

WELCOME TO COOLTAN ARTS E-BULLETIN MARCH 2010

Events take place at CoolTan Arts Unit B 237 Walworth Rd SE171RL unless otherwise stated.

www.cooltanarts.org.uk www.afunnyfarm.org.uk info@cooltanarts.org.uk

Tel: 020 7701 2696

DATES FOR YOUR DIARY – DON'T MISS THESE EVENTS

New Workshops for Southwark Residents!

6 March – 30 April: Art Exhibition "Women that inspire you"

6 March 2010, 12noon: CoolTan Arts Largactyl Shuffle: International Women's Day Walk

8 March 2010, 1pm: CoolTan Arts Conference and Open Day "Women that inspire you"

17 March 2010, 2pm: Community Advocacy Meeting

18 March 2010, 2pm: Introduction to the Art Collection at the Cuming's Museum

20 March 2010, 12noon: CoolTan Arts Largactyl Shuffle: Spring Equinox

UPCOMING EVENTS

CoolTan Arts Exhibition "Women that inspire you": 6 March 2010 – 30 April 2010

Discover inspiring women at CoolTan Arts' new art exhibition "Women that inspire you" and pop into CoolTan Arts Independent Gallery. All artworks are for sale.

CoolTan Arts Largactyl Shuffle International Women's Day: 6 March 2010, 12noon – 4pm

Walk leader: Cynthia Bernheim

Discover famous and inspiring women in and around Southwark at CoolTan Arts' International Women's Day walk. CoolTan Arts Largactyl Shuffle is a guided cultural walk through Southwark from the Maudsley Hospital to Tate Modern, promoting mental and physical wellbeing, through art, exercise, humour and history. Along the route you will also have the opportunity to see our new exhibition 'Women that inspire you' at CoolTan Arts Independent Gallery. Come and join us, meet like-minded people and make friends.



Walkers meet at 12 noon at the main entrance of Maudsley Hospital, Denmark Hill, SE5 8AZ. Call CoolTan Arts on 07985658443 if you cannot find the group of walkers on the day.

CoolTan Arts Open Day and Conference celebrating International Women's Day

8 March 2010, 1pm-6pm



Try your hands on batik, visual arts, poetry and advocacy, and join our debate "My mother myself". If you can, please bring some food to share!

The conference will also showcase a new art exhibition 'Women that inspire you'. All are welcome to join this free event. Get creative, have fun, meet like-minded people and make friends.

CoolTan Arts Largactyl Shuffle - Spring Equinox: 20 March 2010, 12noon – 4pm

Walk leader: Ari Henry

Join Ari and Lili for our Spring Equinox Largactyl Shuffle, get fit and discover the hidden stories of Southwark and mental health. Walkers meet at 12 noon at the main entrance of Maudsley Hospital, Denmark Hill, SE5 8AZ. Call CoolTan Arts on 07985658443 if you cannot find the group of walkers on the day.

RECENT NEWS

Free Workshops for Southwark residents starting in March

Have fun, meet new people, gain new skills!

Free arts and multimedia workshops open to all Southwark residents over 19, starting in March and running until July 2010. Southwark residents can attend one course of 10 hours for free.

Places are allocated on a first-come first-served basis.

To book your place, please return the enrolment form to CoolTan Arts, along with a deposit of £10 (unemployed) or £20 (employed). Tuition is free but materials are not included.

Workshops include: Desktop Publishing, Podcasting, Photoshop for beginners, Basic IT, Local history, Creative writing, Poetry, Portrait drawing, Batik, Machine sewing – beginner and intermediate, Screen printing.

Please check our website for more details, times and an enrolment form www.cooltanarts.org.uk or call 020 77012696.

CoolTan Arts Film Premiere at the British Film Institute BFI

CoolTan Arts launched the films 'The Largactyl Shuffle', 'In the studio with Maggi Hambling', and 'CoolTan Arts - who we are, what we do and how we do it', with a film premiere on 8th Feb 2010 at the BFI.

We had a great turnout with 100 people attending this screening, the first of many. We received a lot of positive feedback about the screening event. Jon Pratty (Disability Arts Online) described 'The Largactyl Shuffle' as "a lively, insightful and informal documentary film following one of CoolTan Arts' monthly Largactyl Shuffle guided cultural walks". The full review is available on http://www.disabilityartsonline.org.uk/?location_id=1135

'In the studio with Maggi Hambling' will feature at the [London Lesbian and Gay Film Festival](#) at the BFI on 24th and 25th March. A trailer of the film is also available on http://www.youtube.com/watch?v=Y1sfUI8X_3Q.

