



IT'S that time of year again and thinkarts would like to wish you all a truly wonderful holiday.

This evocative winter image captures the spirit of the season

and the headline above is rather special too.

'Happy Christmas' is spelled out in an entirely new type face designed by service users.

It made its debut at a

Serpentine exhibition showcasing a range of artwork produced by the Hearing Voices project.

It was just one of the highlights of expos featuring creative talent - see our centre pages.

thinktank...thinktank...thinktank...thinktank...thinktank...thinktank...

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thinkarts

Please visit us at www.thinkarts.org

If you would like to get involved with thinkarts contact us. See back page for

ANOTHER SLIP

*Wake before the false dawn
put on your boots and walk
straight out
along the highway the cold
roar of endless traffic, avoid-
ing the stares of their inten-
tions and thoughts.*

*Board a bus out into open
country but don't forget your
identification
because the police hate the
thought of missing links.*

*Enter the forest edge, feel the
forgotten autumn leaves
beneath your feet, all life in
jeopardy far too soon.*

*The peace of the bare trees in
palpable and you wonder why
small birds scattered at your
approaching form.*

*Sit down quietly on the
exposed roots of an ancient
fallen Beech, catch your
breath listen, rest a while from
the years, from what, he you
have forgotten, finding your
recognise songs of the decades
carrying you on all along.*

John Edward Dunn

TIME

*Time is running away with me
My pen keeps on flowing down
these words
Time is getting carried away
with me
I've got nothing else to do any-
way*

*No matter what anyone says
It doesn't really matter
I can do what I want anyway
I can sit in the park and write
poems to my heart's content
As I haven't got anything else to
do till half past two
If I had college to go to I'll be
there but it's a break
I will write for goodness sake
I have no where to be so why
can't I sit in the shade under the
tree
No matter what time it is*

Anon

WHO AM I?

*Birth Certificate,
Passport I have not,
on a blank sheet of paper I am a
lonely spot!
no bank details, building society
alike –
Can I be aloof? Cos' when it
comes to being me –
I have no proof.*

*No identity – a non-entity!
This must be an oversight,
This must be an error
To make sure I'm still I have to
check the mirror!*

*If I can't prove who I am – I
have no history!
A nobody, a man of mystery
No credit cards or rent book
Rush back to the mirror and take
another look!-
It must be an oversight, it must
be an error!
If officials ask me for ID,
I just show them a mirror!
How can I be in the middle of an
identity crisis?*

If I don't have one!

*I can tell you it's no celebration
Having no documentation.
'You can't go there, you can't do
that'
If I don't have one!*

*I can tell you it's no celebration
Having no documentation.
'You can't go there, you can't do
that'
who told me that?
"some pompous bureaucrat"*

Keith Martin

UNTITLED

*Last week was a treacherous
chore
Can't get the words out that hap-
pened
Out of your mind
Trying not to be beaten
Not to be defeated
I can't explain how bad it is or
what was said but all I can say is
imagine the worst kind of bully-
ing that can happen.
I feel as if my life has been put
on hold
Turning from a busy lifestyle
Now nothing much to do
Trying to fill in time until the
next appointment is due
Is life just all about waiting until
what happens happens
Last week won't disappear but it
doesn't stop me from getting on
Trying to stay strong
The pain sinking inside
Trying not to let that be all I go
on about
Not as busy as I was before
Just trying to fill in time until the
next appointment is mine*

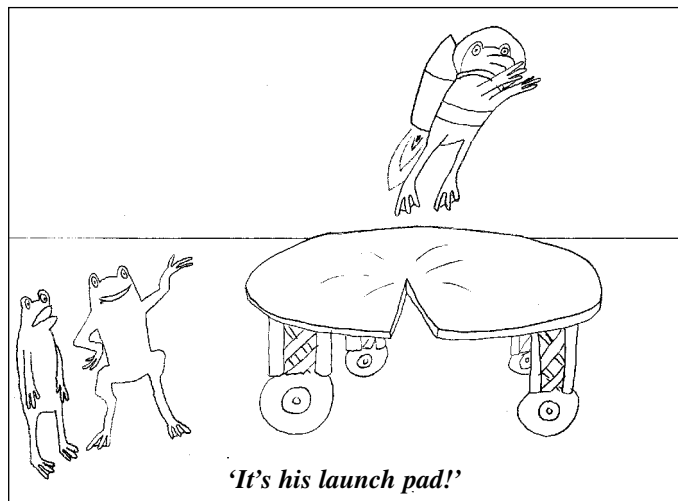
Anon

INTERLUDE

*in the alchemy of midnight
this dream will empty,
decant into musk
as vapors of your ruined silk
transform standing stones to
flesh*

