

**What's  
Inside?**



**Hearing Voices,  
Seeing Things'  
Project**

Page 2

**What's so  
Funny?**

Page 2

**Featured artist:**



**Sandra Lee-  
Down**

Page 3

**Multimedia  
Poetry**

Page 4

**think**arts****

**Please visit us at  
[www.thinkarts.org](http://www.thinkarts.org)**

**Think**arts** website is  
being developed. If  
you would like to get  
involved with this  
contact us.  
See back page for  
details.**



**An artist's eye on the City: Sandra Lee-Down captures a series of images of life in London. You can see more of her photographic insights on Page 4.**

**Welcome to the 1st think**arts** newsletter**

THINKARTS provides arts-related events, projects and vocational opportunities for people who use mental health services.

We are affiliated to North East London Mental Health NHS Trust (NELMHT) and are working towards becoming an independent social enterprise where individuals will form a collective of artists able to respond to business requests for artworks

and activities.

THINKARTS will produce logos, cartoons, advertising and set-designs or use their skills to run sessions for local schools and community groups. Service users will be paid as freelancers or via therapeutic earnings to protect benefit status.

The foundation of THINKARTS is built on the work achieved through the arts in NELMHT, which has developed since 2003 through our Exhibitions,

workshops, Creative Circles, partnerships with the Serpentine Gallery and local Councils.

We are exploring funding options and establishing a website. In the meantime this newsletter describes what is going on. You are welcome to join in and we hope this newsletter will wet your creative appetite!

*Jackie Ede*

Think**arts** Editor

# HEARING VOICES - SEEING THINGS PLATFORM FOR BUDDING ARTISTS

HEARING VOICES, SEEING THINGS' is a year-long, integrated art programme run in collaboration with NELMHT, its users and other partners.

Including artists' residencies, artist-led group activities, temporary events and commissions.

Jessica Voorsanger and Bob & Roberta Smith, as artists-in-residence for North-East London Mental Health, in association with the Serpentine Gallery have formed an

platform  
art

artists group called 'LOG' (Leytonstone Centre for Contemporary Art Outreach Group).

Over the course of the year, LOG, have created seven interactive projects, each inviting service users from North-East London Mental Health to collaborate with the artists of LOG to create artworks that will

HEARING  
VOICES  
SEEING  
THINGS

be shown at the Serpentine Gallery in Summer 2006.

This exhibition will include performance, sound and video broadcasts events. A book documenting the work is being produced.

There will also be a poster campaign via Platform for Art.

The London Transport 'Platform for Art' is London Underground's public art programme, which is

designed to showcase and celebrate a rich and vibrant art scene across the Capital.

**The Seven:**

Karen Densham: 'Smash-Up' Ceramics Project at Brookside Adolescent Unit

Victor Mount: Redbridge Hearing Voices Group

Bob Smith: Older People's Services at Morland Road Day Hospital & Petersfield Centre, Havering

Sally O'Reilly & Mel Brimfield: 'Stories Through Sound Effects', Porter's Avenue, Dagenham

Mandy L. Jandrell: 'The Tableau', Kenneth More Theatre, Ilford

Andy Lawson: Photography Project, Young Carer's of Barking & Dagenham

Jessica Voorsanger: What's so Funny? Borough-wide, Waltham Forest

**Why not get involved with the next project?**

Serpentine Gallery

Smile, it's  
real art...  
not just  
for laughs!

FINDING OUT 'WHAT'S SO FUNNY?' is a project for Waltham Forest Service Users and Staff.

Local artist Jessica Voorsanger is working across the Borough of Waltham Forest and inviting service users and staff to take part in an art project, to explore what we find amusing.

What makes you laugh? Is there a particular joke, maybe a scene from a movie, or just a funny experience, which you would like to share?

Come and take part in



one of the project sessions taking place in the Borough. Share your funny stories and record them on video.

Jessica will be running sessions in April and May at the following centres:

Ferguson Centre,

Walthamstow, Hawkwell Court, Chingford, Kirkdale House, Leytonstone, Thornebury Centre, Leyton

We will also be collecting contributions to the Project by linking with staff based at the Community Mental Health, Assertive

Outreach, GP Surgeries - Home Treatment Teams and Inpatient Units for adults of working age and older people.

