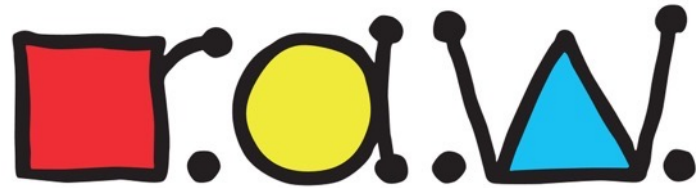


Welcome to



real arts workshops

#GivingPeopleACreativeVoice

Creating Connections and Improving Wellbeing with the Arts

www.realartsworkshops.co.uk



A 'Quick Guide' for (Real Arts Workshops Ltd (RAW) Staff, Volunteers and Associates

Firstly, a large **THANK YOU** for getting involved in our project – in whatever capacity brings you here.

This document is a general overview of who we are; what we do; why we do it and how.

We take our responsibility to you very seriously and have therefore created an area on our website

<https://www.realartsworkshops.co.uk/>

for policies, resources and training.

**YOU WILL BE SENT A PASSWORD SEPARATELY
TO ACCESS THE PRIVATE STAFF AREA AT THE POINT OF ENGAGEMENT.**

If you have any questions, please do not hesitate to contact realartsworkshops@gmail.com or phone **07882 685923**

Our Directors



Gary O'Dowd



Alex Vann

+ Occasional freelance staff and volunteers and BSL interpreters

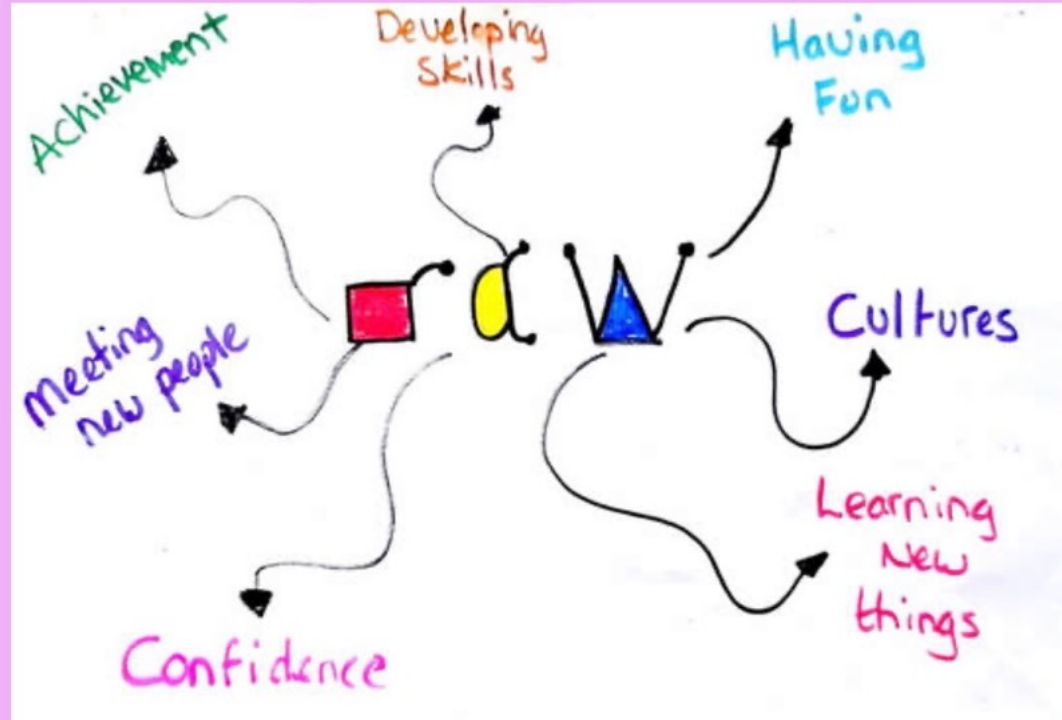
Alex and Gary have both faced adversity in the past and have developed strategic art activities that enforce positive self image and aspiration.

