

WELCOME TO COOLTAN ARTS E-BULLETIN JANUARY 2012

Events take place at CoolTan Arts, Unit B 237 Walworth Rd, SE17 1RL unless otherwise stated.

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

Tel: 020 7701 2696 / 0798 565 8443 Open Mon-Thu 10am-6pm Fri 10am-5pm



DATES FOR YOUR DIARY

20TH JANUARY - PALLANT HOUSE GALLERY PORTFOLIO DAY 10AM-6PM

21ST JANUARY - COOLTAN ARTS LARGACTYL SHUFFLE: FITNESS WALK 12PM

31ST JANUARY – COOLTAN ARTS BUSINESS PLAN CONSULTATION EVENT 2-4PM

31ST JANUARY – FUNDING CELEBRATION EVENT 4-5.30PM

Happy New Year and thank you to all our participants, volunteers, staff, trustees, funders and supporters who make us London's most loved and exciting Arts and Mental health group!

In 2011 CoolTan Arts won a number of Awards including the Bank of America's *Local Heroes* award which went to Richard Muzira, our fantastic film maker. So, we are looking forward to 2012 which promises to be an exciting, action-packed year for CoolTan Arts. We will be celebrating the Olympics & Paralympics with our CoolTan Arts Community Legacy Walks, as well as Charles Dickens' bicentenary and London's Alternative Fashion Show, which will also feature a Dickensian twist. Our public sculpture will be unveiled in Camberwell Green this March and there will be a unique screening of 'Jubilee' by Derek Jarman to mark the Queen's Diamond Jubilee.

CoolTan Arts also comes of age this year – it will be 21years since we first began operating from a squat in Brixton! We will be celebrating with our sponsored walk in October 2012, where we will be parading through the streets. Also watch out for *SLUMP II* (*South London Undiscovered Masterpieces*) in November 2012, dates to be announced. We look forward to seeing you all at an event in 2012.

UPCOMING EVENTS

Portfolio surgery day - Friday 20th January 10am – 6pm

Exciting exhibition opportunity!



Pallant House Gallery will be running 1 – 2 – 1 sessions for CoolTan Arts participants, giving them the opportunity to enter their 2012 Art Competition, *Outside In*. This prestigious competition will allow five lucky winners to be shown at the Gallery in Chichester while other entries will all be shown live on the website. (image: Jacqueline Jones: *Birds on Walk*).

“Outside In 2012 is a National Open Art competition for people who find it difficult to access the art world, whether due to disability, health, social circumstances or art process. We can: Photograph and upload your artwork, help you write your artist statement and sign you up for your online gallery.”

To book your 45 min session, email suzie@cooltanarts.org.uk or phone CoolTan Arts on 020 7701 2696.

Places are limited. You are welcome to bring a helper with you if required.

CoolTan Arts Largactyl Shuffle: Fitness Walk – January 21st 12noon at Maudsley Hospital, walking to South London Gallery

Join CoolTan Arts Largactyl Shuffle, a free guided cultural walk promoting mental health and physical wellbeing using art, humour and history to help de-stigmatise mental distress.

This month's Fitness Walk begins outside the Maudsley Hospital at 12noon. Instead of the usual talks, each stop on the walk will feature a simple, fun, physical activity to help you gently warm up to wellbeing in the New Year. The walk will end at the South London Gallery, taking in some of Southwark's green spaces where we will be skipping and running three-legged races. Bring your chalks and join us in a game of hopscotch!



Walkers limber up at last year's Largactyl Shuffle Fitness Walk



The walk is fully accessible for all. Our friendly CoolTan guides will be there to help you. Please bring a packed lunch and drinks, wear suitable, warm clothes and sensible footwear.

Taking part is free for everyone, but voluntary donations will be much appreciated. If you wish to find out more about the walk call us on 020 7701 2696 or 0798 565 8443 on the day, or email: susan@cooltanarts.org.uk.

CoolTan Arts Business Plan Consultation Event – Tuesday 31st January, 2-4pm

Come and give us your opinions on the direction of CoolTan Arts!

Feed into the CoolTan Arts Business Plan for 2012 – 2015– what do you want to see more of? What should we do less of? This is your chance to formally feed into the CoolTan Arts Business Plan and strategy for the next 3 years! Come and join other participants, volunteers, staff and Trustees in a discussion hosted by Ian Beever. For more information, contact jenny@cooltanarts.org.uk.

Funding Celebration Event – Tuesday 31st January, 2-4pm

Come and Celebrate Your Success!!

