

Here is the winner of our Spring Photo competition.
 Congratulations to Sandra Lee Down!



Capturing a typical Spring moment

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FEATURED ARTIST



Azeem Khan
 Pages 6&7



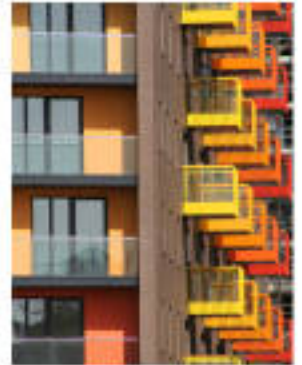
Barking and Dagenham Urban Landscapes at the Tulip Café Gallery



The new exhibition at Tulip Café Gallery, produced collaboratively with thinkarts, is now on show. This is another welcome opportunity for our members to exhibit in a popular venue, curate, and hang the exhibition.



Andrew Law, from Tulip writes: "The history of the Barking and Dagenham area can be traced back to the Stone Age, with the ruined remains of Barking Abbey still visible. Juxtaposed with the ruins of Barking Abbey are the exciting and award-winning 21st Century buildings that are forming the backbone of the renewal and regeneration of Barking Town Centre.



Tulip Café Gallery is at 2 Town Square Barking, IG11 7NB. Come along and see the work on show.

In this exhibition, we wanted local artists to highlight the contrasting views of this vibrant Borough, from the brightly coloured architectural facades of new build, to more ancient monuments; from the busy market to serene distant landscapes; from bright summer days to calm and restful evenings. We hope that the varied glimpses of Barking and Dagenham landscapes presented by this exhibition of photography show you some things you have never seen before and casts some new light on surroundings with which you thought you were familiar.



We hope this exhibition creates pleasure, interest, surprise and delight!

Ferguson Centre
Lowhall Lane Walthamstow

Presents

At Home in Walthamstow

Monday 7th - Friday 11th Sept. 2009 10am-4pm

Saturday 12th Sept. 2009 11am-3pm



Home is where the Heart is...
E17 ARTS TRAIL



SERPENTINE **CARTOONING**



Jeff Koons Popeye 2003 © 2008 Jeff Koons

The art world in London seems to be abuzz with 'Jeff Koons fever' this summer. If you are a regular newspaper reader, you may have seen a range of reviews about his 'Popeye Series' on display at the Serpentine Gallery until 13 September.

Thinkarts members were again in the fortunate position of visiting the gallery and participating in a corresponding workshop during the month of July. This time we were in for an additional treat: our workshop would be facilitated by one of NELFT's very own art therapists, Jane Oldfield.



Our day at the gallery was very rewarding, from the tour through the exhibition, the discussions following about the displayed art and the creating of our own masterpieces. We were also fortunate enough to enjoy a lunch break outside in the Serpentine Gallery's new summer pavilion, which has a great ambience to it. In the workshop space we discovered what we could design and construct with found materials, drawing on Koons' use of popular culture imagery, cartooning, superheroes and other memories of our own youth. We were given freedom to be children again – letting our hair down and our imaginations run free! In the process of learning more about the artist and what inspires him, we were also able to discover what we find inspiring and motivating.



**Serpentine
Gallery**



Serpentine Gallery
Kensington Gardens
London W2 3XA

Nearest Undergrounds:
Knightsbridge, Lancaster Gate or
South Kensington

Buses 9, 10, 52, 94, 148

Metered parking in Kensington
Gardens and Hyde Park

Full disability access



We look forward to our next visit to the gallery, and what that may bring!

"The insanity of the self"

How beautiful the self is so why do we fear it so?
Why do we feel the need for a collective self?
Is it a deep need for synchronicity?
Being able to tolerate the self in all its singularity is a gift.
Because you are an individual, in the real world.
However reality may not tolerate the self in its singularity.
Then you may find exclusion and a given label of insanity.

But it's the insane that deviate.
Isn't deviancy what makes things a new?



