

# OUR WORK OF ART 2018



*With these hands...*



# OUR WORK OF ART 2018

## **Project Team**

Espression Arts CIC  
Kent Arts & Wellbeing  
Age UK Canterbury  
Age UK Herne Bay & Whitstable

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Espression Arts CIC and Kent Arts & Wellbeing  
would like to thank:

**Volunteers:** see Page 51

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## **‘OUR WORK OF ART 2018’ PROJECT TEAM**

Catherine Arnell, Creative Lead, Espression Arts CIC

Gerry Atkinson, Project Team, Kent Arts & Wellbeing

Fay Blair, Project Manager, Kent Arts & Wellbeing

Ken Scott, Project Team, Kent Arts & Wellbeing

### **Professional Practice Support**

Dr Pat Chung, Senior Lecturer in Occupational Therapy,  
Canterbury Christ Church University

Imogen Noble, Therapeutic Potter and Creative Mentor

Gillian Farrell, Pottery Tutor for Volunteer Studio Practice

Judy Ayris,

Dementia Outreach Manager, Age UK Canterbury

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COGS Club Facilitator, Age UK Herne Bay & Whitstable

Paula Spencer,

CEO, Thanington Neighbourhood Resource Centre

Rev. Phil Greig,

All Saints Canterbury

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## FOREWORD

Age UK Canterbury is delighted with ‘Our Work of Art 2018’; the project, the team, and the wonderful volunteers who have dedicated their time, patience and talent.

The work produced by people who took part in this project at our Age UK centres, and in other local community settings, is inspiring, vibrant and uplifting. It was so encouraging to hear that more and more people felt inspired to ‘have a go’ as they saw what others had enjoyed and had achieved.

Forty-one volunteers completed the project’s ‘creative training’ programme. Thirty-five of these then helped people to do something different and visited nine older people settings each week supporting creative arts delivery.

It was challenging for many, but hugely stimulating, satisfying and rewarding.

This photobook offers some lovely insights to this ceramic mug painting and ceramic tile, mural-making programme, led by Espression Arts CIC, supported by Kent Arts & Wellbeing.

We hope all those who contributed to the creative activities, will feel very proud and pleased with the work.

We know that arts and wellbeing and ‘social prescribing’ will matter even more into the future, to keep us well and socially connected.

On behalf of Age UK Canterbury and Age UK Herne Bay & Whitstable, our respective Boards of Trustees, I would like to thank everyone involved, including our funders and sponsors.

Dr Neil Brown,  
Chief Officer, Age UK Canterbury

## **ABOUT THE 'OUR WORK OF ART 2018' PROJECT**

- 'Our Work of Art' project is about building and extending the volunteer base in 'arts for wellbeing'.
- It is about upskilling younger people in later life (50-75yrs) to find a new, rewarding and meaningful purpose through engaging and supporting older frail and vulnerable people (50-100 yrs).
- A focus has been particularly on people who are lonely and suffer from isolation or have chronic and long-term, debilitating conditions, such as dementia.
- From June 2018 to February 2019 around 150 people from Whitstable, Herne Bay and Canterbury and neighbouring areas were involved.
- They were supported by 35 'arts and wellbeing creative volunteers', and took part in a creative ceramic mug and mural making programme.
- Volunteers were mentored by the project team and by each other which they found of great value.

- A volunteer network, although not initially planned, has been an important additional outcome and a private Facebook group was set up.
- Regular face-to-face volunteer-driven, structured meetings have taken place at Espression Arts to share insights, experiences and develop skills.
- Volunteers have helped in developing, designing and promoting the project exhibition and this photobook.
- Photo galleries of the project work at both Age UK Centres have been created online by Gerry Atkinson.

