

Alcove

# LIFTED

The project is funded by:  
Awards For All - Big Lottery Fund



LOTTERY FUNDED

Artcore is a visual arts charity which promotes arts and crafts as a vehicle to improve health and well-being, education and community cohesion. On average each week the centre is of benefit to 25 volunteers and staff including those on work placements through Job Centre Plus, and individuals seeking work experience, 5 board members one of which is also a wheelchair user and 30 members of the public through projects, workshops and one-to-one studio sessions.

We have new service users accessing our centre now, including those with mobility difficulties. It has also increased the number of individuals, community groups and organisations hiring our gallery/community room and meeting rooms, as they have clients that are wheel chair users and elderly etc. We now have an increase in 10% more service users that benefit from the stair lift.

## OVERVIEW

Awards for All grant by the Big Lottery Fund supported Artcore to provide:

### **Stair lift, Ramp, Tables, Chairs**

- People have better chances in life – with better access to training and development to improve their life skills.
- Stronger communities – with more active citizens working together to tackle their problems.
- Healthier and more active people and communities.

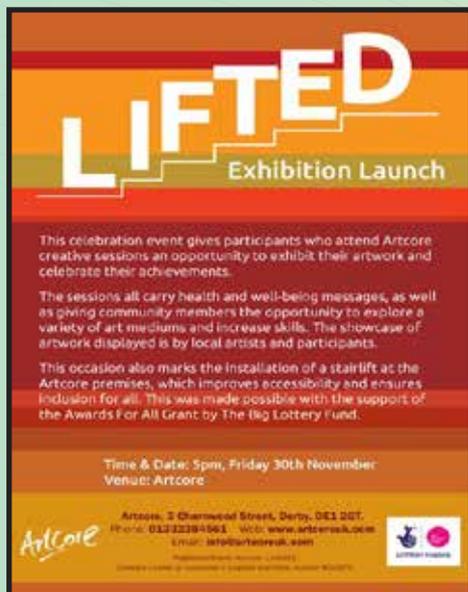
### **BENEFITS & OUTCOMES:**

Often disabled/elderly people are excluded from opportunities due to inaccessibility, which could lead to social isolation and poor self-esteem. Previously, users unable to climb the stairs used a small space on the ground-floor to access our activities, this space limits numbers able to access the opportunities available and also the level of engagement and potential personal outcomes.

Having a stair-lift makes real improvements to people's lives, by improving access, allowing disabled and elderly to use the main community studio space and gallery areas, enhancing the experience that people with difficulties have. Creative people work together and alongside each other in these spaces, learn and share. Less-abled people were previously not able to access this interactive environment due to their physical limitations, and are at risk of social isolation. This support works to meet the needs of those who need it most, giving them control, comfort, dignity and freedom to achieve their goals, equal opportunities, raising awareness and understanding of the importance of quality of life and mobility. With a ramp and stair-lift installed at our community focussed centre, it improves accessibility and inclusiveness for all, we are able to openly support & engage large numbers of community members to: Gain experience, build new support networks and friends, boost confidence and self-esteem, enhance and develop transferable skills, aid community cohesion, improve health and well-being.

# Examples of recent activities/events, where the improved access greatly benefited the community:

## LIFTED



This exhibition gave participants, who attended Artcore creative Health & Well-being sessions on a regular basis, an opportunity to exhibit their artwork celebrating their achievements, with family, friends and the community. We also used this as an occasion to also mark the installation of the stair lift at the Artcore premises, which improves accessibility and ensures inclusion for all, with the support of the Awards for All Grant by the Big Lottery fund.



# ART CAN CHANGE LIVES

Regular creative sessions for community members who may have physical, mental or learning difficulties. The sessions all carry health and well-being messages. As well as giving community members the opportunity to explore a variety of art mediums and increase skills, whilst making friends, boosting confidence, interacting with like-minded people and engage in constructive activity.



**Artcore**

Every Tuesday  
10am - 3pm  
At 3 Charnwood Street, Derby DE1 2GT

Artcore offers regular art activities catered to your personal interests exploring a variety of visual arts mediums.

