

Anon

A community Arts Project

Creativity is the freest form of self-expression

Learn how to build your confidence

Develop new ways of thinking

Express, learn and make new friends

12 weeks of workshops

The Lofthouse Building, Fleetwood

Tuesdays mornings 10.30am to 12.30pm

Starting 11th September 2018

Tel: 07399 093835 or 07958 558135

Email: listening@healthierfleetwood.co.uk

**HEALTHIER
FLEETWOOD**
connecting our community

Project Manager
Heather Johnstone
www.hjfineart.com



ANON COURSE SCHEDULE

SELF

Week 1

Introductions, Team Building, Mindfulness, explain how these workshops will enhance positivity and use art to look at life through a different perspective. No pressure to be amazing artist just about expression. Present different artists from different backgrounds who have used art as a vehicle to heal.

Set task to find a focus or theme for the following weeks, no pressure to stick to this theme it will likely change. i.e. take pictures, newspaper clippings, found objects, sketchbooks.

Week 2

Why have they picked this theme? Reflect with the group.

Drawing workshop exploring negative space, connections, linear drawing, continuous line drawing with various drawing mediums, pencil, pen, charcoal, ink.

Week 3

Demonstrate how different mediums work and how drawing and painting work together. Present different artist who use paint as a medium and explain how they have used paint in diverse ways to get different results.

Set task to depict work on a found object, like a piece of drift wood.

Week 4

Found object art - draw or paint image on their found object. Look at how the different mediums work on different surfaces or how the found objects can be used as a sculpture. Invite guest artist to talk to the group about themselves and their journey within art. Reflect on progress within the group.

Set task to place their work outdoors and take a picture of it

LIGHT

Week 1

Analyse the work already done with the images outdoors ask them to reflect on it themselves on how this changed the look of the work.

Reflection and praise on progress and commitment.

Question whether they are enjoying the experience and do they have any suggestions of what they would like to do next. Have a visiting artist and photographer talk and explain their work to the group.

Week 2

Outdoors take a walk around Fleetwood to attempt to view things in a different perspective like the artists who have spoken and what they have learnt through the weeks.

Take a sketchbook and draw or paint different places around Fleetwood.

Week 3

Expression day! Large pieces of paper and paint depict abstract art but without the use of paint brushes. Could use found objects, hands, different mark-making tools.

Week 4

Positivity! Gather together all their work in a brief display with review and praise on the journey on their progress. The group will connect by giving feedback on their peers work.

Getting ready for exhibition - do they want to refine a piece already done or redo a new one?

Do they want to redo a workshop already done previously?

ANONYMITY

Week 1

Gallery Visit - Look at how different work has been displayed, give inspiration and vision for their own work.

Week 2

Talk about Anon displaying as themselves or under 'anonymous' - will this give freedom to express themselves or do they want to say 'yes I did this'.

Recap previous tasks give advice and guidance.

Week 3

Prepare for exhibition - think about hanging, positioning, whose work compliments whose? Talk about inviting guests. Talk about how they will pursue art to express themselves?

Show them options of different course and community projects, how to continue with what they have learnt. How to present and promote yourself as an artist.

Guest artist who has promoted and exhibited solely.

Task Plan their next steps.

Week 4

Prepare for exhibition - reflect on progress and praise answer any questions about their future plans provide continuous support.

Go through exhibition details.

Praise and thank them for the commitment.



EXPRESSION OF INTEREST FORM

Please complete the information here and send by post to:

Healthier Fleetwood, Health & Wellbeing Centre,
Dock Street, Fleetwood FY7 6HP

Copies can also be left at reception in a sealed envelope for the attention of Healthier Fleetwood.

Name:

Address:

..... Post Code:

Telephone:

E-mail:

By completing and signing this form you agree to Healthier Fleetwood holding your contact details purely for the Anon arts project. Your information will not be shared with any third parties and you have the right to review and remove your information from our records at any time.

Signed:

Date:

You can also express interest by email: listening@healthierfleetwood.co.uk or by phone to: 07399 093835 or 07958 558135. Any questions about the course, please use the contacts above.



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