For more information about the 'Our Work of Art 2018' story find us on Facebook, Instagram and Twitter:

@OurWorkofArt

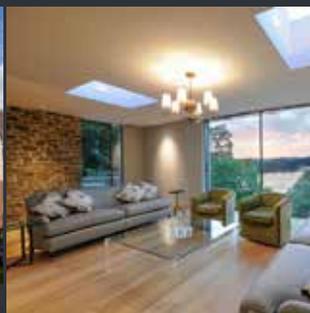
#OurWorkofArt2018 #OurWorkofArt2019

[www.kentartsandwellbeing.org.uk](http://www.kentartsandwellbeing.org.uk)

[www.espression.co.uk](http://www.espression.co.uk)

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**'OUR WORK OF ART 2018'  
PROJECT PARTNERS**



**Kent Arts & Wellbeing**



**espression**  
in the community

# 'OUR WORK OF ART 2018' PROJECT FUNDERS



Supported by  
**ARTS COUNCIL  
ENGLAND**



## **ABOUT ‘THE OUR WORK OF ART 2018’ VOLUNTEERS**

Forty-one volunteers completed the project’s ‘creative training’ programme in 2018. Three sessions were run in July and repeated in September. Thirty-five volunteers then regularly visited nine older people settings (over 6 – 12 weeks) supporting the creative arts delivery:

1. Thursday Day Centre, Age UK Canterbury
2. Tuesday COGS, Age UK Canterbury
3. Day Centre, Age UK Herne Bay & Whitstable
4. Thursday COGS, Age UK Herne Bay & Whitstable
5. Friday COGS, Age UK Herne Bay & Whitstable
6. Swalecliffe COGS, Longfield Court, Age UK Herne Bay & Whitstable
7. Wednesday Day Centre, Age UK Herne Bay & Whitstable
8. Dementia Café, Thanington Neighbourhood Resource Centre, Age UK Canterbury
9. All Saints Church, Northgate, Canterbury

### **VOLUNTEER MENTORING**

Gerry Atkinson and Catherine Arnell provided a mix of one-to-one and group session support covering social care, welfare and creative practice. Gillian Farrell, Pottery Tutor, provided in-studio creative practice for twelve volunteers and professional development for the Expression Arts CIC creative team was provided by Imogen Noble an accomplished pottery expert. The training and the in-session volunteering, have:

- Enhanced volunteers’ technical ability and creative confidence and that of the people they are supporting.

- Boosted volunteers' sense of wellbeing, and that of the people they are supporting.
- Enhanced volunteers' reflective and evaluative skills, commenting on the participants' progress after each session.
- The photos of the volunteers and participants at work have been greatly enjoyed. Photo galleries of the project work at both Age UK Centres have been created online by Gerry Atkinson.

## **PROFILE**

The volunteers:

- Are mainly women aged between 31 and 80 years.
- 22 come from Canterbury, 7 from Whitstable and 5 from Herne Bay and 10 from other areas in the district.
- They have diverse backgrounds, some in the arts and creative skills, others in social care and volunteering.
- Their willingness to learn new skills is strong and motivation for wanting to make a difference, to 'give back', is high.
- They see volunteering as a way to meet new people and make friends, enhancing their own and others' socialisation.
- The project has provided an opportunity for them to socialise, make new friends and do something creative.
- All affirmed the training was a worthwhile and rewarding experience.
- All thought their volunteering helped overcome loneliness or isolation for the participants, and helped them to achieve something worthwhile.
- All reported that they – as volunteers – feel appreciated and valued.

## THE 'OUR WORK OF ART 2018' VOLUNTEER NETWORK

Around twenty volunteers meet-up monthly, facilitated by Espression Arts CIC at their coffee shop and ceramic studio in Canterbury, 29-30 Palace Street – to share insights and experiences.

- The networking is something volunteers felt they never get the chance to do whilst busy volunteering.
- It gives them a sense of agency, maintains their motivation and momentum and provides friendly, peer support.
- It is attracting other people who also want to help.
- The impact on volunteers has given many 'a new spring in their step'.

