

thinkarts

OUR NEW LOOK

WELCOME to our new format newsletter – we hope you find the presentation refreshing and readable.

This newsletter edition is now the first, we hope of many, put together with a group of thinkarts volunteers along with professional guidance and training.



Join the creative team and learn new skills

AN editorial consultant has been commissioned by thinkarts to develop a style book and assist with training to guide our newsletter production group.

This is a really excellent development for our newsletter, and we welcome the skills and expertise of thinkarts members to take our newsletter forward.

Web revamp

If you haven't already looked, our newly revamped web site is now online at www.thinkarts.org.

Many thanks to thinkarts volunteer 'tech-bloke' for all the work put in to upgrade the site. It now complies with international standards that make the site more easily accessible for people with disabilities.

You will need to click your refresh icon to update your view of the site. Read all about it in this issue!

We have been approached by an organisation in Barking and Dagenham, who are developing a café gallery space to display quality art work.

Gallery team

We want to develop a small team of thinkarts members to curate exhibitions in this space.

If you have curating experience, and are interested in putting your skills to use, please contact us at admin@thinkarts.org.

There is also a great opportunity to use your artistic training and experience as an artist, to support and encourage thinkarts members



the new web site
in an art studio space in Waltham Forest.

We want to develop a pool of artists willing to volunteer into the studio on a Tuesday.

If you have some experience and knowledge of art techniques, preparing for exhibitions, advertising and promoting work, we would like to hear from you!

Vivienne Wheeler
Lead thinkarts

PAINT THE TOWN

THE Paint the Town Red art exhibition is coming up soon, closing date for entries is 29th September.

This exhibition, put together by Redbridge Concern and Thinkarts, runs from 6th to 17th October at the Central Library in Ilford.

Paint The Town Red is timed to mark World Mental Health Day on October 10th.

Vivienne Wheeler, Thinkarts Lead, said: "Paint the Town Red is now a well established annual exhibition, and allows the fantastic art work submitted to reach a wide and appreciative audience.

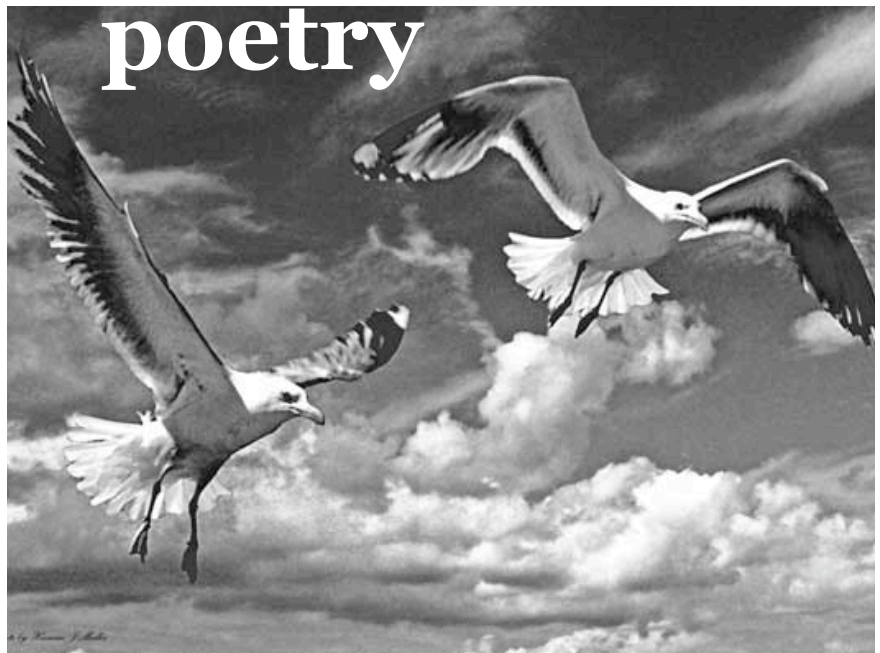
For sale

"Many artworks are for sale. Volunteers also help to mount and provide curatorial support for the exhibition."

If you would like to contribute, or for more information, contact Vivienne Wheeler, Thinkarts lead, via admin@thinkarts.org. Alternatively visit www.thinkarts.org or contact Jon Abrams at Redbridge Concern.

Jon's email address is: jon@redbridgeconcern.org or www.rcmh.org.uk.