Our Purpose

Is to engage people in meaningful Arts experiences that enable them to build their confidence and break down barriers

Our Vision

We believe that Art is good for you - WHOEVER WHO YOU ARE!
(Grayson Perry)



Our work

Examples of areas reached :



Why? Benefits of the Arts


real arts workshops
www.realartsworkshops.co.uk
#GivingPeopleACreativeVoice

UK Workforce Mental Health Impact in Numbers



15.8m

Workdays lost to mental
health per year
(Investors in People)



£33-42bn

The cost of mental health to employers
(Thriving At Work)

£74-99bn

Total impact on the UK economy
(Thriving At Work)



80%

UK workers have felt stress at work
(Investors in People)



30%

Workers feeling stressed due to
heavy workloads
(Investors in People)

1 in 4

People in the UK will
experience a mental
health problem each year
(Mind)

21%

Of workers called
in sick to avoid work
(Mind)



Why? Benefits of the Arts



Benefits of the Arts on People

The British Medical Association published a paper on the psychological and social needs of patients and the positive effects of engaging with the Arts



Elimination of boredom



Induces positive physiological and psychological changes



Combats social isolation



Reduces drug consumption



Promotes positive mental health

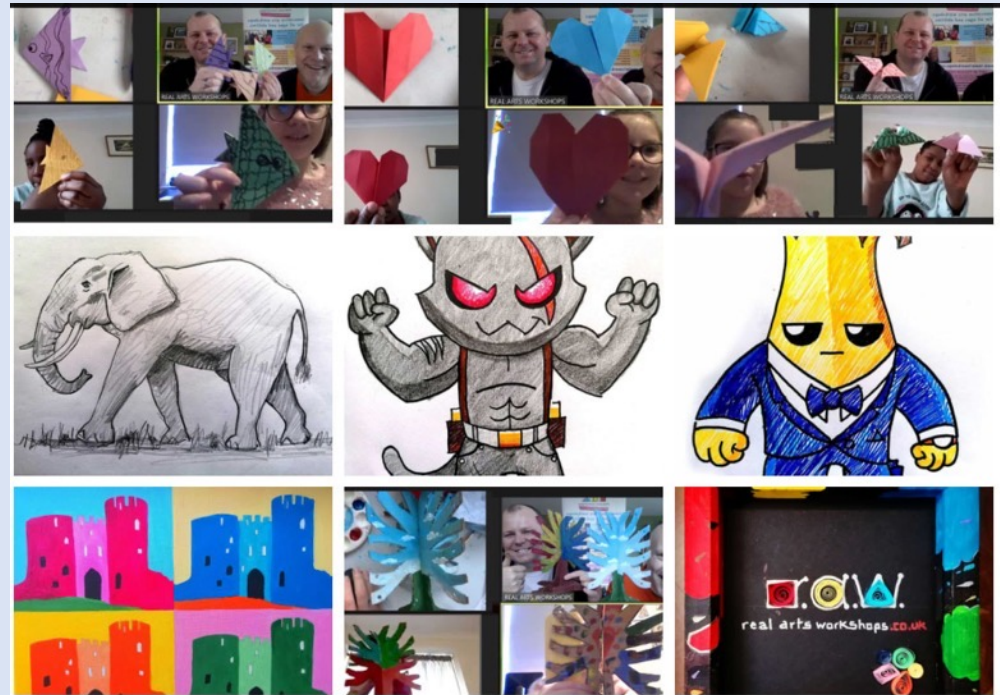


Improves the quality of life for individuals and communities.

What are the Arts?

‘Arts’ is a very broad term and can include (among other things):

- visual arts
- music
- songwriting
- crafts
- sculpture
- recycled art
- British Sign Language and sign song
- video making
- dance
- drama
- game design
- digital arts
- poetry
- creative writing
- graphic design
- photography
- performance



Who we work with

- **Schools and other settings for Children and Young People**
- **Holiday clubs (inc HAF - Holidays Activities and Food)**
- **Youth engagement strategy**
- **Local Authorities**
- **Other Artists / writers / performers**
- **Staff training**
- **Other Arts Organisations**
- **Festivals**
- **Community centres/hubs**
- **Charities**
- **Businesses**
- **Offenders / ex-offenders**
- **Centres for people with additional needs**
- **Older people**

Some of our Projects

Our starting point for each and every workshop is:

"If this was the best workshop that has ever been delivered, what would it look like?"