*“I was very withdrawn and suffering from depression and had no meaning in life. Now I have a sparkle in my eyes, since I started with this project; even my husband has noticed.  
Thanks to the moon and back!*

*“The training was kind and caring. I’m an experienced crafter and it makes me happy seeing how my volunteering on this project makes older people happy.”*

*“This training offered a social opportunity to meet new people, make friends: I need to meet people; [I’m] lonely being in the UK”*



Ceramic decorations designed by volunteers.



Ceramic decorations designed by volunteers.



Ken Scott, Sue Cliffe, Catherine Arnell, Pat Mills, Dr Neil Brown and Dr Pat Chung.



Dawn, Ted, Carole, Catherine Arnell, Ron Woodward, Alan and Heather.



Volunteer Training Sessions.



Volunteer Training Sessions.



*“I’m really enjoying it and keen to carry on, try everything!”*



*“Never done anything like it in my life!  
I learn something new all the time!”*



*“I enjoyed it (art), I used to do it a lot,  
I might take it back up!”*



*“When we painted, we didn’t see these colours!  
Love the colours.”*



*“I didn’t think I could do this.”*



*“Thank you! I didn’t know I had it in me –  
it only took 75 years to find out.”*



*“Ah, that’s nice! It’s 10 out of 10! Yes! It’s lovely!”*



*“I like craft, it keeps my brain busy!”*



*"I always used to like art work at school.  
My sister used to paint."*



*"It is so nice to see everyone doing different things!"*



*“My own mug! I didn’t do this did I?  
Forgotten all about it – beautiful colours!”*



*“Did you enjoy it?”  
“Yes, I did, I’m still here aren’t I!”*



*"I didn't think I'd be able to do this!"*



*"This is great I wanted to do art!"*



*“Quite brave but they wouldn’t be able to sell it in Harrods!”*



*“Glad I did it! I wish I had painted the inside like my sister!”*

*“I feel proud of myself, I’ve never done painting before!”*



*"I feel pleased."*



*"My mug represents me, my dementia. My brain disappearing with a stripe of life!"*



*“When I show people, I am going to say – look what I made!”*



*“Really nice! When people come for a cup of tea, I can say I painted it!”*



*“I’m very brave to paint a mug when I always think I’ll be a load of rubbish! I enjoyed it too!”*



*“I think it’s good what you’re doing!  
It’s so boring reading all the time!”*



*“I enjoyed painting it. I don’t consider myself artistic.  
I’ve never done it before.”*



*“I am very proud.”*



*“When you have done something lovely  
it gives you a boost.”*



*“Let me sign it like a proper artist!”*



*"I haven't done this since school."*



*"I like it."*



*"This has made me so happy, Thank you!"*



*"Did I do this?"*



*“I’ve never done drawing before!”*



*“The only painting I want to do is decorating my house,  
but I will give it my all!”*



*"Makes me want to start an art class!"*



*"It's better than I thought!"*



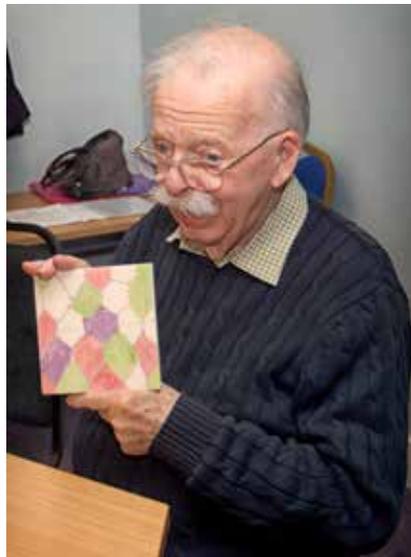
*“It’s always good to try something new. It’s really good!  
Definitely chuffed to bits.”*



*“It’s a pleasure.”*



*“Quite proud of this!! It wasn’t easy!”*



*“Did I do it? If my children saw that, they’d all have a fight over who’d have it. Love it!”*