JW

thinkarts CARTOON



FOR poets, creative writers and artists. Here is your opportunity to publish your work. You can claim credit or remain anonymous. Write to thinkarts

GAME FOR A NEW CHALLENGE!



'Well travelled' path for NELMHT report

Thinkarts received a commission to provide this year's NELMHT Annual Report with a twist.

Building on the idea of game, Pete, thinkarts graphic designer, rose to challenge and produced 'Well-Travelled'.

This ludo style game takes a journey along the imaginary Underground Line, stopping at parks, farms and countryside in Waltham Forest, Redbridge, Havering, Barking and Dagenham.

It aims to encourage players to learn about what's in the local area then get on their feet, bike, bus or train to go and explore.

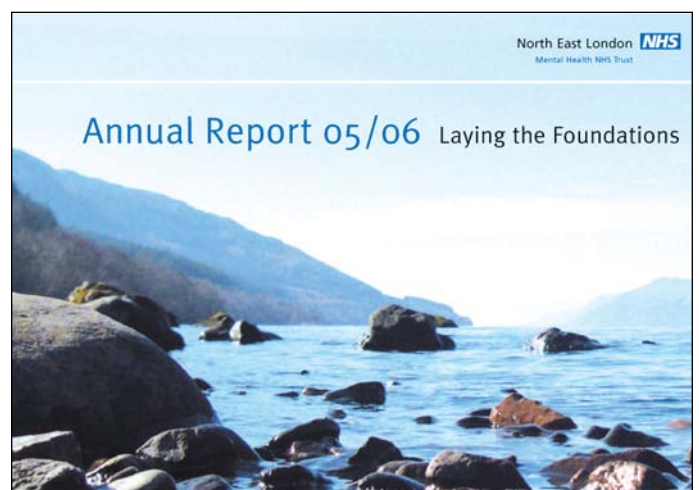
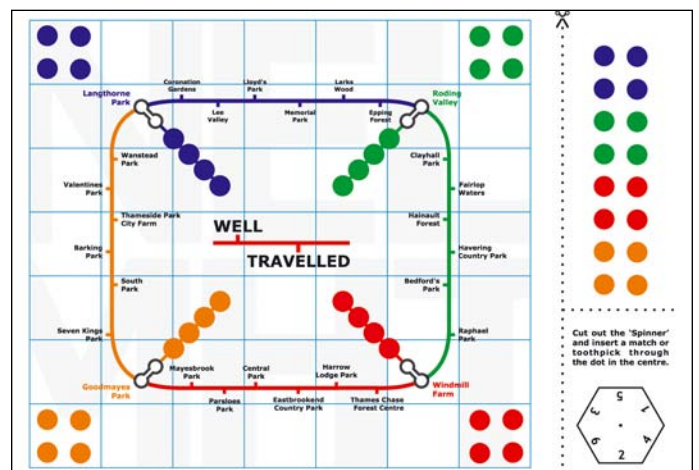
Research shows our mental well-being is boosted by physical activity. Get

moving regularly and find your mood lifts, you feel more relaxed, sleep improves, concentration sharpens, negative emotions, symptoms of stress, anxiety and depression are reduced, whilst motivation and energy levels increase.

Pete's imagination, professional approach and technical abilities has raised the profile of thinkarts putting it well and truly on the map.

To request your free copy of the Annual Report which incorporates 'Well-Travelled' please contact the Trust Head Office at Tantallon House, Goodmayes Hospital on 020 8970 8423.

Be inspired. Be active. Be well-travelled.



arts FOCUS



thinkarts

North East London NHS
Mental Health NHS Trust

Get on the Good Foot with the Goodmayes Mile

Follow the sign-posted route around Goodmayes Hospital's grounds and use the markers to help you see how far you have travelled.