To celebrate a great start to the New Year, you are invited as a current/past participant or volunteer at CoolTan Arts to celebrate some great funding news for the organisation. Come and hear about the exciting new projects that 2012 has to offer. There will be food and drink and a chance to enrol for upcoming workshops, events, walks and fashion shows! Come and celebrate your achievements!

SELF-ADVOCACY SKILLS TRAINING AT COOLTAN ARTS

**** Don't miss out - we're open for enquiries and new registration for the next series - please do get in touch ****

With thanks to the new investors in the training: Comic Relief, the Alan & Babette Sainsbury Charitable Fund and LloydsTSB Foundations ... Yes, **Comic Relief has also awarded us 3 years funding to help deliver five full training programmes!** The funding will also enable us to develop the Self-Advocacy Skills Training into an externally accredited course. We aim to provide a sustainable and permanent addition to tools and training available on a national basis for people to access and gain confidence, know their rights and challenge stigma and discrimination.



After an enjoyable and valuable autumn with outreach sessions and workshops delivered for participants at other organisations, including members of Castle Resource Centre, we aim to connect with more groups and organisations, and facilitate peer support and peer training opportunities.

Get Involved

If you have an interest in disability civil rights, and/or background in adult education and life-long learning courses it'd be great to hear from you - volunteers to assist are very welcome. There's a lot of planning and preparation involved to get things started, and this month participants and potential participants will be contacted.

To find out more, look out for us at a venue near you, or please send us an invite to come to you!

Workshops starting later in January 2012, to be confirmed:

Thursday afternoons: Workshops currently start 1.30pm & finish by 4.00pm
Please look out for, or ask for the latest schedule

Research space and project time:

Monday/Tuesday afternoons 1pm-5.30pm
Fridays 3pm-5pm

Venue: CoolTan Arts unless notified otherwise. Please dress warmly!

To arrange to meet about the Self-advocacy skills training at times outside of the advertised times, phone, email, write or call into CoolTan Arts and ask for:

Phil Ruthen, Advocacy Training Coordinator

Email: phil@cooltanarts.org.uk Tel: 020 7701 2696 Mobile 0798 565 8443

RECENT NEWS

CoolTan Arts Volunteer wins prestigious Award

On Tuesday 6th December 2011 Richard Muzira of CoolTan Arts, our brilliant film maker, won a 'Local Heroes' award from Bank of America for his volunteer service. CoolTan Arts is very proud of his achievement, not just as a volunteer but his skills as a video maker. This is a brilliant achievement for CoolTan Arts' unique approach to stigma busting as we bring Mental Health and Disability to the forefront. Thank you Bank of America and thank you Richard, who says ...

'It is refreshing to see a corporation exercising its social responsibility towards the community it operates in.'

Richard chose CoolTan Arts as the charity of his choice to donate his £3000 prize from Bank of America of unrestricted funds – which the organisation greatly needs due to the cuts to the provision of services. Since April 2011 CoolTan Arts has seen 82 people who attend here lose their services, only 15 are eligible for the new personal budgets, and at least 12 have returned to hospital.



Michelle Baharier, CoolTan Arts' CEO says, *'We are really lucky to have someone as skilled and dedicated to the work that we do as Richard, whose eloquence far out-does mine; he is thoughtful and considerate and I am very honoured to have been able to be here when he received his award.'*

CoolTan Arts wins funding to celebrate the Olympic Legacy!

We are delighted to announce that CoolTan Arts has been awarded a Transformers Grant from the East London Business Alliance (ELBA), that will enable us to deliver an exciting programme of high profile Olympic Legacy public walks and workshops to take place during the Olympics and Paralympics this summer.



Largactyl Shuffle Walkers check out the Olympic Site

CoolTan Arts Community Legacy Walk, run by and for people with mental distress, will celebrate the legacy of the 2012 Olympics and Paralympics. Activities will take place in Hackney, Newham and Southwark, allowing us to work pan-London and significantly develop CoolTan's audiences and extend participant support. Please keep an eye on the CoolTan Arts website for more details as they are confirmed.

Transformers is funded by National Lottery funding through the Olympic Lottery distributor and ELBA.

CoolTan's first LGBT group seeks participants!

As part of CoolTan Arts' Personalisation project, we have just begun to work on a short documentary on Personalisation and the Lesbian, Gay, Bisexual and the Trans community. The aim of the film is to illustrate specific needs of LGBT and how Personal Budgets could support them, the LGBT community's hopes and needs of Personal Budgets. The film may also show the difficulties people have in applying and receiving Personal Budgets and the reasons why.

