



**Art & Soul: celebrating mental and emotional wellbeing
through the arts**

Registered charity number 1173268

Chair: Liz Sokoski

Patron: Sir Vince Cable

Art & Soul is a distinctive charity in South-West London that has been championing community well-being through the arts for the past twenty years. Established in 1998, Art & Soul, formerly known as We Can Draw, offers weekly expressive arts workshops facilitated by qualified art therapists, and art practitioners along with regular exhibitions and a vibrant outreach programme. Nationally recognised as a well-established organisation in the arts and health sector, we have transitioned into a charity in 2017 after a longstanding partnership with Orleans House Gallery. We are currently seeking passionate and motivated trustees to support our continued growth and development.

Our primary activities include a workshop programme and regular exhibitions. Bi-weekly expressive arts workshops, currently hosted at the Exchange in Twickenham, cater to adults with mental health issues, while our outreach programme serves children, young people, and families in need of support. In collaboration with Achieving for Children, Springfield Hospital, and local CAMHS (Children and Adolescent Mental Health Services), we actively work with over 300 participants, making our workshops consistently in demand. Our reach extends to individuals with mental health needs in Richmond upon Thames, Hounslow, Ealing, Kingston upon Thames, and Wandsworth Boroughs.

In addition to our workshops, we have held a number of large exhibitions, our most recent being in 2024 at St Mary's Church in Twickenham, showcasing 200 artworks. Through our exhibitions, we serve as a networking platform for groups with similar aims and objectives, supporting peer-led groups and more established services. With a strong track record in fundraising, we have secured funds from various organisations, including the local council, local charities, and larger foundations such as the Baring Foundation, Heathrow Community Trust, National Lottery, and People's Postcode Lottery.

Our aims encompass enhancing the well-being of adults in West and South-West London through structured creative activities, reducing mental health stigma, creating a supportive environment for those facing mental health challenges, and empowering members to connect with others, develop skills, and positively re-engage with the community.

To support our future endeavours, we are seeking general trustees to guide and bolster the charity. We are also interested in potential trustees with skills in marketing or partnership development.

All trustees will have the critical responsibilities of ensuring the charity's compliance with its constitution, contributing actively to the strategic direction of the charity, ensuring financial stability, safeguarding the charity's values, and more. The time commitment for trustees is approximately 6 days per year, including attending quarterly board and ad-hoc sub-committee meetings, and special events that will help raise the charity's profile. The term for trustees is 3 years.

Interested applicants can send a C.V. and a covering letter to Liz Sokoski, Chair, at info@artandsoul.org.uk (mail to: info@artandsoul.org.uk). Please state if you wish to be considered for a particular role.