'Wolves in Wolves' Public Art Project



Alex and Gary from RAW both worked on this project in 2017

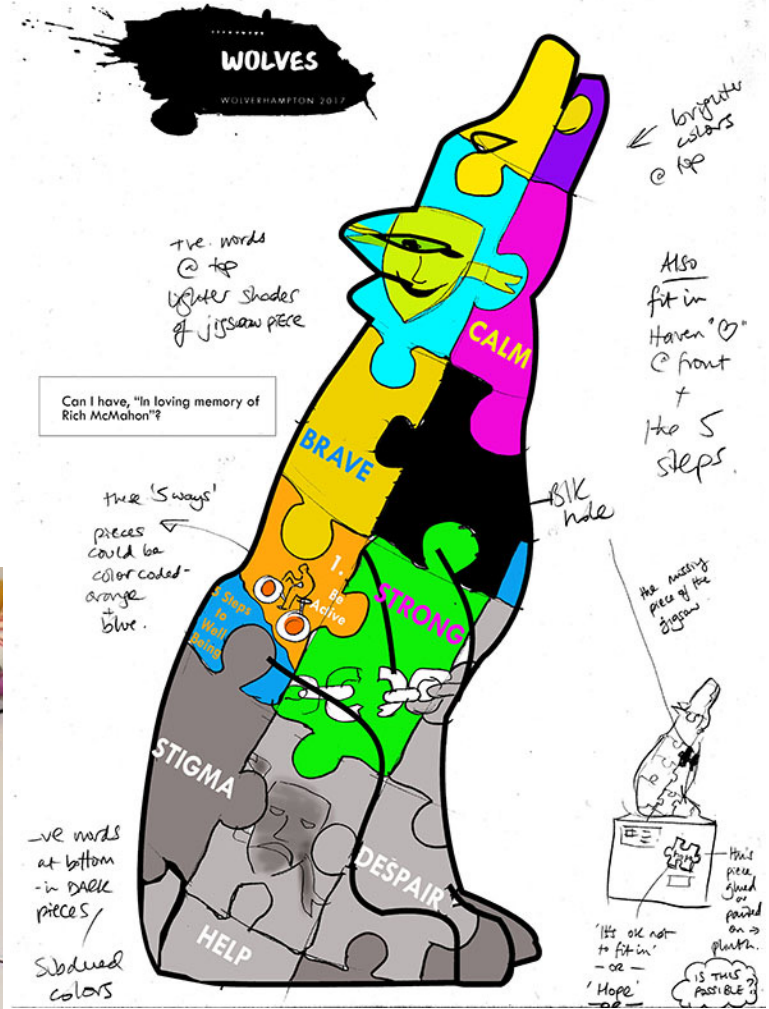
'Support Life'

Based on the NHS 5 ways to wellbeing and suicide prevention wolf now located at University of Wolverhampton