We would like to interview anyone from the LGBT community who is in receipt of a Personal Budget, who has applied, or who is eligible for one. We would not need to film or identify anyone if they do not so wish. We are also looking for people to work with us on ideas for the film, outreach, art work for animation, helping with interviews for the film, producing the film, editing and more!

The film will be shown next year at The Tate Modern, and we plan for it to be showcased at Southwark LGBT History Month 2012.

[Alternative Fashion week coming up for CoolTan Arts Batik group](#)

Once again, CoolTan Arts is delighted to announce that our fantastic Batik group have got a place at the catwalk show in Alternative Fashion week. Held at Spitalfields market in East London April 16th – 20th, these catwalk shows showcase the best and brightest of emerging fashion talent. CoolTan Arts Batik group's theme of 'rags tags and a velvet gown', inspired by Dickens and Victorian dress promises to be a highlight, with our unique, up- cycled, batiked and bedazzled garments.



CoolTan Arts' Batik group take to the catwalk

CoolTan Arts is one of only 70 designers selected to show, out of thousands of entries.

Your chance to get involved...

Are you a keen Batik or textile tutor, or a skilled machinist or pattern cutter who would like to volunteer with the group?

Do you have a personal budget and would like to come to the Batik workshop, or the Women Make Art group? We have spaces in these workshops. See your work on the catwalk!

Batik group meets on Fridays 2pm – 4pm
Women Make Art meet on Wednesdays 2-4pm

Contact clara@cooltanarts.org.uk, or ring 0207 701 2696 to find out more and sign up.

[A Festive Largactyl Shuffle – the Jingle Bells walk](#)

The Largactyl Shuffle Jingle Bells Walk took place on Saturday 17th December.



Walkers sang and played their way through the streets of Southwark, from Tate Modern to the Maudsley Hospital, bringing merry cheer and light as the nights drew in.

Winter encompasses many festivals, past and present, and this walk focussed on their origins and symbolism: Chanukah, Kwanzaa, Saturnalia, the Winter Solstice, and the creation of modern Christmas.

First stop on the walk was Crossbones Cemetery in Borough, where walkers learned about the history of Pantomime and the importance of mental well-being at Christmas. The walk then progressed to the walled gardens next to Marshalsea Prison and a talk about Chanukah and Saturnalia. Here, walkers sang the Twelve Days of Christmas in rounds before moving on to Elephant & Castle shopping centre, where they learnt about the history of Christmas Carols and sang a few more themselves, including the 15th

Century Boar's Head Carol and The First Noel, together with the more recent classics, Fairytale of New York by The Pogues and Wham's Last Christmas.

Moving on to the Walworth Road, the Largactyl Shuffle called in to CoolTan Arts for hot coffee, mulled wine and more carols. Last stop before the Maudsley Hospital was Camberwell Green, where walkers stopped by CoolTan Arts' very own Ginko tree to learn about the history of Christmas decorations.

CoolTan Arts Largactyl Shuffle is a free guided cultural walk promoting mental health and physical wellbeing using art, humour and history to help de-stigmatise mental distress.

WELCOMES AND DEPARTURES

Welcome to **Annie Spinster** our new PR and Communications Coordinator who will be at CoolTan Arts on Mondays, Wednesdays and Thursdays. Annie has a longstanding association with CoolTan from volunteering as part of the admin team and teaching one-to-one I.T. If you are interested in helping with marketing and PR please contact annie@cooltanarts.org.uk or ring 020 7183 0350.

WORKSHOPS AND ACTIVITIES

Fabulous new Women's Workshops at CoolTan Arts:

Express yourself! Learn new skills and make new friends in a safe, supportive atmosphere ...

We have two new weekly workshops starting in February:

Women's Poetry

Thursdays 11am – 1pm

Starting February 2nd

An informal experimental workshop to get you going with that spark you always knew you had. The group will be working towards a publication in 2012. Beginners and published poets welcome.

Women's IT

Wednesdays 11am – 1pm

Starting February 1st

Learn new computer skills or brush up on old ones. The group will be working on producing an illustrated book. Learn Photoshop, Office Word and Internet skills. Learn at your own pace, learn what you feel comfortable with.

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

FREE Workshops for Women!