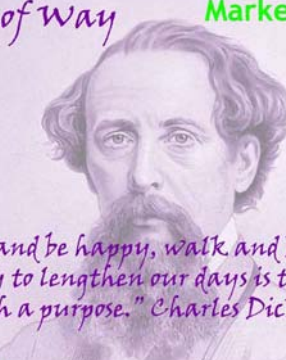
Get moving regularly and find your mood lifts, motivation and energy levels increase, you feel more relaxed, sleep improves, concentration sharpens, and symptoms of depression, stress and anxiety lessen.

Take you, take time out. Taking a meeting? Why not walk and talk? Get moving. Get fit. Get on the good foot. Take family, friends, colleagues and visitors.

Take a Break, Have a Chit-Chat.



Write of Way Marker No. 1



"Walk and be happy, walk and be healthy. The best way to lengthen our days is to walk steadily and with a purpose." Charles Dickens

thinkarts North East London NHS
Mental Health NHS Trust



CREATIVE ROUTES

www.creative-routes.org

Poetry Competition!
'Away From the Flock'

Creative Routes' Away From The Flock poetry competition takes the idea of being an outsider as its theme

'Creative Routes is an important and dynamic organisation and this poetry competition deserves the strong support of everyone interested in writing; I'm greatly looking forward to reading the entries.' Andrew Motion - Poet Laureate



The winner will be crowned BonkersFest! Laureate on Saturday 2 June 2007.

Entries will be judged by renowned poetry performance company Apples & Snakes. Andrew Motion, Poet Laureate and Creative Routes patron, will announce a shortlist of six at a ceremony at the Young Vic Theatre.

Away From The Flock (the title of your poem) You may find these questions helpful...

- Have you been on a journey of self discovery from shame to a celebration of your individuality?
- Have you ever considered yourself to be different, to be the ultimate outsider?
- Are you 'back with the flock' having spent time apart?
- Maybe you yearn to be an outsider?
- Have you been ostracised by society?

Apples & Snakes are England's prime purveyors of performance-poetry. They will be celebrating their 25th anniversary in 2007!

Prizes include promotion, performance and recording opportunities, a sponsored sheep in a sanctuary. Only the shortlisted poets will be notified.

(*'Away From the Flock' is taken from the title of a famous Damien Hirst sheep sculpture)

RULES

- You can submit up to 3 original poems and they must not be longer than 40 lines.
- You must base your poem on the title 'Away from the flock.'
- You must define yourself as having mental health issues or mental distress.
- Competition open to all ages, sexes, races, breeds and species.

Closing date is Friday 29 December 2006.

Please mark your submissions

'Away From The Flock Poetry Competition' and send to:

Russell Thompson Apples & Snakes,
Battersea Arts Centre, Lavender Hill

SW11 5TN (with your name and contact details)

or email Apples and Snakes marked Competition to:

russell@applesandsnakes.org

FREE WRITING WORKSHOP AND FREE POETRY PERFORMANCE WORKSHOP RUN BY APPLES AND SNAKES IN DECEMBER 2006 for poets entering Away From the Flock. Ring/email Creative Routes for details: T: 0207 358 3138 E: info@creative-routes.org

arts FOCUS

Room like the Romans Marker No.5



The mile was first used by the Romans and originally measured a distance of 1,000 double steps, which was 29 inches per single step, or 5,000 Roman feet.

How many steps do you think you have taken to be half way round the Goodmayes Mile?

thinkarts North East London NHS Mental Health NHS Trust

WHEELIE DOES IT Marker No.6

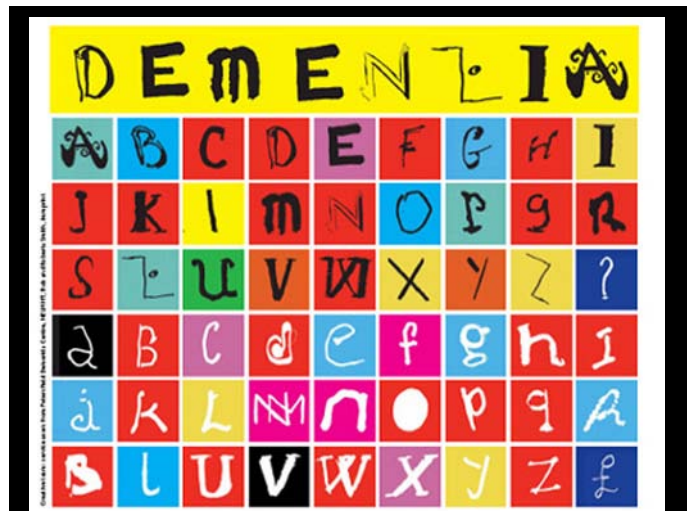
The Goodmayes Mile can be walked, run or wheeled.

