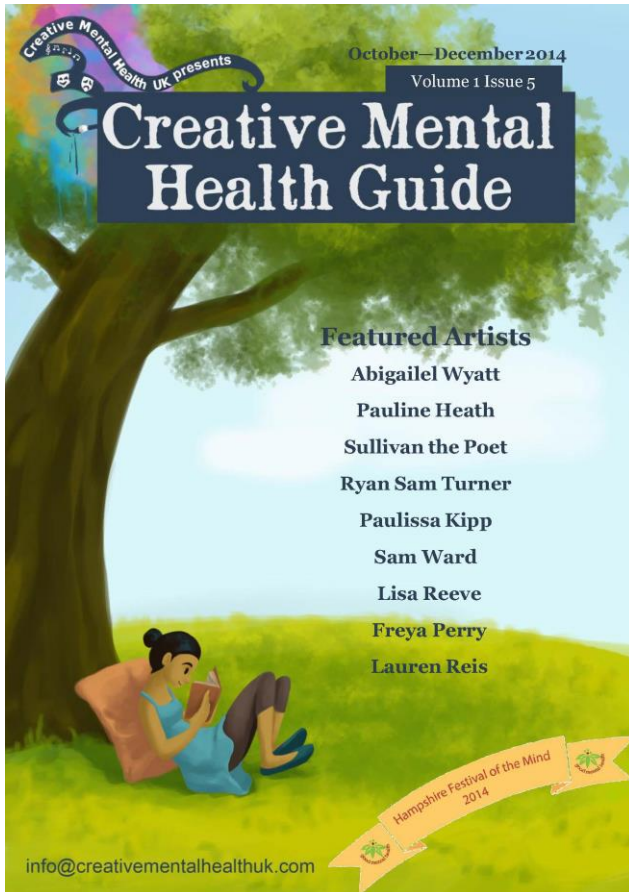




Thank you for taking the time to answer the feature questions below.



For the readers; please introduce yourself with a short biography:

My name is Sarah Haskett, but sometimes I go by the name ZeeZe (stay with me I'll explain)... I am a mental health nurse and the founder of Creative Mental Health UK, an organisation that was set up to advocate the healing benefits of creativity, and, to tackle stigma through creative sharing. Prior to training as a nurse I worked as an actor and drama teacher, my love for drama, dance, hand drumming, grew in my mid 20's, although I had always been involved in drama and dance groups during school, this was the time I began to earn money doing what I loved. I adopted the name ZeeZe as my Equity performing name because I thought it sounded fun and unique. Things were good until the recession hit and it became harder to find work. I had always supported myself with part time work in the care of people with a learning disability or within a mental health setting and so I decided to train as a nurse with the view to eventually end up in a therapy

role. Ideas started forming about how I could combine my work; I started to think about Forum Theatre, developed by Augusto Boal, I had learnt about the beauty of this model of interactive theatre on some acting training and had then experienced it as a learning method in university, the more I knew about Forum Theatre the more I developed an attraction to it. My acting career and lifelong love for drama and the arts have given me many positive experiences, to pull my love for nursing and helping people who struggle with mental ill health, together with my love for the arts, is a lifelong dream and something I have been working towards for a very long time. On qualifying as a mental health nurse I set up Creative Mental Health and began delivering workshops to the public. I'm now setting up to introduce it to the recovery college I am working at as part of my nursing role in the health service.

Would you please share how and why you got involved in mental health?

I have always been fascinated in people, not always understanding people mind you, realising that the different ways in which we behave can have dramatic differences in the reactions' of others. How our unique perception influences our memories and understanding of the life around us, and wondering how much of that is from our past experiences and how much is due to chemicals and hormones in our body. Questions are never clear-cut in psychiatry, there is no one answers; and people never cease to amaze me and I will never stop learning. I'm constantly learning, constantly changing, constantly listening,



questioning, watching, and listening some more. But the most enjoyable part of my work is when I can help someone form clarity, self-esteem or just simply a smile.

How do you view the journey of recovery?

Recovery is individual. The ability to find enjoyment and quality of life with any problems one may face. Finding a level of peace and contentment at a given time is recovery at that moment. It's a journey of ups and downs, but the road always moves forward in time when we continue to propel it.

Please tell us a bit more about your forum theatre workshops?

'Forum Theatre' originally called 'the theatre of the oppressed' was designed by Augusto Boal in the 1960's in Brazil. During this time, the people of Brazil were not allowed to express an opinion over politics. Augusto Boal's system of street theatre would let the public discuss their feelings and views without fear of punishment by the authorities. The performance involves a discussion point and interaction between audience and performer. When the play runs through for the second time, any member of the audience ('spect-actor') can take the place of one of the characters, showing how they could change the situation to enable a different outcome. Several alternatives may be explored by different spect-actors. The other actors remain in character, improvising their responses.



Augusto Boal used this modal to give people freedom of speech using political issues as the focus of the play. Later he travelled to Sicily, using Forum Theatre to aid women's rights and help give them a voice. Today Forum Theatre is used across the globe in corporate training, universities, and, most recently as a form of therapy and social change in the views on mental health.

At Creative Mental Health UK we use this modal of social change to tackle stigma, help individuals to express themselves in a positive way while aiding interpersonal skills and a better understand of mental ill health. Building confidence and self-esteem through theatre arts and guided discussion.

At Creative Mental Health UK we use this modal of social change to tackle stigma, help individuals to express themselves in a positive way while aiding interpersonal skills and a better understand of mental ill health. Building confidence and self-esteem through theatre arts and guided discussion.

Do you have any 'coping strategies' that you use on a daily basis or in your life at all?

My creativity is my coping strategy. I enjoy writing poetry at times; this has been mainly a private affair that I generally don't share with others.

I use meditation a lot when I play the hand drums, sometimes I'm sent into a trance state when I really relax into it. I find the rhythm and the repetitive motion soothing and that helps me forget my thoughts, concentrating only on my body moving and the sound created. I find a similar experience with swimming and swim most days; the motion of movement and my breathing synchronized, my whole body working together, moving in synchronization, lets my mind feel free.



What does the future hold for you?

Lots I hope :0) See you there!

Favourite Quote?

*'...A wise man told me don't argue with fools,
Coz people from a distance can't tell who is who...'*

- JayZ ... lol

Social Media Links

<https://www.facebook.com/creativementalhealthuk>