

MEDIA RELEASE

24 April 2017

ES_08_17

Winners announced for the LPT Yellow Book Competition 2017, an innovative mental health project in partnership with charity rethinyourmind



Today (Monday 24 April), Leicestershire Partnership NHS Trust (LPT) and mental health arts charity, rethinyourmind, are delighted to announce the winners of The LPT Yellow Book Competition 2017. This innovative collaboration, a first of its kind for an NHS Trust, celebrated positive mental health and wellbeing by asking the people of Leicester, Leicestershire and Rutland to submit art, photography and poetry inspired by the line: 'I feel better when I am...'.

A total of 30 winners were selected from 300 entries to feature in this unique compilation of positive messages. Three of the winners have been chosen for the artwork and lyrics for LPT's very own Yellow Book 2017 music single, written and performed by mental health band: Refuge, who are part of the rethinyourmind project. The single will be released on 19 June 2017.



Joy Gravestock, from Packington, winner of the LPT Yellow Book Single Front Cover

"I'm over the moon. The photograph is of my garden, a place of huge solace and restoration for me, and vital to my mental wellbeing, as I have a history of depression and anorexia. I hope that the wonder I experience in the beauty of photograph is translated to those who will use the books and hear the CD."

Siyuan Ren, from Glenfield, winner of the LPT Yellow Book Single Back Cover

"I'm thrilled! My day job requires me to travel all over the world, and I am only calm when I paint. It's my way to meditate. I support rethinkyourmind because I truly believe that art and poetry can help with mental health."



Steve Walton, from Scraftoft, Winner of the LPT Yellow Book Lyrics

"It feels pretty special. I really believe that the Yellow Book - this book of sunshine - has a role to play in the recovery journey, it's a wonderfully useful piece of kit in the toolbox to recovery. I am really proud that LPT, my local mental health care Trust, are playing such a pioneering role with this Yellow Book and really hope it inspires other health care Trusts to follow in their footsteps. "

Out of the Blue

"...Come on out of the blue to
An incredible view
Where the clouds become cliffs
The sky an ocean of blue..."

(Extract)

The other poetry winners consisted of: John Lloyd, Christine Rivers, Paul Rudman, Tony O'Dwyer, Andy Jenkinson, Ashanti Wenham, Zoe Lathbury, Stephanie Bates and David Parkin.

The other art and photography winners consisted of: Tony O'Dwyer, Mandy Brook, Brendan McGrath, Sue Bee, Tara Kaur, Joy Gravestock, Philippa Russell, Richard Wakefield, Joe Noon, John M. Barradell, Christopher Bent, Lisa Hall, Jo Newbold, Coleman Ward, Barbara Jackson, Kamilla Kwaitkowska, Julie Szmidt.

To see their work, [click here](#).

All 30 selected entries will attend an awards presentation hosted at the New Walk Museum in June, as well have their work included in the ground breaking LPT Yellow Book 2017. The book will be distributed free of charge across local NHS and mental health support groups, as well as museums, cafes, and other public places.

This year's judging panel was represented by both established local artists and LPT staff, including fine artists and photographers: Geoffrey Beasley, Trevor Bent, Lewis Buttery, Gillian McFarland, G Sian, and Mark McConnochie; performance poets: Charley Genever, Rob Gee, Maxine Linnell, and LPT staff: Managing Director, Dr Pete Miller; Deputy Ward Manager, Emma Gartland; and Communications Manager, Sheila Ashton.

Dr Peter Miller, LPT Chief Executive, who sat on the judging panel, said: "Leicestershire Partnership NHS trust has long been a supporter of The Yellow Book. We have made this resource available through our services and the reaction has been so positive. We worked with rethinkyourmind to develop our own version, 'The LPT Yellow Book 2017', as an important way of raising the profile of positive mental health to local people I hope that our book will inspire hundreds of people to express themselves, to talk openly about mental health, and to support the wellbeing of others. The standard of entries was fantastic and I congratulate all those that have been selected as winners."

Regarding the upcoming LPT Yellow Book 2017, Pete Hirst, rethinkyourmind co-founder said: "we are delighted to create the first personalised NHS Yellow Book with LPT. It has been great to work with the Trust that supported me with my mental health. I spent 11 months at the Bradgate unit over 3 years in my early 20s. Many of the practices that feature in this book have helped maintain my wellbeing. Coupled with the medical support I got from the Trust, the magic began to happen for me!"

NOTES TO EDITORS

Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk or contact: Edward Beasley, Communications Officer, Leicestershire Partnership NHS Trust, Tel: 0116 295 0994, E: edward.beasley@leicspart.nhs.uk