In July this year **Aaron Fotheringham** became the first wheelchair athlete to land a 360-degree back-flip. The physical strength required to do this is immense.



Be inspired by the Paralympics coming to London in 2012.

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THE drive and determination of thinkarts editor Jackie Ede was behind a series of seven arts projects, culminating in a major event at the Serpentine Gallery.

Jackie, Lead OT for Rehabilitation and the Arts, was congratulated by colleagues and VIPs at the opening night of the exhibition and a book launch about the work of 'Hearing Voices, Seeing Things'.

A three year working partnership was established with the Serpentine Gallery to provide service users with a voice in the mainstream art world.

The Exhibition generated positive reviews and was acclaimed as a significant platform for the future and growth of thinkarts.

PAINT THE TOWN RED





Everyday items - from plastic bags to used bus tickets - are used to create a range of fascinating, colourful works of art

JUNK ART OF THE IMAGINATION

WITH THIS month's issue have fun exploring some unusual painting techniques; all you need is a little imagination and some everyday materials.

Moving from the traditional idea of painting with only a brush, develop new techniques and widen your skills with the endless variety of methods available.

THINKARTS expert ALAN HUSH explains how everyday junk can be turned into works of art.

I am always trying different ways of creating paintings. I've used plastic bags, sponges, cups and many other household items to leave imprints or to create texture giving the image a new lease of life.

Turn an ordinary painting into an eye-catching, picture with these

easy to follow hints and tips.

I find acrylic, a great medium to work with. It is fast, drying quickly, very flexible and fairly cheap.

For the figure pictured above (right) I collected used tube tickets, which were glued into position, then swept brush work around them. Then I used a roller - an excellent tool that can build texture over a wide area easily, quickly and with lots of variation.

Another way to try is dry brushing by getting a spare piece of newspaper to brush off most of the paint from the picture.

Then right at the end apply it to the painting, which gives you a very rough effect as the paint is nearly dry.

You may be able to see this in the abstract red rose. I sometimes apply a thick ground of paint, making sure I leave heavy brush marks, then use a hair dryer (although I avoid doing this at two in the morning!) and then dry brush paint over it.

In the image (left) again the roller goes over the underlying painting nearly making the cemetery invisible in the background.

There is no way to explain this technique fully in words, just experiment with thick and thin coats of colour on the roller and have fun, until you have got the paint as you would like it.

A standard thin plastic bag from the supermarket is also a helpful tool to test out.

I've used it slightly in the darkness of the hood, leaving a scrunched effect. Dabbing paint with the bag can make interesting diverse patterns, which I have used in some paintings to cover large areas to great effect.

The pallet knife is also a good implement for making marks and has created abstract shapes used by the masters for hundreds of years.

You can splash paint, drip it, roller, glue any materials into your canvases. Don't be afraid to make mistakes as these can be the best bits, experiment freely and explore.

Creating images is good messy fun, so no good clothes when doing them.

So enjoy creating and let your imagination guide.

**Studio 3 Arts Project
at
Forest Farm Peace Garden**

Join us for an opportunity to create a series of stimulating and inspiring art works under the guidance of a Visual Arts Artist



