

Magic Carpet

Offering art and drama sessions for adults with learning disabilities and mental health difficulties.

The Magic Carpet Project provides a vital service for individuals with learning disabilities, offering opportunities to socialise, connect, and express themselves creatively. The goal is to create an inclusive, safe, and stimulating environment where participants can engage in meaningful activities, build relationships, and develop new skills.

Impact

- 1,102 hours of delivery time provided
- 14 events/trips took place, providing participants with diverse experiences
- 10 volunteers supported the project, with 648 volunteer hours contributed
- 84 student placements, contributing 252 student hours
- 138 pieces of art displayed in the Creative Space Exhibition, attended by 200 people
- 2 joyful parties organised in collaboration with the Pelican Project, attended by 50+ people each
- 2 Christmas performances

The Magic Carpet Project delivered 345 sessions and supported 92 adults with learning disabilities or mental health challenges, generating 2,681 attendances across the year. 95% reported feeling safe, supported, and engaged, while 82% were very satisfied. National research shows adults with learning disabilities face 3x higher risk of mental health difficulties and that loneliness increases mortality risk by over 25%.

By providing inclusive, creative, and socially connected spaces, Magic Carpet reduces these risks. Even if only 1 in 10 participants avoided deterioration into severe mental ill-health, the project could save the NHS £22,000 annually — equating to nearly £20 saved for every hour of support delivered. This demonstrates the project's powerful role in prevention, wellbeing, and long-term impact within the Exeter communities.

Volunteers have been essential to the project, not only providing extra support but also contributing to a deeper sense of purpose and connection within the community. The 8-10 volunteers have helped participants gain confidence and new skills. Community connection: Participants engaged in activities beyond the regular sessions, such as Tuesday Club and Snapdragon outings in Exeter, fostering inclusion and greater community participation.

"Magic Carpet brought creativity and confidence back into my life—one session at a time."

Scott's Story

Finding a Voice Through Art.

When Scott joined Magic Carpet 18 months ago, he was living with trauma, loneliness, and a diagnosis of complex PTSD. He found in our Open Studios a safe, welcoming space where he could begin exploring creativity at his own pace.

Starting with simple pencil dots and imagined landscapes, Scott gradually grew in confidence. With encouragement, he experimented with shading, colour, and new materials. Preparing for The Creative

Space Exhibition was a turning point — he sourced frames, wrote his artist statement, and shared his photography publicly for the first time. "Magic Carpet is a much-needed safe space... I've experienced loneliness and trauma since my teens. But by opening up and persisting, I am now exhibiting my art — and I wouldn't have done that without everyone at Magic Carpet."

Scott's journey shows how creativity, support, and connection can rebuild confidence and transform lives.



Funded by

