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IO1.A2: Collection of Good Practices

"Manicómio"

Project nº: 2020-1-PT01-KA204-078631

“Manicómio”

A short presentation of the project:

The Manicómio project was conceived by Sandro Resende and José Azevedo, founders of the Association for Creative and Artistic Development P28, where they teach plastic arts to patients at Hospital Júlio de Matos, in Lisbon (a psychiatric hospital).
It is the first creative space which promotes works by artists with experience of mental illness. The project was born in March 2019, in Beato (a parish in Lisbon), and appears with the purpose of conquering the dignity and recognition of the artists who work there, looking for demystifying the stigma associated to mental illness, encouraging the employability of patients and promoting their social inclusion. Sandro Resende insists on underlining that "this is not therapy, it's art", despite the artists guaranteeing that that space is essential to their well-being. “I've never seen a medical record, what interests me is the person and what they want to do”.
Sandro Resende defends that the freedom given to artists creates responsibility. “The schedules are made by the people themselves and when they come to work they arrive with a strong desire to do things well and the result is seen both at work and in self-esteem”. Artists receive a grant, which includes meals, transport and a salary, in addition to 70% of the income that results from sales of the pieces produced and 90% from the workshops they perform. The success is so big that there are more than 80 people on the waiting list for the next spaces.

A short presentation of the organization / association:

The Manicómio is a non-profit association, with state support, namely from Turismo de Portugal and other private companies.

Aspects that make this practice a good example of safe learning space:

To underline the aspects that make this practice a godd example, we can just reproduce here some comments of Anabela Soares, one of the artists that work in the Manicómio: When she is asked about what she feels about working on the Manicómio project, she simply answers: "Peace. A lot of peace. Something I've never had in my life”. With a tough childhood, always believing that no one would like her, Anabela found a safe haven there.
Another aspect is the freedom: no schedules, each one works at his / her rythm; no pressure, each one has his / her space for work.

Manicómio is na autonomous space for artistic creation, without stigma and without the presence of disease. There, each one is seen at first as a person, then as an artist and only then as a patient.

Exploring the cross-border transferability:

This project needs an attractive space, where these artists might feel inspiration for their creations, but also freedom. They can't have a schedule neither someone controling their work. They just need some material support and a space where each one can create freely.

Contacts and links for further reading:

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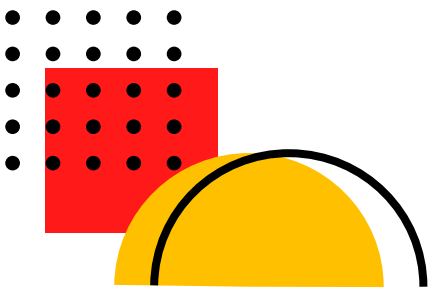
www.manicomio.pt

Facebook - @manicomio.portugal

Instagram - manicomio.pt