THE next Serpentine Gallery workshop will be on Thursday, 13 November 2008 from 2-4pm at the Serpentine Gallery. It will be based around the work of Gerhard Richter. To book a place, contact Mary-Anne at [thinkarts](http://thinkarts.org).



Seagulls

*At the Beach, on the Sand
towards the sea. There I stand
waves crashing. The air is fresh
This is Life at its Best,
The Atmosphere clear the air too
Seagulls cry, they circle round
as I throw my chips, they swoop the sand
This is the life I'd say
Must go Now. But I'll come back again.*



The Laughing Clown

*Behind the Mask,
having a laugh.
behind a Smile,
to acting acting daft.
Life as it's meant
Pain,laughter, happiness, tears
To facing whatever your fears.
Clowning around, having a laugh.
behind the Smile, to acting daft.
walking a tight rope day by day
the balancing act, never gives way.
Being thrown anchor
Never look for an Answer
the clown will never go away
the laughing clown is here to stay
(anon)*

Poetry contributions to [thinkarts](http://thinkarts.org)

Art can be plain 'shellfish'

SIGN painting is central to Bob and Roberta Smith's artistic practice.

Works are often witty slogans in lettering hand-painted on found bits of wood or board.

Bob and Roberta Smith is the pseudonym of artist Partick Brill - although as they say "not many people know that".

He has created monumental signs advertising well-known Hoxton Street businesses Hoxton Fruit and Veg, Hoxton Electrovision, Ron's Eel and Shellfish van, Discoveries bric-a-brac shop and Dad's Unisex Hair Salon.

Often his work is provocative.

His recent book *Make Your Own Damn Art*, invites the reader to interact.

The signs are featured in the public art section of an extensive



London art guide www.commentart.com.

The 'commentart' website is a fund of information about exhibitions, collections, events, publications, galleries, news and reviews. It is used by artists and writers.

Framework

The 'comment framework' is owned and administered by Contemporary Art Projects.

The organisation was founded in 2003 with the aim of creating greater appreciation of art, and

enthusiasm for contemporary art and culture.

A spokesperson says: "Anyone can contribute to the comment repository free-of-charge."

"In addition to the comment website, we initiate and manage a range of projects."

"These include the East London Art Map, Art Walks, exhibitions in our Shoreditch gallery space and temporary installations of art in workplaces."

REPORT: JW

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REDBRIDGE CONCERN FOR MENTAL HEALTH


PAINT THE TOWN RED


Art Exhibition

Date of Exhibition: 6th - 17th October 2008

Venue: Central Library Ilford, Clements Road, IG1 1EA

 Exhibit your art work

 Sell your work

 Volunteer to help out

Contact one of the coordinators below for more details or for an application form

Vivienne Wheeler (lead)
Mary-Anne Cable (administrator)

Tel No: 0844 600 1218
Email: admin@thinkarts.org

Jon Abrams

Redbridge Concern for Mental Health
Tel No: 020 8925 2435
Email: rcmh@btconnect.com

SERPENTINE SCRAPBOOK



THE workshop group get to grips with the art techniques of American Painter, Richard Prince, at the Serpentine Gallery.



RIDING high on the success of the Maria Lassnig workshop earlier this year, another visit to the Serpentine Gallery was arranged in August.

This time around the artist in question was Richard Prince, an American painter, collector and photographer.

His work has been influenced by American culture, hence the many images of cowboys, cars, girls, open roads and American bands.

Prince came to prominence in the American art world in the 1980's, and his displayed work at the Serpentine Gallery is mostly from this time period.

The workshop group were given an opportunity to view and discuss certain pieces of the exhibition, which gave us all the opportunity to better understand Richard Prince as an artist and the motivation behind his work.

It was also interesting to get a closer look at some of the methods used to create his pieces of art.

Activity

We were shown to the workshop space of the Serpentine Gallery, where artists Howard and Annabelle led us in an art activity.

Group members were given the opportunity to use different methods and materials to create copies of pictures that they have been inspired by, based on the idea of Richard Prince to use images from newspapers and magazines.

The use of photography and video was exciting and somewhat mysterious to most of us in the group. Yet, once we braved our fear of technology, it became evident that anyone can create a work of art that can be admired and seen as inspirational.