*"It came out better than I thought."*



*"Really enjoyed it."*



*"I will help with the mural."*



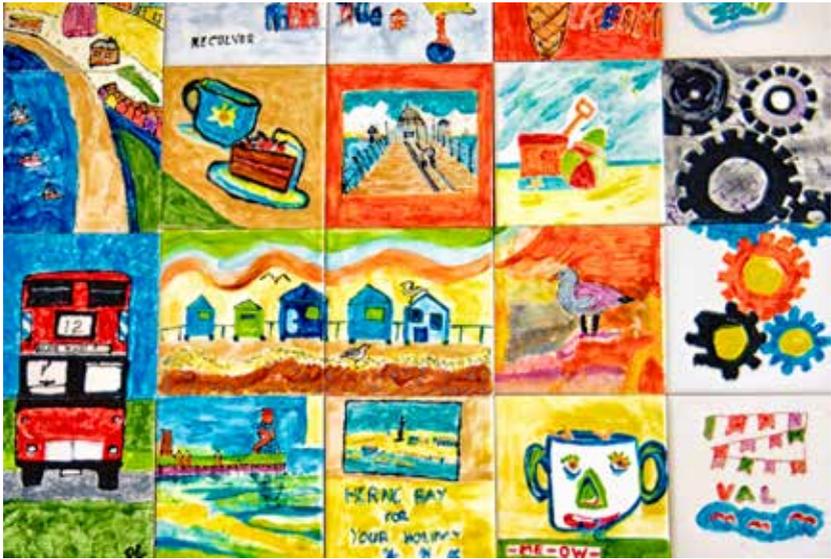
*Experimenting with clay.*



*"I don't believe in perfection."*



*"Quite good! I didn't expect it to be as nice as it is!"*



*Detail from Friday Herne Bay COGS mural.*



*Detail from Tuesday Canterbury COGS mural.*



*Detail from Canterbury Day Centre mural.*



*Detail from Thursday Herne Bay COGS mural.*





*Detail from All Saints Canterbury mural.*



*Detail from Swalecliffe COGS mural.*



*“Better now it’s glazed, brings out the colours.”*



*“It’s called concentration! We should make this last a year!”*



*Swalecliffe COGS Group.*



*All Saints Northgate Group.*



*“Yes, it’s fulfilling me, I love to do anything like this.”*



*“I think I’ve inherited my fathers’ creative skills. He used to repair in the war – lots of things got lost.”*



*"I am leaving so much happier than when I arrived."*



*"We have all been helping each other."*



*Creative Volunteer Network Meeting.*



*Volunteers Studio Practice Session with Gillian Farrell.*

## **‘OUR WORK OF ART 2018’ PROJECT VOLUNTEERS**

Wafaa Amin

Farah Aziz

Christine Barber

Millie Brierley

Maureen Carr

Gill Eaglestone

Sue Horne

Tessa Ivory

Anna Levermore

Yvonne Liebenschutz-Jones

John Malliaborg

Jacqueline Nicholson

Heather Roblin

Erica Trinity Terry-Rose

Pat Sargeant

Margot Sawyer

Janet Scott

Gayle Shearwood

Ailie Jonston Sterry

Rosie Strellis

Mandy Guy-Verlander

Mary Wills

Doruntina Ahmeti

Rachel Aldridge

Sally Bernard

Beverley Dalton

Sue Farris

Jill Fell

Valerie Heasman

Joan Hobson

Maggie Honey

Olie Jobe

Chris Jones

Maria Kemp

Beatriz Lamb

Julia Pattison

Karen Smart

Becky Smith

Pamela Toomey

Leonie van Lonkhuyzen

Sarah Verstage

Marion Walter

Barbara Wharton

And remembering, Pauline Weeks, rest in peace.

ProDesign Studio & The Studio  
is proud to support the  
**‘Our Work of Art 2018 – With these Hands’**  
**Project Exhibition**

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