

Art T time.



Art T time ran every Tuesday between 11am to 1pm at the Artcore studios based at 3 Charnwood Street, Derby. The objective was to reach out to those within the over 55 age bracket to encourage them to try a new interest and to motivate them to join a social hub. All participants were able to take home any work which they produced, which equally gave inspiration, such as making a present for a relative. The success of these workshops can be seen due to the participation from thirty individuals with the majority coming for consecutive weeks.



By using Art as the tool to create a social art it enables a non- intrusive approach to tackling the issues of social isolation, mental and social wellbeing and self-confidence. The art is not just a motivator tool to encourage people to socialise but it is used as a means to develop individual's confidence within a safe environment which then creates a feeling of enablement. It is increasing acknowledged the

benefits of art in relation to the mental wellbeing, physical fitness and even happiness of those who are involved in art, through various organisations.



Throughout the weeks participants were given the opportunity to explore different artist's mediums and styles. This included the basics such as brush techniques and colour contrast and as their confidence increased other art forms were explored such as mosaic. Many of the participants started out without little or no confidence in relation to their artistic ability attended the group for the social aspect. They were encouraged to have a go and in due course this impacted their confidence in relation to art and allowed them to try new artistic techniques.



This was reflected within one participating individual in particular. At the beginning of the sessions she was reluctant to have a go and unsure of her artistic ability. With encouragement and support she had a go. Towards the end of the sessions she felt confidence enough to say that her work was finished while before she was always seeking approval. It could be seen in her developed enthusiasm to have a go at new techniques while initially she would hesitate.

The feedback from one participant and the journey which they went on can be gained from this video: <http://www.artcoreuk.com/wp-content/uploads/2015/09/kat-feedback.mp4> It give an understanding what a class can mean from an individual who did not have any artistic inclination to someone who can create their own pieces of 'art.'



These sessions enabled them to have motivation to come out socially each week which in turn filtered into their personal confidence enabling them to apply this confidence to daily situation. This was evident form the feedback which was given from one participant carer who explained how he had observed his mother's confidence in her art ability increase and this was then reflected in her motivation to leave her house.



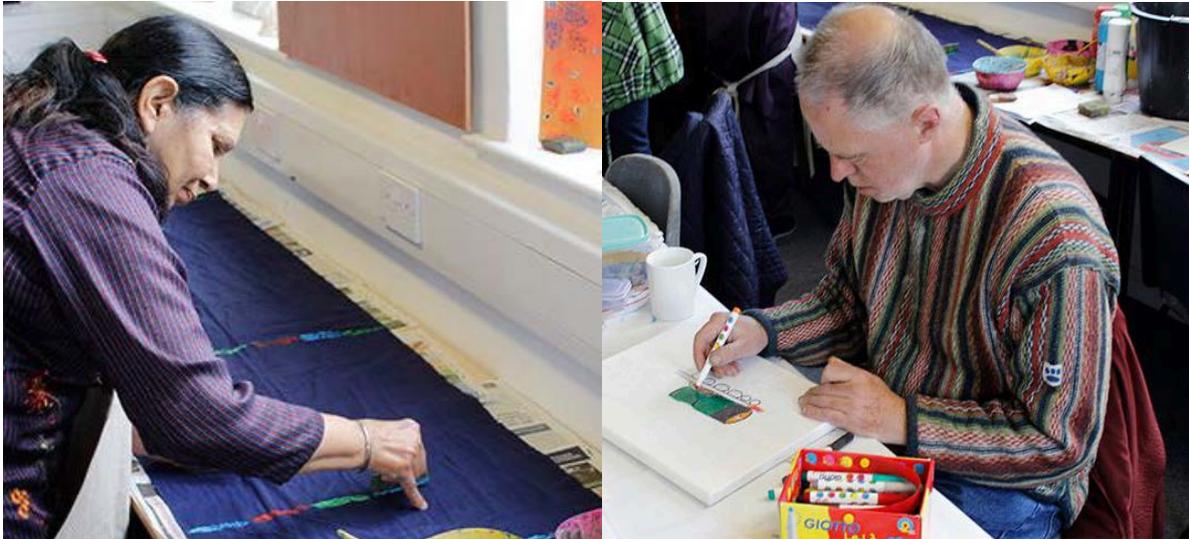


In some cases individuals used it as a stepping stone to be further involved with other programmes which were being organised within the locality. For example there were events occurring at the local park which prior to participating in this programme people would to have wished to have gone. When this was mentioned within the group people were willing to go.



The other aspect which has developed through these groups is the friendship. If participants are unable to come for a week due to personal circumstances they are missed. This gives an individual a sense of belonging. There is informal conversation between participants which leads to information sharing. An example of this is when

someone within the group needed advice on a medical matter and other members of the group could give them the required support. This further highlights the benefits of social groups.



It is amazing what can be achieved through art. The motivation of a cup of tea and cake combined with the incentive of finding out about art and developing techniques has worked. With the perception towards art altering and the benefits of using art being further understood it is fantastic to see the success of this group.

Art T Time is a free programme of ongoing creative activities that is designed for people from different ethnicities aged 50 and over.

The Sessions Offer:

- An opportunity to learn new art techniques
- Involvement in Health talks
- Free refreshments
- Easy access to the building and a stair lift
- Engaging with new friends while being creative

ART T Time

A great opportunity to have some fun, meet and socialise with friends over a cup of tea and spend some creative time together.

The sessions are held at Artcore, 11am-1pm, every Tuesday from 20th January 2015.

To book your place please contact us.

Artcore, 3 Charnwood Street, Derby, DE1 2GT
Email: info@artcoreuk.com Tel: 01332 384261
www.artcoreuk.com

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Artcore FREE ART PROJECT

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ART T TIME

The Sessions offer:

- An opportunity to learn new art techniques
- A chance to make new friends while being creative
- Easy access to the building and a stair lift
- Free refreshments

The sessions are held at Artcore, 11am-1pm, on Tuesdays.
To book your place please contact us.

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