"Give my regards"



Tell them I stopped by
Not vocally but in a letter

Tell them I stopped by
In spirit not as the mere mortal who stands before you

Tell them I stopped by
As though I am holding your hand and supporting you myself

Tell them I stopped by
Imagine we are together, painted as the ideal of gods first beautiful creation

Tell them I stopped by
Remember the past joyous memories as if it was presently happening today

Tell them I stopped by
Think of our song playing blissfully, without a care in the world

Tell them I stopped by, and finally...
give my regards

"A reject of truth"

I deviate from everything in which normality throws at me.

I do not judge with sight yet normality won't accept me.

I love nature with passion and feeling but normality prefers destructiveness.

I emblazon my sanctuary with a welcomed ambience however normality likes solitude and privacy from thy neighbor.

I try to honor my family with all my hearts energy and normality still turns its back and yells to disown me.

Normality still does not understand that itself is not normal. And normality is nothing more than an illusion, a rejection of truth!





fit for 2012 Sports Day

Fit for 2012, on July 2nd, provided many opportunities for people to join in with a range of free activities from tai chi to football. It was a sweltering day, so cool drinks and a delightful lunch encouraged people into the marquee where the thinkarts stand was based.

A number of people enjoyed designing a postcard based on their experience of the event. The event's popular poster was commissioned from a thinkarts member.



thinkarts

REDBRIDGE
CONCERN
FOR MENTAL HEALTH



Date of Exhibition: 6th - 17th October 2009

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)
Asheley Lotter (thinkarts link)

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

Jon Abrams
Redbridge Concern for Mental Health

Tel No: 020 8925 2435
Email: jon@redbridgeconcern.org

Interview with Azeem Khan



Azeem Khan, writer and director of the short film "Open Secrets".

Azeem met with Millicent and Asheley recently at Redbridge Concern for Mental Health to discuss his film "Open Secrets" which won an award last November, taking 'Best Film' at the 6th Buffalo San Black and Asian Film Festival held at the Ritzy Cinema in Brixton, London.

Azeem, who has Manic Depression (Bipolar Disorder), was motivated to do "Open Secrets" based on his personal experiences. The film focuses on the stigma surrounding mental health within the Asian community and is based partly on a true story. Having worked in the film industry for almost twenty years, Azeem started out in advertising, making TV commercials. He then went on to making documentaries for BBC and ITV. He admits to have always had the desire to work within fiction and drama and this was his first professional film.

"Open Secrets" can be viewed on the Azko film website, www.azkofilms.com and runs for seventeen minutes and is a film which many would find if not riveting then certainly interesting. The film was commissioned by SHIFT, an organization working closely with Equalities in Mental Health. SHIFT is an initiative to tackle stigma and discrimination surrounding mental health issues in England and is a part of the National Mental Health Development Unit (NMHDU).

As explained by Azeem, the film is about Sunil, a patient in a psychiatric hospital, but his middle class Asian family, The Devs, are so ashamed of this that they keep it a secret from the rest of the family. But when Sunil's uncle comes to visit from Pakistan and demands to see his favourite nephew, the family is forced to hatch a plan for Sunil to make a very brief appearance at dinner. Sunil is forewarned on what to

do and say and to try to appear "normal". When the Open Secret of Sunil's mental health illness is revealed, his uncle Ravi, being wise and loving helps the family to learn to accept Sunil as he is rather than trying to force him to be something he is not.

Being about a subject close to his heart, Azeem enjoyed the experience of making the film, and while the film crew were ignorant of the fact that he himself has manic depression, he made sure that a lot of research was done which helped to make the film even more authentic. He went on to say that while he ended up with a very good cast, he found casting the older characters somewhat challenging, as there are but a few older Asian actors in the industry at present. However, there were two main stars in the film: Sayeed Jaffrey OBE, who is BAFTA nominated, played 'Uncle Ravi'; and Valmike Rampersad, an upcoming actor, played the lead role of Sunil. Valmike was found through www.shootingpeople.org, a website for people doing independent filmmaking.

