

## MEDIA RELEASE

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### LPT Yellow Book gallery to take place at New Walk Museum



A special exhibition showcasing the winning 'I feel better when' inspired poetry, art and photography featured in the Leicestershire Partnership NHS Trust (LPT) Yellow Book is being hosted at New Walk Museum & Gallery from 3 November to 3 December 2017.

LPT worked in partnership with mental health arts company rethinkyourmind, co-founded by Peter Hirst, lead singer of local band Refuge, to create the first ever NHS Yellow Book. He originally designed the concept of the Yellow Book following his own experience of mental illness, with the aim of producing something that would support people with their mental wellbeing and recovery.

The LPT Yellow Book gallery, hosted in collaboration with New Walk Museum & Gallery, rethinkyourmind and Soft Touch Arts, will showcase 30 stunning poems, art and photography from the book. They were selected from over 300 entries to the 'I feel better when' competition run by LPT and rethinkyourmind earlier this year.

Over 10,000 copies of the LPT Yellow Book have been distributed in public places across Leicester, Leicestershire and Rutland. Alongside the inspirational pieces, the book contains signposting information and advice to support people with their mental wellbeing.

One of the winning poems, by Steve Walton, was also turned into a music single by Leicester band Refuge (watch: <https://www.youtube.com/watch?v=-bhLFUj-TE>).

The LPT Yellow Book Gallery will run from 3 November to 3 December 2017, when all of the winning pieces will be on display at New Walk Museum & Gallery.

Dr Peter Miller, chief executive of LPT, said: "Leicestershire Partnership NHS Trust is proud to have worked with rethinkyourmind to develop the first NHS Yellow Book, as an important way of raising the profile of positive mental health with local people.

"I hope that this book and the gallery will inspire hundreds of people to express themselves, to talk openly about mental health, and to support the wellbeing of others. I am sure that the legacy of the LPT Yellow Book will continue for years to come."

Peter Hirst said: "It has been great to work with the Trust that supported me with my mental health. I spent 11 months in hospital at the Bradgate unit over three years in my early 20s. Many of the practices that feature in this book have helped maintain my wellbeing. It will be great to see the winning pieces exhibited at this prestigious gallery, and for more people to learn about the project and take away a free copy of the book for themselves."

Simon Lake from New Walk Museum & Gallery said: "We very much hope that the message of this project to 'creatively express wellbeing' will be remembered by everyone who visits and that they will feel inspired to go on to create their very own expression of #IFeelBetterwhen..."

Details of the exhibition are in Museum's latest 'What's On: Winter 2017' guide: <http://www.leicester.gov.uk/leisure-and-culture/museums-and-galleries/whats-on/>

See the LPT Yellow Book at [www.rethinkyourmind.co.uk/the-lpt-yellow-book-2017](http://www.rethinkyourmind.co.uk/the-lpt-yellow-book-2017)

## **NOTES TO EDITORS**

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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](http://www.leicspart.nhs.uk)