



Bright Sparks Arts

Creativity in Mental Health



'I've not been well....but I come here and you are a shining star that heals.'

Over 1 in 5 adults in England have a mental health condition, and almost half of these receive mental health treatment. BrightSparks Arts offers a unique, creative and impactful way to supports adults with severe and enduring mental illnesses.

We know from published research and **25 years of experience**, involvement with arts and creativity improves people's health and wellbeing.

Through our programme of creative workshops, exhibitions, performances, publications, events and festivals, our participants form friendships, develop confidence and self esteem while learning new skills to help with their recovery.

You can help us provide a lifeline and make life better for adults in Leicester, Leicestershire, Rutland and Northamptonshire with long term mental illnesses.

brightsparksarts.uk

Make a donation to help - scan the QR code or email us at office@brightsparksarts.uk





Creativity in Mental Health

“BrightSparks was the main things that kept me going last year”



Make BrightSparks Arts your company's Charity of the Year

Support some of the most vulnerable people in your local community while giving your team the feel good factor (and meeting your corporate social responsibility aims).

Talk to us about partnering with BrightSparks Arts for different ways you can support us through fundraising, events and volunteering opportunities for your staff and make a real difference in your local community.

Raise your company's profile at our **Creative Health Area at the Leicester's Riverside Festival in June each year**, which attracts over 60,000 visitors each year.

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Help us raise funds while you raise awareness of your business making a difference locally:

- ✓ Sponsor an event or creative programme
- ✓ Run a marathon/or sponsored walk
- ✓ Arrange or sponsor a comedy/cabaret night
- ✓ Volunteering at our garden sites
- ✓ Hosting bake sales or car boot sales

In return, your staff will gain insight and access to our unique and enriching workshop and events programmes. A perfect opportunity for promoting workplace wellbeing and happier teams.





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"I thought I'd attend. After what I've been through over the last few months, I really need this."



Individual Giving

You can support BrightSparks Arts and our ongoing work by giving us a one off donation or setting up a monthly direct debit.

BrightSparks Arts can also claim **Gift Aid** on donations, which means we can receive an additional 25p for every £1 donated. You can donate a one-off amount or set up a monthly payment.

Please visit our **Just Giving** page:

www.justgiving.com/charity/brightsparksarts

- ✓ **£2.50 a month** will pay for refreshments for the Green Room Gardeners.
- ✓ **£25 a month** will pay for art materials at our Art Space creative group.
- ✓ **A £250 one off payment** will help to pay for artists to run our Humour Hubs sessions.
- ✓ **A £2500 one off payment** will pay for a three month workshop programme of your choice with sponsorship and logo credits & PR.

There are many ways you can support us. Big or small, any support you can offer will keep our vital and life-changing work running.

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“It brings us together. It changes lives for the better.”



Fundraising

If you would like to hold a fundraising event to raise money for BrightSparks Arts we can support you!

Could you:

- ✓ Run a cake sale in your offices?
- ✓ Ask your child's school to arrange a sponsored event with the children?
- ✓ Run a half or full marathon for us?

We can help by providing you with poster and leaflet templates to promote your event. We also have fun and creative fundraising ideas to help you get started.

Email office@brightsparksarts.uk if you would like to fundraise for us.

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**Bright
Sparks
Arts**

Creativity in Mental Health

“Being here is
my motivation
to get well”



Leave a legacy in your will

You can leave BrightSparks a gift in your will, your legacy will continue to support the work we do and help BrightSparks to flourish and grow in the future.

- ✓ **Name a Charity as a Beneficiary:** You can specify BrightSparks Arts as a beneficiary in your will, ensuring that a portion of your estate goes to us.
- ✓ **Types of Charitable Bequests:** You can leave a charitable legacy to BrightSparks Arts. You will need our charity number - **1190327**, and the specific amount you would like to leave us in your will. Contact a solicitor or will writer who will write or update your will to include us with the amount you would like to leave. Talk to us about free will writing opportunities.
- ✓ **Consider Tax Benefits:** Gifts to charity are exempt from Inheritance Tax. If you leave 10% or more of your estate to charity, your Inheritance Tax rate may drop from 40% to 36%.
- ✓ **Consult Legal Advice:** It's advisable to consult with a legal professional to ensure that your wishes are clearly articulated and legally binding in your will.

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Your support makes our vital work possible

Our workshops are led by professional artists experienced in working in mental health settings, and we support participants to develop as artists through a training and mentoring programme.

We are governed by a committee of our participants and a Board of Trustees which is **30% participant led**. We create publications, exhibitions and events, which build self esteem and a sense of belonging for our participants, while engaging the wider community in promoting positive images of mental health and a sense of pride in our city and communities.

brightsparksarts.uk

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"BrightSparks Arts allows people to flourish."



We rely on donations from individuals and businesses to support some of the most vulnerable people in our communities. Your donations will directly support people who need our help the most.

We are a fleet-footed charity, with a small part time team mainly funded by grants – this enables us to spend every donated penny on supporting our participants.

If you'd like to chat with a member of the team about supporting BrightSparks Arts, please don't hesitate to get in touch by emailing our Development Manager:

Sallie Varnam:

office@brightsparksarts.uk





Creativity in Mental Health

"I'm not sure what we'd do without BrightSparks. It's saved my life."



25 IN 25
25 years old in 2025