



“I didn’t know what I was going
to do and then bam!
I created an artwork!!”

This postcard exhibition offers a selection of the many drawings made as part of Year of Drawing, organised by **Make Your Mark**, the arts and health programme for Sussex Partnership NHS Foundation Trust. The project aimed to increase access to the arts for people facing mental health challenges in Sussex and Hampshire through public drawing events in arts venues, pop up studios in NHS mental health settings and a series of drawing-based Recovery College courses. Drawing and learning from the project has been presented at three public exhibitions, screensaver exhibitions for NHS staff and a Drawing and Health symposium. Year of Drawing was co-produced with artists with lived experience of mental health challenges. © 2018

Year of Drawing worked with University of Brighton, **Brighton and Sussex Medical School**, Southampton City Gallery, **Aspex**, Cass Sculpture Foundation, **Worthing Museum**, The Hawth, **Fabrica**, Phoenix Brighton, **Royal Pavilion and Museums**, The Towner, **De La Warr Pavillion** and The Jerwood.

www.makeyourmarknhs.co.uk  [makeyourmarknhs](https://twitter.com/makeyourmarknhs) [makeyourmarknhs](https://www.facebook.com/makeyourmarknhs)







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A Year of Drawing, a project from Make Your Mark, the arts and health programme for Sussex Partnership NHS Foundation Trust. Supporting participation, imagination and mental health.

Find out how to get involved
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A Year of Drawing is funded by Heads On through generous grants from Arts Council England, Chalk Cliff Trust, John Horniman's Children's Trust, Rockinghorse Children's Charity and Dixie Rose Findlay Charitable Trust.





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