NOTICE GIVE

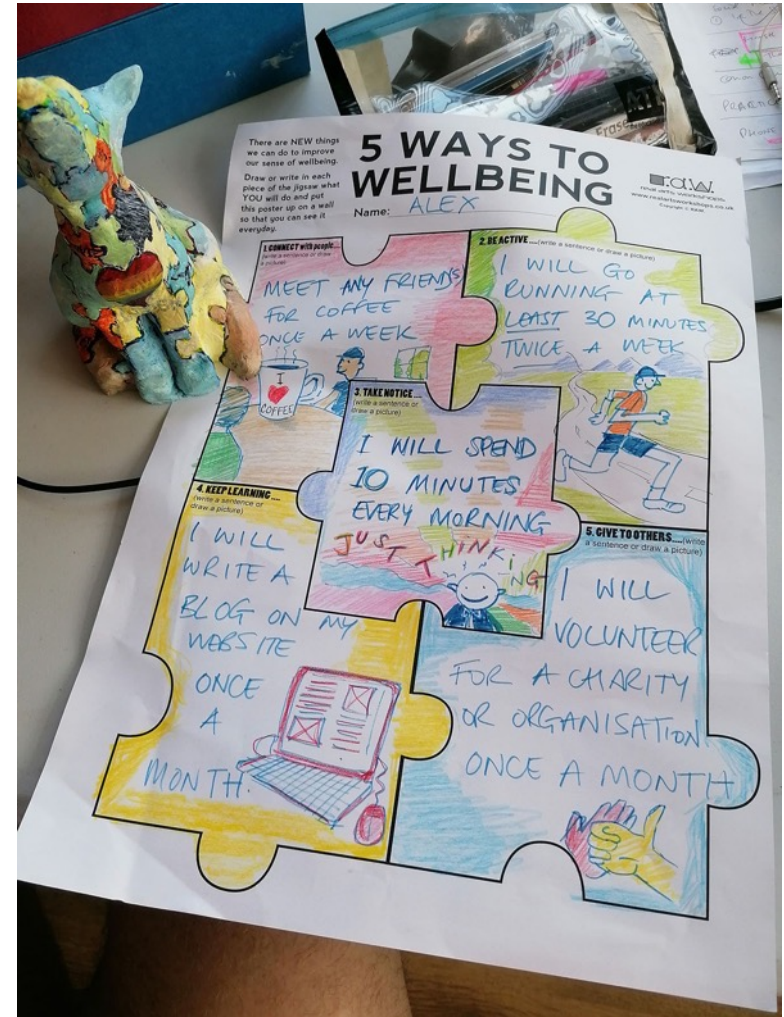
'Wolves in Wolves' Public Art Project



We engaged various groups who are at risk of suicide – encouraging them to draw / write the things that matter to them

Art which opens dialogue about Mental wellbeing in young people

“Honesty Portraits”



5 Ways to Wellbeing posters

The Big Link-Up Art Project



Initially working with adults with complex additional needs. Albert Road Day Centre Wolverhampton. Later with young people to express cultures, heritage and interests.



Mossley Community Art Club, since April 2019

SAA. ENGAGE. Supporting All Artists

ART CLUB NEWS

Here's just a selection of what's happening in art clubs around the country

WORKSHOPS

I'm a Gold SAA member and love to read *Paint & Create* for tips and ideas for the workshops my company organises. I thought I'd share some of our work with you.

I originally set up Real Arts Workshops (RAW) in the late 1990s as a company delivering recycled art workshops in primary education on the back of a book I'd written and self-published called 'Joseph The Useful Cardboard Box.'

The company went on hold for many years as I pursued a career in graphic design and illustration and, later on, education.

RAW was 're-booted' in 2017,

1. Acrylic landscapes. 2. Large canvas week. 3. Venom in sections. 4. Turner watercolours.

British Sign Language, too, as the other company director, Gary, is profoundly deaf.

I'm getting in touch about one particular group we regularly work with, **Mossley Big Local** near Bloxwich in Walsall. We've been delivering a weekly community art

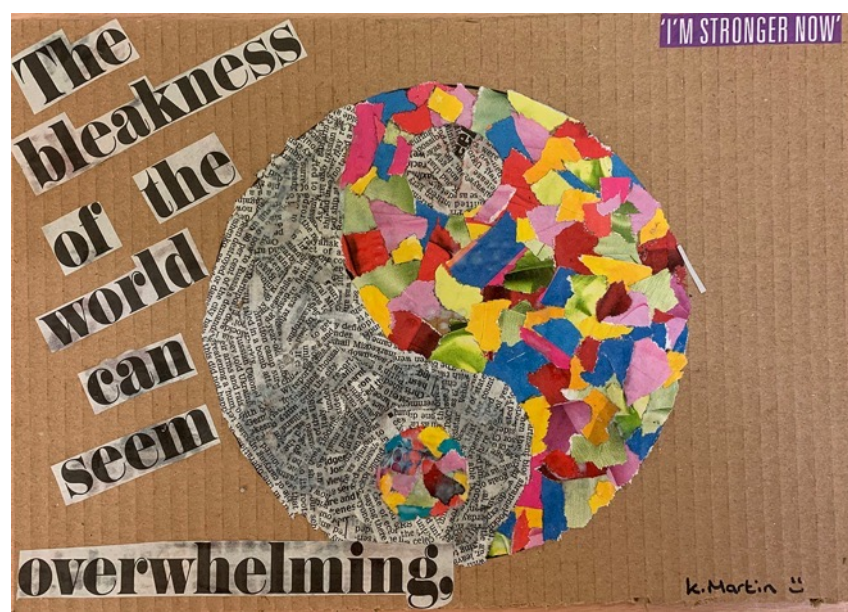
of the prints we made from our own linocuts.