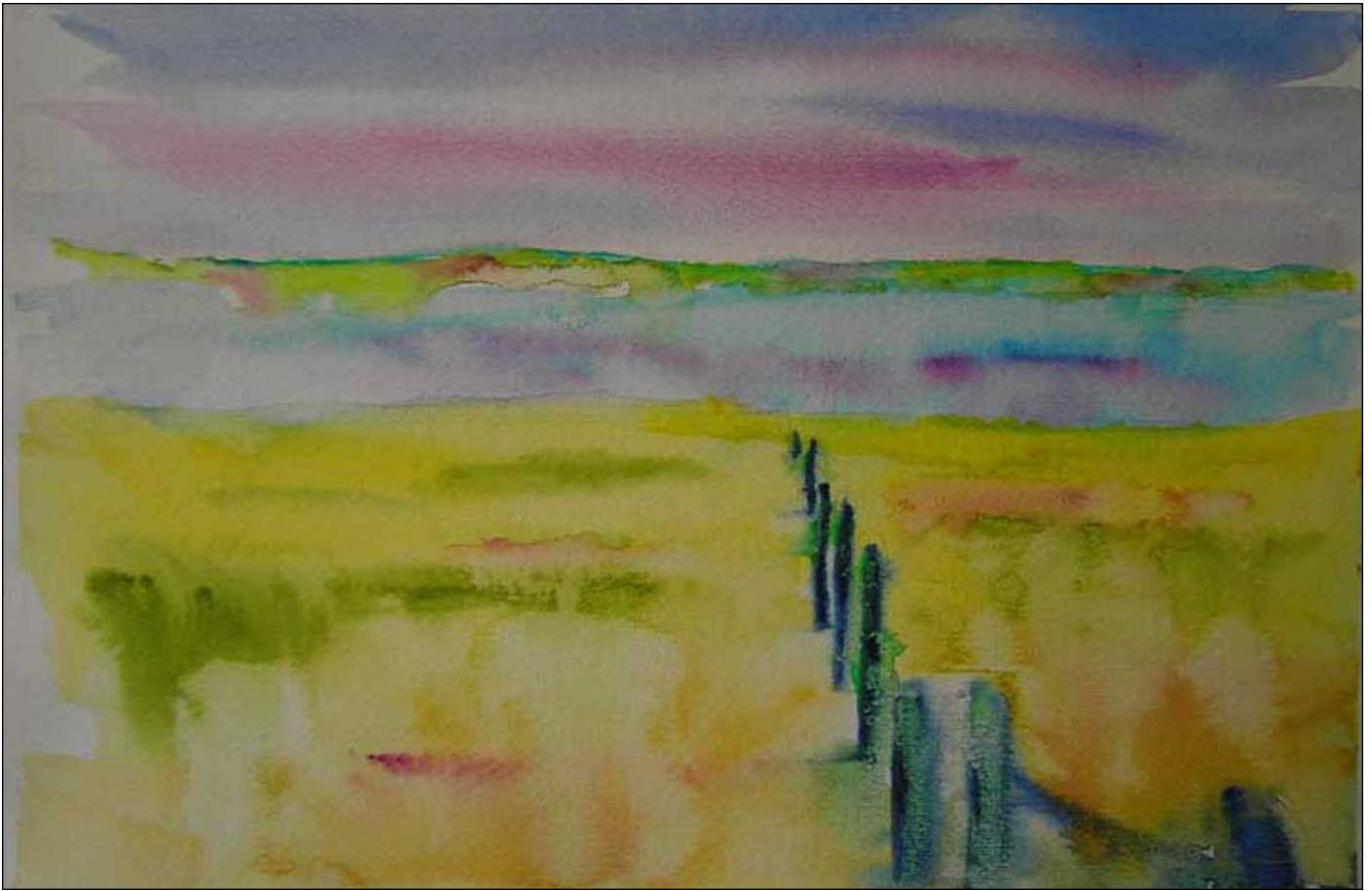
There is a 4 day project taking place on Sunday's on the following dates from 12 midday to 2pm Refreshments and travel expenses will be provided:

3rd, 10th, & 17th December

Places are limited so please book early to avoid disappointment. Preferably you would need to be available for the 4 days.

Directions: Take the Central Line to Hainault Station, or take the 150 bus north from Ilford (about 25mins). Follow New North Road to Hazelbrock Gardens. Go to the end of Hazelbrock Gardens, through the gates and under the bridge, and you will arrive at Forest Farm Community Gardens

**TO BOOK YOUR PLACE
CONTACT: JANET OR
MARY-ANNE ON
0208 970 4043**



FEATURED ARTIST

SHOWCASING WORK BY thinkarts WATER-COLOUR SPECIALIST JOHN EDWARD DUNN

WORKING mainly with watercolours, John's landscapes show local scenes with abstract interpretations. John also dabbles in acrylics and batik. He shares his skill and experience with others at his weekly art class held at **Havering MIND**.

