

## **Aberdeen Mindspace - About Organisation**

Individually, none of the project partners were big enough to run a project that was this ambitious.

So, we got together.

The individual partners of Mindspace deliver services across Aberdeenshire - such as the arts, mental health services, medical practice, but collaboratively, we will deliver 'Mindspace'.

Mindspace is really two projects - The first half of it will be based within Inverurie Health Centre, where the artists will work with individuals who are experiencing conditions that are thought to be aggravated by stress and anxiety.

With the other half the artists will work in centres run by Mental Health Aberdeen, for people with mental health concerns across Aberdeenshire.

Our major issue is transport. It can take an incredibly long time to get from one place in Aberdeenshire to another - a surprisingly long time!

Arts, well-being, opportunities, quality, recovery.