- express yourself
- learn new skills
- make new friends
- safe, supportive environment

Women's Poetry
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An informal experimental workshop to get you going with that spark you always knew you had. The group will be working towards a publication in 2012. Beginners and published poets welcome.

Women's I.T.
Wednesdays 11am – 1pm
Starting February 1st
Learn new computer skills or brush up on old ones. The group will be working on creating an illustrated book. Learn Photoshop, Office Word and Internet skills. Learn at your own pace, learn what you feel comfortable with.

To sign up, contact Suzie at CoolTan Arts: 0207 701 2696, suzie@cooltanarts.org.uk
You are guaranteed 10 weeks of workshops with a chance to stay on for longer if we have spaces.

CoolTan Arts, Unit B 237 Walworth Road, London SE17 1RL
T: 0207 701 2696 F: 0207 205 0445 W: www.cooltanarts.org.uk E: info@cooltanarts.org.uk
We are proud to have as Patrons: Maggie Hambling, Sakari Douglas-Camp, Ali Smith, Clare Allen, Rosemary Strayer and Arthur Smith.
Registered charity number 1264231
Charities licensed to participate in National Lottery in England & Wales reg. 0244952

LOTTERY FUNDED

Sign up now! Contact Suzie on 0207 701 2696 or email suzie@cooltanarts.org.uk

NB: These workshops are open to women from across London who cannot access a Personal Budget.

Film making, Podcasting and LGBT Animation

Learn new skills and help others learn about the personalisation process.

Don't know what that is? It doesn't matter, you can find out as part of the group. Tried to get a personal budget? Great! We'd love to hear from you.

These three workshops are FREE, funded by the Volunteer Fund/Ecorys and open to anyone, if you have a budget or not.

Film making

Fridays 11am – 3pm

Lunch provided

Our group of friendly volunteers are making a creative documentary film about different experiences of trying to get a personal budget, both good and bad. Help organise interviews, learn to use a camera to film, edit the film and plan a documentary. The final film will be screened at CoolTan events and film festivals. Open to all skill levels from beginners to expert.

Podcasting

Thursdays 4pm – 6pm

Learn all about sound recording and editing on the computer, using tascams (like tape recorders). We are making 100 creative podcasts to explore different experiences of trying to get a personal budget, both good and bad. Podcasts will go on our website.

LGBT animation

Thursdays 11am – 1pm.

Learn animation skills as you help make film that will be shown across the world! We have a friendly core group of volunteers, but we would love to have more. All skill levels and experience welcome, even if you've never done film making before. The film will explore the experiences of members of the LGBT community going through the personalisation process.

You can start these workshops on any date, to sign up just contact clara@cooltanarts.org.uk, or ring 0207 701 2696

Dynamic Drawing Taster Workshop at Morley College

Sunday January 22 / Sunday April 29

10am – 5pm

Cost: £45 (£37 concessions)

A one day introductory drawing course using memory, feeling, speed and energy to get your drawings rolling off the page. It is an energetic course that encourages dynamic use of your body, enhancing your drawing ability and developing your observation skills. Beginners and all levels welcome. Materials provided.

This external course is taught by CoolTan Arts' CEO, Michelle Baharier. To find out more and sign up, visit the Morley College website:

<http://enrol.morleycollege.ac.uk/WebSite/OnlineServices/courseoutlines/1112/VPD089A.pdf>

VOLUNTEERING OPPORTUNITIES

New Year, new start ... new volunteer role for you?

Make it a new year's resolution to come and volunteer at CoolTan Arts. We have lots of new and exciting opportunities for you to get involved. We started as a volunteer run organisation and our volunteers are at the heart of what we do - we couldn't manage without you!

As a volunteer, you get a chance to gain new skills and a reference if you want one, make new friends, and volunteer in a safe and supportive environment. Travel expenses are provided, up to £4.20 per day.

Current volunteer posts available include:

Volunteer Admin assistant and receptionist – helping the smooth running of the office.

Workshop volunteers – helping participants in workshops. There are opportunities to help with all art classes, batik, poetry, computer workshops, knitting and Women Make Art.

Project assistants – helping with Admin for CoolTan's projects

Graphic designers – helping us produce engaging publicity materials

Practical Activity volunteers – helping us keep CoolTan Arts clean and tidy, preparing food, distributing publicity materials and other varied tasks.

Batik and Knitting Tutors – running a workshop and gain teaching experience.

If you are interested in any of these roles, please get in touch with Clara:
clara@cooltanarts.org.uk or phone 0207 701 2696

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

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

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