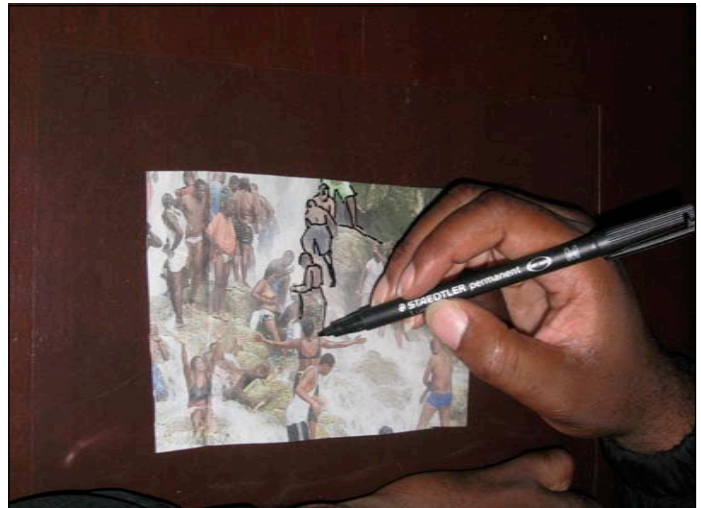
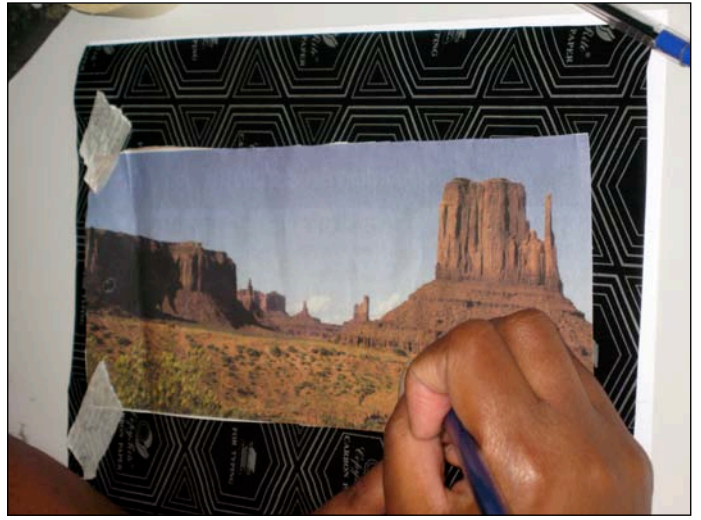
The workshop was ended with a cup of tea and an opportunity to admire each other's work from the afternoon.

Sanelisiwe was inspired by a picture of a landscape resembling that of her native Zimbabwe, Tricia by an emotive picture of a woman seeking comfort, and Felix by a crowd having a fun time splashing in a river. Some contrasted, through different methods of copy, the difference between a hospital once derelict and now restored and renovated.

The sources of inspiration were many, and each piece created was personal to each individual.

What can be created in one afternoon between a few strangers with some materials and creativity, is truly a phenomenal thing.

Report and photos: Asheley Lotter





My Story

By Sanelisiwe Simela
thinkarts editorial team

AS someone who has suffered with mental health problems, I have found voluntary work one of the most beneficial ways to help me cope with my illness.

I have enjoyed volunteering in the following places: Oxfam Charity Shop, Ilford ; Redbridge Concern For Mental Health- Ilford Lane and the Richmond Fellowship Employment Service, Leytonstone .

Volunteering has equipped me with skills and knowledge. It helped to develop my confidence. I have overcome my fear of meeting new people and developed good communication skills.

I have met new friends and learned computer skills. It has also enhanced my career opportunities in preparation for the working world. I have given my time, energy, and knowledge to other people in the community - and I have really enjoyed it.

Volunteer for health

VOLMEET volunteers were treated to a 'good life' taster session attended by Dean Roberts, who is on the panel for the "Healthy Living Lifestyle" in Redbridge and Lesley Harrison, Volunteers Development Officer for Redbridge Concern for Mental Health.

The session featured Tai Chi, by Ian McKelvie, O.T. in the Redbridge Progress Team and technical instructor, Gloria Harvey.

Fitness

The benefits of the ancient meditation and fitness routine Tai Chi were explained.

Leaflets and questionnaires were handed out asking volunteers to say what sessions they would like to take part in, where and how much they considered to be affordable.

Lesley, along with Dean Roberts, are in the process of arranging regular sessions to be held at RCMH.

VolMeet is organised through the SVS and is held each month, giving volunteers an opportunity to socialise.