Our participants tell us they get an enormous sense of well-being and satisfaction from our sessions. A few of them have experienced mental and physical health struggles, and our club



Work with Multistory and Ideal For All, at Barlow Road Community Garden, Wednesbury Oct - Dec 2022



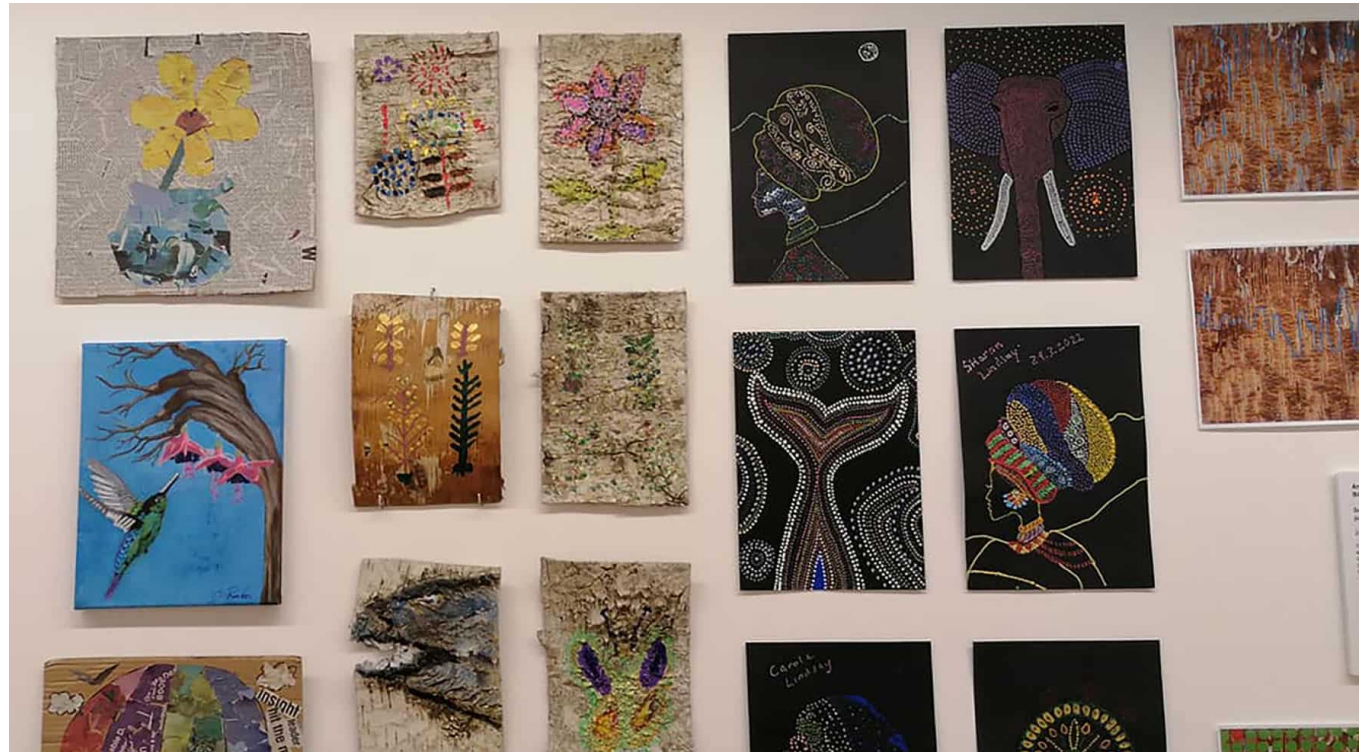


British Art Show 9 (BAS9) & Social Prescribing Service, Wolverhampton

Working with 'art novices' on new art experiences



Using technology – a drawing app on iPad, for accessibility



Highlights Exhibition at Wolverhampton Art Gallery



'The Gathering Press' BAS9 extension project

Working with Social Prescribing participants once again. Celebrating the **green spaces** of Wolverhampton and working on collage and screen printing