We will show the films nationally and internationally, recognising and celebrating the achievements of CoolTan Arts' participants, raising awareness about mental health and demonstrating creative ways to challenge stigma and discrimination associated with mental distress. If you organise a film festival or have a venue, please contact us on 020 77012696 or email info@cooltanarts.org.uk.



Photograph by Melanie Fordham

Welcome to Asia Wieloch, new Volunteer Coordinator at CoolTan Arts

Brief introduction: My name is Asia, I am a new volunteer coordinator at CoolTan Arts. I have had the pleasure to meet some of you already, if not, we meet very soon.

I will be at CoolTan three days a week - Mondays, Wednesdays and Thursdays. I am here to help you with all the enquires you might have about volunteering at CoolTan, create new volunteering posts, and in general make sure you are happy with what you are doing at CoolTan. Really looking forward to working with you!

You can contact me on asia@cooltanarts.org.uk or 020 77012696, or meet me at the International Women's Day Conference.



Farewell to Gin

10th March, 4.30pm

Gin is moving on and we are all sad to see her go. Please come along to her party and say good bye to her. Some words from Gin: Thanks so much to everyone at CoolTan for all your support and energy over the last year and a bit; it's been great working here, I've learnt so much and met a ton of amazing people. CoolTan really is an impressive, dynamic and sincere organisation, I feel very fortunate to have had such a valuable introduction to the UK. Take care all, keep the creative spirit alive in the community.

WORKSHOPS AND ACTIVITIES – OPEN TO PEOPLE EXPERIENCING MENTAL DISTRESS

Community Advocacy Meeting: Wednesday 17th March, 2:00pm - 3:30pm

This month we'll be looking at recent changes to Freedom Passes and eligibility criteria, with some guest speakers to help advise on the topic. We will continue our work on the 'service-user' perspective and feedback on the upcoming rollout of personal budgets in Southwark, pursuing the formation of a 'service-user' consultation group. This has been a long-term topic pursued by the group, and we are certainly getting our voices heard! We've got new updates on the pilot programme and consultation channels being created in Lambeth. Join us to volunteer your existing skills, develop new ones and share your ideas where they'll be valued. For more information, please contact Phil on phil@cooltanarts.org.uk or call 020 7701 2696.

Introduction to the Art Collection at the Cuming's Museum as part of our Largactyl project Thursday 18th March 2010, 1.45pm at CoolTan or 2pm at the Cuming Museum

Come along to this session at Cuming Museum, where Keith Bonnick will introduce participants to the collections. This will be an exciting opportunity to look behind the scenes and see the collections that are not on display to the public. Please sign up at CoolTan Arts, contact Lucy on 020 77012696 or email lucy@cooltanarts.org.uk.

Join the Largactyl Shuffle group

As part of our Largactyl Project, you can become a walk leader, do research, learn about history, get fit and have fun. All welcome! If you are interested, please contact Lucy on lucy@cooltanarts.org.uk or call her on 020 77012696.

Self-Advocacy Training Skills Programme - Continuing the workshops in March, April, May

Self-advocacy skills training can assist in knowing and accessing your rights and getting your voice heard in many situations. The skills training workshops are underway. So far, participants have debated and received further information about advocacy and self-advocacy, explored non-verbal communication and human rights. As a participant-led project, external facilitators can then be found if required to complete the opening training topics. Trainers/facilitators booked from March onwards include specialists in Open College networks and student's self-assessment; mental health law; older people's rights, children and family advocacy, benefits and community care, your rights and medications, amongst others.

- **You're invited to meet at CoolTan Arts, each week (except bank holidays):**
- **Wednesday mornings, 11am - 1.30pm** • **Thursday afternoon's, 2pm - 5pm.**
(and the evening of third Monday in each month, 6pm – 8pm).

- There's a short self-advocacy workshop on International Women's Day, Monday 8th March, 1pm-2pm.
- Look out for a re-running in March / early April of the opening Module - "Introducing Advocacy and Self-advocacy"!

For more details and updates, please drop into CoolTan Arts, phone, email or write to CoolTan Arts and ask for **Phil Ruthen**, Advocacy Training Coordinator ☎ **Telephone: 020 7701 2696** or ☎ **Mobile: 0798 565 8443** ✉ phil@cooltanarts.org. More updates are available on <http://www.cooltanarts.org.uk/advocacy-2/> and <http://afunnyfarm.org.uk/>.

