awareness and celebrating the fusion of art and health.

Timeline:

- **October - November:** Artist Call-out
- **November - April:** Plas Newydd Tour & Commissions
- **May - July:** Creative Workshops at Galeri and Plas Newydd
- **August– September:** Exhibitions at Galeri and Plas Newydd