

Issue 1
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the arts bulletin



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Welcome to the arts bulletin: a regular round-up of what's new at Independent Arts

We are proud to introduce you to **the arts bulletin**—the brand new quarterly e-bulletin from Independent Arts. Through **the arts bulletin** we hope to reach a wide range of people across the Isle of Wight, and beyond, and therefore raise awareness and the profile of the charity and the work we do.

Independent Arts is a small, unique registered charity, established in 1987. We provide a range of therapeutic creative arts activities and projects for disadvantaged people living on the Isle of Wight - particularly those with learning difficulties, disabilities and the elderly.

2012 has been a big year for the charity - as we celebrated our 25th anniversary this year. We have celebrated in style with a number of events and activities including:

- A series of Memory Morning reminiscence sessions across the Island
- 'The SingAbout Stroll' - a singing walk as part of the Isle of Wight Walking Festival (see right)
- A photography competition leading to the creation of a calendar which is on sale in shops now (see p2)

This is just a small selection of our busy year so far, and there is no sign of slowing down just yet...! So spend five minutes reading this newsletter, to find out what else we've been up to and our future plans...



Above is our birthday cake for our 25th celebrations in July!

SingAbout Stroll

Join us on Friday 26th October for the SingAbout Stroll at Ventnor Botanic Gardens, as part of the IW Walking Festival. The walk features familiar tunes and a few surprises, followed by a cream tea. £2.50 per person. Contact the office to book your place.

Prize Draw: tickets now on sale

Independent Arts has launched our Charity Prize Draw, and you can now buy tickets.

Tickets cost £1 each and are available from the IA office at Downside Community and Learning Centre.

The top prize is a **pair of tickets to Bestival 2013** and other prizes include:

- **£25 voucher for the Garlic Farm**
- **2 complimentary tickets to Cineworld**
- **Family Pass to Dinosaur Isle**
- **4 complimentary tickets to Blackgang Chine**
- **Russell Hobbs Blender**
- **Russell Hobbs Digital Coffee Maker**

The draw is due to take place on 13th December, so you have plenty of time to buy your tickets!

All the proceeds raised will go into our Silver Appeal, which is Independent Arts fundraising campaign of 2012. We have set a target of £25,000 to raise throughout this year - £1000 for each year the charity has been running.

Independent Arts receives funding to deliver Creative Futures project across the Island

We are delighted to have been awarded £23,479 from the Community Action and Clinical Commissioning Group Isle of Wight to deliver our Creative Futures project to elderly people across the Island. Creative Futures will bring a range of therapeutic arts activities to residents in care homes and will work on a one to one basis offering a unique and personalised plan. Emphasis will be placed on learning about the individuals unique past history and interests in order to provide a Creative Future whilst in the care home setting. The project will work with Independent Art's existing practitioners to mentor new volunteers in a range of specialist therapies including reminiscence, art, music, movement and literature. Each resident will have a tailor-made and highly personalised Creative Futures plan which aims to ensure better health and well being and improved quality of life.



Jeni steps back in time to raise funds for Workshops for Wellbeing programme



Jeni is stepping back in time on 27th October to raise funds for Independent Arts

Jeni Saunders, Workshops Coordinator at Independent Arts, will be undertaking a charity sponsored walk from Autumn House in Sandown to Springfield Nursing Home in Shanklin on Saturday 27 October. Both of these residential homes work with Independent Arts to deliver creative arts activities to their clients.

In line with our Reminiscence sessions where people look back at the past, Jeni will reflect this valuable therapeutic activity by walking backwards. It has also been a time of reflection for Independent Arts, as the charity has been celebrating its Silver Anniversary in 2012.

The route Jeni will undertake is 4.165 kilometres (2.6 miles) in length. Starting at Autumn House, Jeni will walk down the hill to Sandown Esplanade and along the seafront through to Shanklin, and then up to Springfield Nursing Home.

The funds raised through Jeni's sponsored walk will go into the Silver Appeal, a fund set up by Independent Arts to hold all monies raised by the charity in 2012. Ultimately, Independent Arts aims to use these funds to develop further creative opportunities for vulnerable people.

SingAbout to be piloted in new setting thanks to funding grant

"I find singing helpful since I suffer from depression and singing with people uplifting. Sometimes I don't feel like going and I don't, but when I do make the effort I'm really glad I did."

(SingAbout participant)

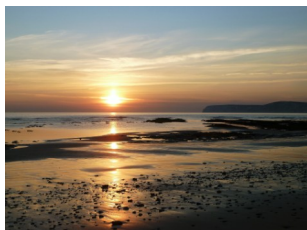
Independent Arts recently received a grant from Southern Housing Group to deliver SingAbout, our Singing for Wellbeing project in the South Wight. In order to meet as many Southern Housing Group residents as possible, the sessions are being delivered in two of the sheltered housing units run by the organisation.

In a departure from other SingAbout groups, which are delivered in the community, this funding will allow a pilot to be delivered to trial the group in a different setting.

The sessions will be delivered on a Friday morning, and will alternate each week, between Byrne Hill Grove and Knights Court, both in Ventnor. Both Independent Arts and the staff at Southern Housing Group are excited at the opportunities that this new partnership may offer, and can't wait to get started on the project.

SingAbout in Ventnor launches on Friday 5th October.

Competition winners see their work in print as Independent Arts calendar hits the shops!



A winning entry of the photography competition by Julie Gabrielli

In partnership with the Isle of Wight County Press, Independent Arts ran its very first photography competition earlier this year.

The theme of the competition was 'Reflections,' as we have been reflecting on 25 years of the Independent Arts. The entries were judged by our Chief Executive, Kate Ball and Jen Burton, a photographer for the County Press.

13 winning entries were chosen and are now featuring in a 2013 calendar, which is for sale in order to raise funds towards Independent Arts' Silver Appeal.

You can buy your copy of the calendar directly from our office, or at the Isle of Wight County Press Shop, Pyle Street, Newport. Calendars cost £4.50, and 100% of the proceeds will be donated directly to Independent Arts.