External Mural at Stratton Street Community Centre, Summer 2022

Designed and painted by young people with adult guidance and support



Outdoor projects: Murals / Gardens / furniture



Before



After



Work with Deaf Community Groups and Deaf Education



BSL INTEGRATION

- Learning a new skill
- Learning a language
- Interacting with others
- Appreciating the 'worlds' of others
- Over coming cultural differences



..and Signed Song



<https://youtu.be/hMvHnP6YBOE>

Working with young people on a brand new song, performed
in sign language

Benefits of Learning British Sign Language



There are numerous benefits to learning a new language, here are just a few



Learn about Deaf culture and make new friends

It gives an insight to the Deaf world and enables communication with a new community



Improves memory

Learning a new language challenges your brain to recognize and negotiate meaning



Improves self confidence

You get an enormous sense of achievement by acquiring a new skill set



Increased brain functionality

Learning a new language challenges your brain to recognize and negotiate meaning



Non-verbal Self Expression

BSL allows people to communicate in non-verbal ways – body language and facial expression. These skills are critical in other areas of life for example in job interviews



Awareness of people with disabilities and differences

Challenges pre-conceived ideas of people with disabilities – and fosters an ethos of inclusivity



Improves performance In other subjects

A person who is learning British Sign Language is likely to find improved performance in other academic areas



Opens the door to new careers

There are many career opportunities for working with Deaf people including interpreter, teacher of the Deaf, communication support worker

Large scale 'sectioned artworks'
(can be themed to an art
movement / artist)



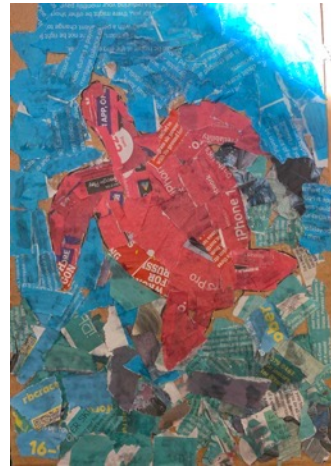


Pop Art Christmas Cards

Working with Schools



Watercolours in the style of JMW Turner



Commonwealth Connections project – looking at marine pollution



Support Life

An exhibition that addresses the issue of **Suicide Prevention**.

Hosted by



&



November 2019
Light House Media Centre
Wolverhampton



‘Support Life’ featured the work of 32 artists from different walks of life

Signposting



Support Life

An exhibition that addresses the issue of **Suicide Prevention**.

Hosted by
 & 



Support Life

Please come and look around the exhibition



Performance Evening 27.11.19.

Dedicated to our friend, musician Rich McMahon, who took his own life in 2015

Tree of Hope

rite a wish, hope or message on a tag and tie it to the tree. Let it grow.

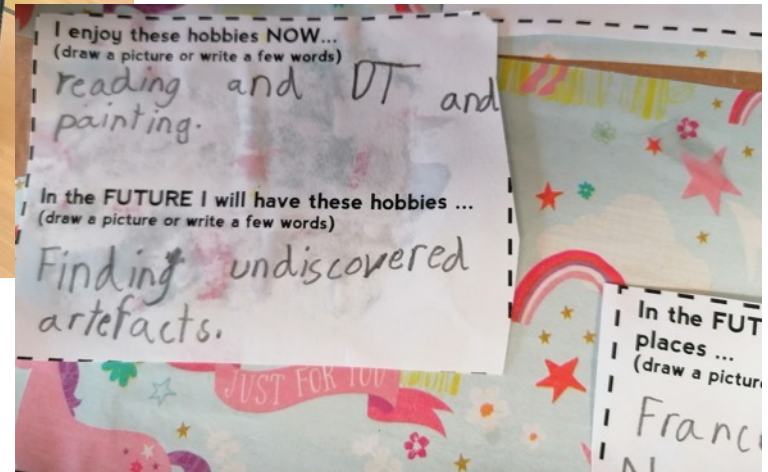
Life Support... Support Life
We need to Support each
other.
There is always hope

YOU ♥
MATTER
☀️





Linked to peoples' aspirations for the future



Labels show individual's future hopes / ambitions



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07762 213885

THANK YOU

www.realartsworkshops.co.uk