These sessions are aimed at:

- People with physical, mental health problems and learning difficulties
- People on personalised budgets

What to expect:

- Participate in various art related sessions
- Discover the range of activities offered by Artcore
- Network and make new friends
- Socialise
- Enjoy and engage
- Learn and share arts skills

If you are interested in registering for these sessions please speak to a member of staff or contact Artcore on: 01332 384561 or [info@artcoreuk.com](mailto:info@artcoreuk.com)

[www.artcoreuk.com](http://www.artcoreuk.com) • [www.artcore-studio.co.uk](http://www.artcore-studio.co.uk)



# A HEALTHY FRAME OF MIND

As part of World Health Day celebrations.

This was an open day event which invited people of all ages, including those who may have learning difficulties, physical and mental health problems, and those affected by stroke, to come together. The event was also an opportunity to show these groups of people what Artcore does and what services are available to them.

There was a chance for people attending the event to join in some fun art activities to get a taster of how they could get involved at Artcore, such as various arts activities, including making and decorating frames. It also offered the chance for people to socialise, network and make new friends. During the event there was also an exhibition launch of artwork by Sarah Eley. Sarah uses innovative and contemporary techniques, to convey her inner thoughts, feelings and map her state of mind. Her work raises awareness of borderline personality disorder and she explores her own understanding and experience of it.



**Borderline Art** is an expression of artworks by Sarah Eley. Sarah has experienced a great deal of stigma due to her mental health difficulties and feels strongly that exhibiting images created by mental health service users can raise the public's awareness of mental health difficulties and therefore reduce the associated stigma.

She is a strong believer that not only will doing this break down stigma, but also provide a platform to use creativity as a healthy outlet and expression of her feeling, as well as enabling others to do the same.



## World Health Day... .... A Healthy Frame of Mind

**Sunday 7th April 2013 at Artcore 4-6pm**

An open day event inviting various groups including people with learning difficulties, physical and mental health problems, stroke affected individuals and children and adults with special needs.

Join in some fun activities, as well as having the chance to see what Artcore can offer you.

- Socialise
- Health talks
- Enjoy and engage
- Network and make new friends
- Discover the range of activities available.
- Participate in various arts activities, including making and decorating frames and much more.

Exhibition launch of artworks from Sarah Eley.

Sarah uses innovative and contemporary techniques, to convey her inner thoughts, feelings and map her state of mind. Her work raises awareness of Borderline Personality Disorder and she explores her own understanding and experience of it.

Refreshments will be available.

Facilities: stairlift, Limited on-site parking (free street parking from 4pm).



3 Charnwood Street, Derby, DE1 2GT. 01332384561  
www.artcoreuk.com Email: Info@artcoreuk.com

Registered Charity Number: 1148022  
Company Limited by Guarantee in England and Wales Number 8021875





## ARTCORE AGM

New opportunities have been created for involvement at Artcore, with increased access, to the Annual General Meeting. Offering an inclusive environment to all, including board members, staff, volunteers, guests and community members - ensuring every voice is heard and valued.



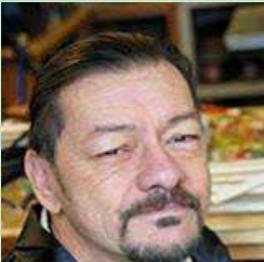
## A SPECIAL VISITOR

A girl with advanced Juvenile Huntington's Disease and her mother came to Artcore to visit and view an exhibition.

The mother told us that she is normally not allowed to leave the hospital, but had gained special permission to come and visit the show.

The stair lift and ramp enabled us to do this. The joy the experience gave her transcended words and we were so proud to be able to give her this opportunity. Little moments like these reflect the importance and significance of providing increased accessibility.

## SERVICE USER - A CASE STUDY



Richard Morris has always been creative right from a young age. His first job was as a carpenter/joiner, and he began volunteering as a woodworker 12 years ago, when he developed health difficulties such as multiple strokes, which stopped him from working.

“I have been coming to Artcore for more than a year now. Previously the staff converted the downstairs space, so that I was able to access the creative services at Artcore. Although I always enjoyed myself and someone was always available to accompany me, I felt like I wasn't getting the full experience that others have upstairs in the community studio. Now there is a stair lift I feel a part of something and feel involved in the creative atmosphere that comes from artists working together and sharing. At home I sometimes feel isolated, but I always look forward to coming to Artcore each week. I have made many new friends, and love being with other creative minds. I am becoming more frail over time but I feel safe, relaxed and supported here.”



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