WE MAKE THE PATH

We Make The Path brings together mental health and arts expertise to create an innovative, impactful program to support mental wellbeing and enhance people’s capacity to self-manage long-term conditions.

In partnership with Recovery Training & Consultancy, Bijli co-produced a program of peer-led creative activities to help people express themselves in new ways, re-imagine their stories, increase optimism, and create connections.
Our project harnesses the power of creative practice in groups including drama and movement, where the whole body is used in the journey of expression of ‘lived experience’ and recovery.

At the heart of our approach self-expression and creativity helps people focus on ‘what can be’ rather than ‘what cannot be’.
We worked with 15 Black, Asian and Arab women over ten months (total of 32 weekly sessions), followed by rehearsals for the final showcase.

“When I came here I was alone, but then I joined this group of women who have walked the same path, and I realised I can share with them my feelings.”
Eight participants performed their pieces in front of an audience for the very first time at the public showcase at Centre for Contemporary Arts, Glasgow in August 2022. Followed by a Q&A with the audience.

The group collectively curated the performance, with support from the We Make The Path team.
We are creating a guidance document to share the methods and tools we used, along with our learnings with the sector.

This enables others to explore this way of creating long-term transformational change in their communities, workforce and people that use their services.
“I feel I now have new things in my life, and more confidence. Reading my poem to others, is huge for me. I was always so shy. Now I feel I have the confidence to do this and more. I am working on my personal development. We Make The Path has been the first step in my journey.”