Each meeting has its own 'theme' and invites are sent out to all volunteers to take part and have their say. Not only

volunteers are invited, but also anyone who would like to become a volunteer.

At the previous meeting, a representative from The Redbridge Conversation was on hand to explain the new campaign to get residents involved and have their say on regeneration in the borough.

Benefits

The theme for August was benefits and how legislation affects anyone involved in volunteering.

Also, the implications of any changes in the benefits system were discussed.

A member of the Welfare and Benefits office was on hand to answer queries from the volunteer group.

Also attending were members of the Direct Payment Team, who are promoting awareness of this new scheme in Redbridge.

Topics included benefits payment methods and the advantages of Direct Payment.

For more information on volunteering opportunities, please contact the Redbridge Progress Team on 0844 600 1223, or Redbridge Concern for Mental Health on 0208 925 2435.

Marathon man Glenn is a star!

WE would like to thank the tremendous courage and will to win of thinkarts member Glenn Mantle who ran the marathon this year, raising £389 for thinkarts.

Glenn writes about his experiences here:

"It began with a win on the Grand National way back at the turn of the late 70's early 80's. My nan, Ivy, backed a winning horse for me.

Years later, she would back a winner herself with Bob Champion winning on Aldaniti, a race that had special meaning for many.

Bob beat cancer and Aldaniti returned from injury, leading to the making of the uplifting film "Champions."

Unfortunately my nan passed away some years later. Life got hard but I had other champions like Frank Bruno, Lennox Lewis, Marvin Hagler and good old Michael Watson who battled back!

My own fighting career was to be cut short when I developed mental illness - or so I thought. Many years of despair filled my life.

But I remembered Bob Champion said "Fighting is the lion's courage, but running is the courage of the horse (and he'll run and jump for ever if he loves you)."

So with the help of many people from CMHT, Goodmayes Hospital, thinkarts members and its creator, I set off to run the London marathon dressed as Ryn (Dragon) from "Street Fighter" game.

I made it with a "huge family" holding me up, in just 4 hours 24 minutes - first go! I would like to say thanks to everyone who helped me go the distance.

If you hear a voice in your head saying you can't win, then run and that voice will be silenced.

And my nan was watching I'm sure!"



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Volunteering Opportunity

Would you like to help produce our thinkarts newsletter?

WORKSHOPS ARE NOW TAKING PLACE...

At thinkarts HQ - Goodmayes Hospital, OT Department

For volunteers interested in developing their skills to work on our thinkarts newsletter production.

If you are interested in the arts and contributing to magazine publishing or new media, this is an opportunity to gain skills and experience.

Places are limited

To register your interest please contact

Vivienne or Mary-Anne on 0844 600 1218 or email

admin@thinkarts.org

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New festival tunes up in Woodford

THE Woodford Festival will promote the talents of over a thousand local people.

There will be music from jazz to organ recitals, choral singing, a symphony orchestra, blues and reggae.

Not forgetting Martin Carthy in folk music at the Redbridge Drama Centre.

Local churches, synagogue in Hermon Hill and the Mulberry Way Muslim centre are also holding special events, as are several local pubs.

The festival will involve the whole Woodford area from Saturday October 4 - 12.

For information: contact Anny and Ron Wortley-Millek for more details on 8505 9274(ronwm@onetel.com)

Storyboard artist Dan



In our next newsletter we feature manga artwork from thinkarts member Daniel Ingram.

thinkarts contacts

Vivienne Wheeler, Lead,
thinkarts

Mary-Anne Cable, Administrator
0844 600 1218

admin@thinkarts.org



Art of going green

JASON Leskos, our featured artist, exhibited this resin sculpture in a thinkarts exhibition held at the Capital Volunteering Celebration in central London.

Jason writes: "The work is influenced by a fascination in the properties of translucency and colour. Its translucency for me is representative of the simultaneity of the visible and invisible, an intermediary position of both these states."

Symbolic

"It is hoped that these attributes appeal to the viewer at a subliminal level and could be symbolic of the essential states of 'being' and 'non-being', or a state of 'becoming'.

"Understanding this through the language of words may be a little difficult for some to understand.

"Coupled with the illuminating 'glass-like' quality of the medium, the intention is to create a 'wow' response at first glance.

"The ethereal properties of the medium and theme of religious iconography, I hope, help to convey a sense of 'otherworldliness' but through a more visceral comprehension."