When asked about his inspiration for the film his enthusiastic reply was to thank us for asking a question which gave him the opportunity to compliment and praise his wife, Atika, who he says is his biggest inspiration. Atika, who is Moroccan, is also behind him making another film, which he describes as more of a love story and is entitled "Crazy in Love: The Secret Life of Azeem". This, like "Open Secrets", is shot in parts on the Goodmayes hospital grounds and is about his experience in hospital and how with the help of his then fiancé, he was able to deal with those issues. The film has been sent to a number of international film festivals.



When asked how one would go about getting the finance for a film he replied that he was lucky in obtaining the financing for "Open Secrets" from SHIFT. He advised that first, the screenplay for the film should be written and then applications for funding should be made. He spoke of the generous funding given to his project then went on to say how it was spent. The production crew, the largest part of the film crew,

got the lion's share of the funding. The overall crew of twenty five people consisted of the camera man, camera assistant, grips, sparks, best boy, music composer, sound mixer, recorder, film editor, runners, assistant director, line producer, make-up, hair and the list goes on.

Azeem admits though that it doesn't end here, he plans to create even more and is presently doing a feature film call "Hidden Colours" which he said is a feature length version of "Open Secrets" dealing again with the stigma surrounding mental health within the Asian community. The difference is this film will be two hours long and is about a young man suffering from a mental health problem and whose family believes him to be possessed and must be exorcized. At the moment it's still at the pre-production. Azeem is currently exploring avenues for sponsorship or funding to produce film. If you can help please contact his website: www.azcofilms.com



It was almost a sad event when our interview came to an end. Azeem was such a friendly character and made the meeting a memorable one. "Open Secrets" is a success and is still being shown; the film is also in Gujarati and Hindi and can be seen on the SHIFT website as well. When commissioned, SHIFT specified that the work should promote a strong anti stigma and anti-discrimination message. It must also promote a positive attitude to the issues surrounding mental health problems, be highly original and combine potential for partnership working within the community development network set up by the DRE (Delivering Race Equality) program.

"Open Secrets" has also been shown at the national Delivering Race Equality Conference, been screened on the Community Channel in April and was shown at the Battersea Arts Centre as part of the SW London & St. Georges Trust "Happy Soul Film Festival". Eventually the film will be screened throughout England in a community and health & social care context to raise awareness, promote discussion and motivate action.

Finally we asked Azeem what message he felt he and his films would like to send out to the mental health community at large. His reply was for people to be positive about them-selves and not be ashamed of whatever mental health issues or problems they might have. He also said that they should use the challenges in their lives as an artistic stepping stone to do and achieve what they want. What he stressed was that you should be proud of who you are and that your own unique personal experiences and mental history are things that will help to creatively inspire you and through that, as he says for himself, keep you grounded when you aren't wasting anything of a life which is precious.

Congratulations Azeem and we wish you all the best in your future endeavours.



**Run by Studio 3
in collaboration
with Thinkarts**

"For myself, this means the acceptance of others and my reason for challenging the boundaries of mediocrity in oneself; and the understanding of what it is that creates a creative mind....."

**In our next edition we present to you a report
back on the Redbridge Mapping Project**

**Look out for the final artwork, displayed in Valentine's Mansion
and Ilford Central Library, as well as the final celebration event
which will be held in Valentine's Mansion in September.**

OLDER PEOPLE'S PHOTOGRAPHY PROJECT



A new and exciting project has been developed at Red Oak Lodge Day Hospital, for Older Adults in Waltham Forest. The group links in with NELFT 'Think Arts' project and provides the opportunity for functional day hospital clients to engage in a creative activity contributing to and promoting positive mental health, recovery and well being.

This group promotes a self management approach encouraging clients to explore photography materials/equipment and gain confidence and skills in using them. If clients display a keen interest in photography they are encouraged and supported to explore volunteering opportunities within the 'thinkarts' networks, enhancing their long term leisure and vocational goals. Participants have also been introduced to Waltham Forest's U3A community group.