Join a regular workshop at CoolTan

Do you need to get out of the house? Come along to one of CoolTan's workshops to meet people, learn new skills, have fun, and break out of isolation with like-minded people.

These workshops are open to any adults experiencing mental distress with access to direct payments or Community Care Plan CPA. Please contact Gin in CoolTan on 020 77012696 or email referrals@cooltanarts.org.uk for more details or if you want to make a booking.

Workshop Timetable

Day	Morning	Afternoon	Evening
Mondays	Volunteering	Visual Arts 1-3pm Batik 2-4pm *NEW* Sculpture 3.30-5.30pm	Volunteering
Tuesdays	Playwriting 11am-12.30pm *NEW* Drawing 11am-1pm	Meditation and de-stress 1pm-2pm Photoshop 2pm-4pm Video and filming 4-6pm	Volunteering
Wednesdays	Volunteering	Visual arts women only 2-4pm Knitting 4pm-6pm Web development 4-6pm	Volunteering
Thursday	Poetry 11-1pm	On request: Basic IT 11-3pm (booking essential) Largactyl Shuffle workshop 2-4 pm	Volunteering
Friday	*NEW* Visual Arts 10.30am-12.30pm	Visual Arts 1-3pm	
Saturday's		12noon: Largactyl Shuffle walk Every 3 rd Saturday	

Services for Health and Social Care Organisations, mental health practitioners, GPs, social workers, key workers...

If you are a community mental health practitioner and you would like to refer clients, please contact us on 020 77012696 or email referrals@cooltanarts.org.uk.

CoolTan Arts can work with GPs and other health professionals to meet the social care needs of their clients. We are very keen to meet you and your teams and tell you more about the services CoolTan Arts offers. If you are interested in finding out more about us and how we can work with your organisation, or want a CoolTan representative at your team meetings to give an introduction to CoolTan, please contact us on 020 77012696 or email gin@cooltanarts.org.uk.

VOLUNTEERING OPPORTUNITIES

Volunteers needed!

Why volunteer? – Need help getting back into work, want to give back to the community

Volunteers do a wonderful job and CoolTan couldn't exist without the work they do. Volunteering at CoolTan Arts can help you gain confidence and new skills, get work experience, make new friends. Volunteer opportunities are available every day. If you would like to help us, please speak to Asia at CoolTan, contact her on 020 7701 2696, email volunteers@cooltanarts.org.uk or check the website <http://cooltanarts.org.uk/category/voluntary-position/> for more details.

Events volunteers

We need volunteers to help with the preparations for International Women's Day and to mount our new art exhibition. If you are available on 5th and 8th March and can help us, please contact volunteers@cooltanarts.org.uk or call 020 77012696 and speak to Asia.

Events photographers

CoolTan Arts needs experienced photographers to document our work and take pictures for us at our events on 6th and 8th March and every third Saturday of the month. The images will be used for press and online media to promote CoolTan Arts' work. It is crucial that you have your own digital SLR camera, are reliable and can send us the images the following day. Please contact Kathrin on 020 77012696 or email kathrin@cooltanarts.org.uk for more details.

Office assistants

CoolTan Arts is looking for volunteer office assistants to provide administrative and I.T support, reception, light cleaning and any ad hoc tasks. This role will help with the smooth running of the organisation and is crucial for our service. Please contact Asia on volunteers@cooltanarts.org.uk or call 020 77012696.

Other volunteer opportunities at CoolTan Arts include

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| ● Skilled office and admin volunteers | ● Walk leaders |
| ● Fundraising | ● Video people – film making and archiving |
| ● Graphic designers | ● Photographers |
| ● Media and communications | ● Gallery coordinator |
| ● Publicity poster distribution | ● Recyclers |
| ● Networking, outreach, ambassadors | ● Cleaners |
| ● Flash animators | ● DIY volunteers |
| ● Web site volunteers with word press | ● Trustees |
| Design and Technical individuals for CoolTan's website rebuild | |

Last, but not least, a big thanks to our donors, funders, supports, and to all the people who give their time and energy to CoolTan Arts and make what we do possible.

Please note, CoolTan Arts will be closed on Good Friday, 2nd April, and Easter Monday, 5th April.



CoolTan Arts believes mental wellbeing is enhanced by the power of creativity

We are proud to have as Patrons: Maggi Hambling, Sokari Douglas Camp, Ali Smith, Clare Allan and Rosemary Shrager
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