

ARTISTS IN COMMUNITY

international

USING ART IN PROGRAMS :

TRAINING FOR HACC AND PAG AND OTHER COMMUNITY WORKERS

PAINTING



Painting I

Introduction to painting for those with little or no arts experience. This course covers:

- Colours : how to mix colours for successful painting
- Ideas for group and individual projects
- Information about papers, brushes, canvasses and their uses
- Skill development in use of paint, observation
- Skills in running an art group

Painting II

- Building on skills covered in Part 1 of this course
- Expansion on : group projects; individual projects, colour and use of materials
- More practical individual and group projects.

WORKING WITH CLAY



Clay I

Clay is one of the most enjoyable and relaxing medium for art projects. It is easy to use for people of all capabilities and is inviting to those who have very little arts knowledge or experience. It is an especially good material for creative expression.

The project will cover :

- Practical handbuilding for working with individuals and groups
- Ideas for working with participants
- Overview of different clays and their uses
- Overview of the firing process

Clay II

Development of skills and ideas for those who have completed Part I or who have some experience with art/claywork.

MOSAICS



Mosaics are a fun arts project and great for working with groups as well as individuals. It is excellent for those with little arts experience as it is relatively easy to create a wonderful artwork.

This project will cover :

- Basics of creating a mosaic
- Using tile nippers and cutters
- Glues and grouts
- Projects for individuals and groups.

Ideally this project would be offered over two days or two half days as it takes time to create, and also for glues to dry properly for grouting.

GROUP FACILITATION (strategies and tool kit)

In this workshop we will consider, through practice and discussion :

- Building a group – a sense of belonging – commitment to the creative practice – reducing 'performance anxiety'
- The basics – space, time,
- Teaching creative skills – breaking practices down into steps - learning a language that inspires participants to stretch themselves and take on creative challenges
- Working with people who have a disability, mental illness or other vulnerability
- Expectations for the process and outcome
- Working alongside carers / health workers / counselors
- Flexibility of practice and ideas
- Adapting practices and concepts for particular communities
- Showcasing participants creative efforts through performance, displays, websites and publications which delight, encourage but doesn't intimidate participants.

THE WELLBEING BENEFITS OF THE ARTS

There is a groundswell of practice, interest and research surrounding the arts as a means to wellbeing. In this workshop we will consider

- belonging to a group – setting up a safe, inclusive group
- teaching skills that enhance an individual's sense of achievement, consequently building self-esteem, confidence and optimism for the future
- individual and group practices
- learning to focus – in encouraging participants to focus on their arts practice, artists are encouraging them not to give up, to be open to the possibilities of creativity,
- art is not a distraction – in choosing to participate in an arts project, participants are engaging in a creative practice. Whilst this might offer some relief from pressing issues such as illness, depression or grief, artmaking also provides the space for reflection, restoration and transformation.
- looking at some of the impacts of various art practices to wellbeing – such as raising energy levels, lowering anxiety, reducing depression, increasing social engagement, expressing a lived experience to the wider world
- considering the impact of an arts practice to developing a sense of achievement and pride, engaging in with others and in the world around them, better communication with others,
- public displays of art as a way for those who may be ill / disenfranchised / vulnerable etc to communicate their experience with others in a similar situation.

Requirements

- Large, bright and airy room; able to be heated/cooled.
- Easy access to tea/coffee facilities
- Seating
- Participants to wear clothing suitable for activities : such as loose and comfortable and able to be messy.
- Large tables suitable for group projects involving about 6 participants each table.
- Easy access to water
- Spaces which do not require drop-sheets etc on the floor.

Trainer

Anne Riggs is a studio and community artist working in Australia and overseas. I am passionate about involving people in the arts for the joy it brings, the skills it develops, and the expression it enables. I am deeply interested in art for its benefits to wellbeing. I received my PhD for research into art and wellbeing, following trauma, grief and loss. I have worked as a trainer with a number of health organisations in Melbourne providing training for the HACC/PAG sector, for local councils and arts organisations providing training for artists and support artists who work with people with disabilities, and for teachers.

You may be interested in seeing pictures of my work and community projects and reading articles on my website www.anneriggs.com.

IMAGES :

in this flyer were created in community arts groups by participants.

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