The group structure provided very practical sessions which encouraged choice by empowering the clients to make the decisions regarding which local venues to be visited and topics to be photographed. These sessions were led by Jane Burgess and Vivian Maingard.



The group participants were full of praise for the sessions. They enjoyed the support given in learning the use of cameras and providing a creative, social network. One member was pleased to have gained support to link into the U3A.

Throughout each session all group members actively engaged through shared discussions and initiated discussion of past experiences / ideas around photography. One group member brought in a photography book she had been brought specifically for the group by her family.

After several group sessions, the photographs were commercially developed and the last few group sessions involved the clients to collate a collage in a large wall mounting frame, which now is proudly displayed within the main day hospital area.



Following this successful partnership with thinkarts, another photography group is planned to run in July.

By Jane Burgess, Advanced Practitioner OT

Creative Writing Group

A fortnightly forum for those who express their creativity through written word

Opportunities within the group will include:

- Development of writing skills & creative ideas*
- Sharing work with others*
- Development of links with other writers/writing groups/further education*
- Development of facilitation skills*

Taking place on: 23rd July every second Thursday thereafter

At: 2.30 - 4.00pm

Redbridge Concern for Mental Health (RCMH)

98-100 Ilford Lane, Ilford, Essex, IG1 2LD

Tel: 0208 925 2435

With: Asheley Lotter - thinkarts link

To take part please contact Mary-Anne on 0844 600 1218

Or email mary-anne.cable@nelft.nhs.uk

Creativity & Healthy Living Lifestyle



Evidence shows that if you walk at a brisk pace for 30 minutes a day, five days a week, you will:

- Improve your physical fitness
- Burn off unwanted calories
- Increase your blood circulation
- Improve muscle tone and bone strength
- Help your body to stay healthy

And, most important of all, promote a sense of well-being. It's free and it's fun, so get out those trainers and take a stride out into the sunshine, and then take a well deserved rest!

This newsletter contribution has been compiled by 'Woody'

Takada Anoshi





WHAT DO THEY WANT



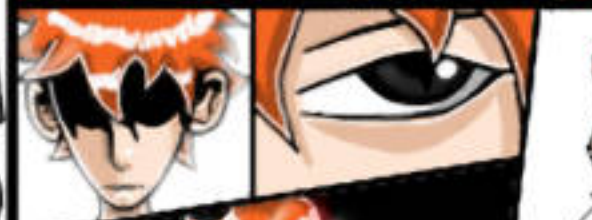
SHE MUST HAVE MONEY



YOU GOT A PROBLEM PAL



N..NO



NO..I ..DO



I DONT LIKE COWARDS



HEY



IM GONNA ENJOY THIS

OH NO! I MUST HAVE BLACKED OUT AGAIN

TO BE CONTINUED

INTRODUCTION TO: Miz M's Column



My name is Miz M, I volunteer with Redbridge Concern for Mental Health (RMCH) and I work on the thinkarts newsletter.

We at thinkarts recognize the challenges individuals on their recovery journey face getting involved. We would like to support your efforts to overcome barriers to this, especially in the creative area. In this quarterly column, I will offer readers the opportunity to raise some of these challenges and I'll do my best to cover key issues. Expert advice will be called upon if needed. We also welcome your helpful tips. Please note we will be unable to respond to individual correspondence or print all queries and tips, so do continue to talk to relevant agencies or healthcare advisers as needed.

Challenges already brought to my attention include:

- What can support individuals "getting up and going" on time?
- Where to go for assistance with paper-works i.e. forms, CV's...?
- How to manage social barriers?

In my first column in the autumn edition, I will be exploring aspects of managing social barriers, so queries and helpful tips are welcome.

Miz M

SUMMER PHOTO COMPETITION

Capture the summer and share your image in our next newsletter.

It needs to be in high resolution at least 300ppi and preferably on a disc or if you have a printed copy approx 6x4 which we will scan.

Let us have your images by 30th September, send to thinkarts (address on back page) and you could have the chance to showcase your image on the front page of our newsletter.

Thank you to Sandra for her Springs entry on the front cover.

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