The following groups are open to Havering service users: Wed 10 - 12 Craft Group; Tues 12.30 - 2.30 Art Group (with) John Dunn; Wed 10 - 12 Women's Art Group. For information, contact Sue Hagen on 01708 457777 or 01708 554471.



The Editor writes...

Words worth waiting for!

IN WRITING, just as in conversation, all of us can get lost for words.

It may take much stumbling over writer's block before we can gather our thoughts.

The slow and lengthy nature of this art may explain why we have a reliable old dinosaur to help us: the thesaurus.

The original work of Roget's Thesaurus dates back not quite to the Stone Age but to 1805. With an ancient Greek name meaning 'store-house', the thesaurus holds a treasury of answers, which can unravel thought-spaghetti and encourage our pens to paper.

Thinktank has been inundated with your creative writing. Keep your contributions coming and let us know the secrets to your success.

This month we are launching 'Poems in the Waiting Room', a collection published by The Poetry Society and akin to Poems on the Underground.

Thinkarts members have mounted and framed the works for display, and will be installing them in reception areas. Look out for the poems at health centres, GP surgeries and hospitals across Waltham Forest, Redbridge, Havering, Barking and Dagenham.

They might just be words worth waiting for...

Jackie Ede

thinkarts

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Barley Lane,
Ilford, Essex.
IG3 8XJ
020 8970 4043
E-mail: info@thinkarts.org
Website: www.thinkarts.org

BOOST FOR CREATIVE WRITERS

THE Creative Writing Collective, a weekly community group for adults experiencing emotional distress, has been picked to run a workshop for the MIND 2007 Annual Conference.

MIND is the leading charity providing innovative mental health services promoting positive images of people with mental health problems.

The 2007 Conference

'MOVING and SHAKING - making services work for all' will take place in Bournemouth on the 28-29 March.

Proposals were requested by MIND to run seminars, workshops or creative activities. Out of 84 proposals 16 were accepted for the conference.

Pat Moore a service user and qualified counselling psychologist and Shaun Gastall, OT/service user will be running a workshop

on setting up the project.

It will give members the opportunity to find their hidden talents and be creative in a safe environment.

If you live in Waltham Forest and experience emotional distress you are welcome to attend the Collective on any Thursday afternoon between 2.00pm and 4.00pm.

Contact Shaun Gastall, OT, on 0208 558 5683 for more information.

Alan reveals the bare facts

The painting Allegory with Venus and Cupid has long fascinated visitors to London's National Gallery, as well as the millions more who have seen it reproduced in books.

It is one of the most beautiful paintings of the nude ever made.

In 1544, Duke Cosimo de' Medici of Florence commissioned the artist Bronzino to create the painting to be sent as a diplomatic gift to King Francois I of France.

As well as the academic mystery of what the strange figures in the painting represent, there is a human mystery: who

were the models in the Florence of 1544 who posed for the gods and strange creatures?

Alan Fisk's Cupid and the Silent Goddess imagines how the creation of this painting might have touched the lives of everyone who was involved with it: Bronzino's apprentice Giuseppe, the mute and mysterious Angelina who is forced to model for Venus, the brutal sculptor Baccio Bandinelli and his son, and the good-hearted nun Sister Benedicta and her friend the old English priest Father Fleccia, both secret practitioners of alchemy.

Alan Fisk's first novel was The Strange Things of

CUPID AND THE SILENT GODDESS



the World, about the world's first tourist cruise in 1536, followed by The Summer Stars, a fictional autobiography of the sixteenth-century British bard Taliesin, Forty Testoons, set in Newfoundland in 1504-5, and Lord of Silver, set in fourth-century Roman Britain.

His science fiction novel Lightstorm, under his pen name John Raymond, was picked up for translation and publication in Romania. Alan has also published short stories and articles in countries around the world. He is a tutor on residential weekend courses on subjects including 'Writing Historical Novels' and 'Story Theory'.

Cupid and the Silent Goddess is published by Twenty First Century Publishers Ltd, 2003 ISBN: 1-

A WORM'S EYE VIEW...