If you would like to submit something please call Jackie Ede on 020 8970 4043.



## **THIS MONTH'S FEATURED ARTIST: Sandra Lee-Down**

**LONDON HAS CAPTURED THE HEART OF PHOTOGRAPHER SANDRA WHO PROVIDES THESE CONTRASTING VIEWS OF LIFE IN THE BUSTLING CAPITAL**



**WITH AN EYE for a great shot, Sandra produces her own digital pictures.**

**As well as urban landscapes - featured in this visual tour of London - Sandra's subjects range from flowers and animals to weddings and people.**

**Sandra is also a multi-talented painter and creates various craft-based pieces for local exhibitions and sales.**

**For more on Sandra's work you can visit her online gallery at [www.thinkarts.org](http://www.thinkarts.org)**

*The Editor writes...*

Whether you are interested in music, stand-up comedy, poetry, crafts, set-design, visual arts, textiles, dance, drama or you are... 'just curious'... joining a Creative Circle is the opportunity to hear and share ideas, help contribute to planning and organising events, and meet like-minded people around North East London.

Creative Circles are open, friendly sessions. Sometimes people bring along examples of their own work, others come to listen or just to see what it is all about. Information about arts events and activities are on hand. Tea and biscuits are on tap!

All mental health service users, carers, staff and volunteers are very welcome, please do just drop-in.

Creative Circles meet in local community art facilities such as the William Morris Gallery, Walthamstow, and the Kenneth More Theatre, Ilford.

You are welcome to just turn up or if you prefer please contact us at thinkarts for more information.

Watch this space new dates coming soon!

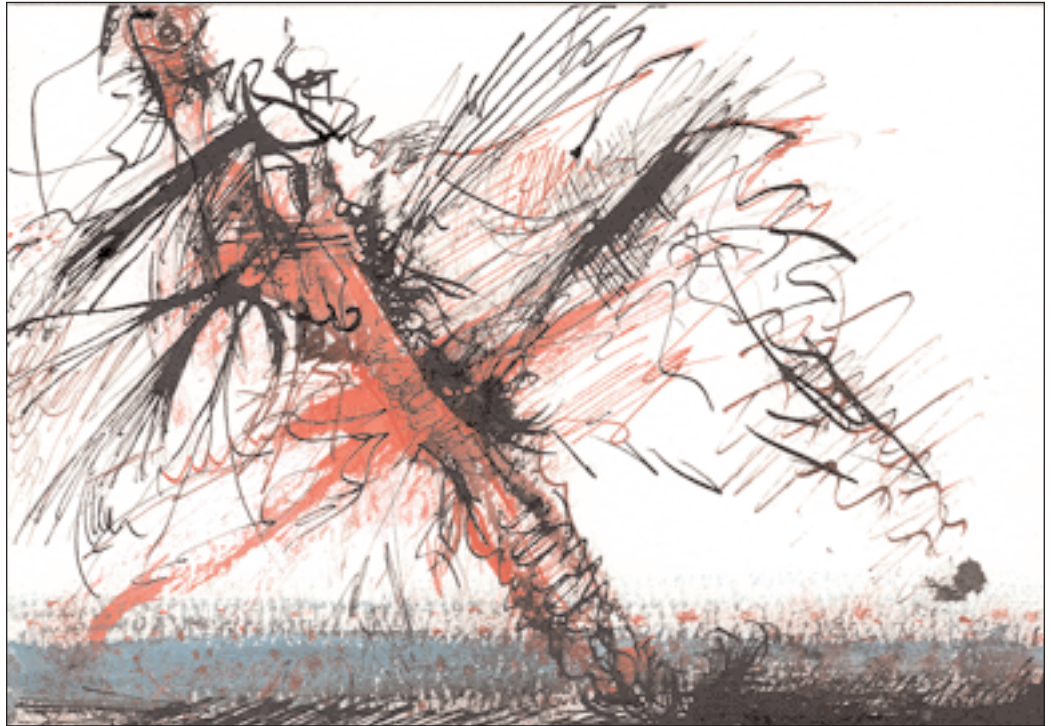
**Jackie Ede**

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With thanks to: Creative Circle and Glenn Mantle



Digital montage in blue

**Les blasts-off with fantastic art show**

SPLIT INFINITIES is an exhibition of the Fantasy Sci-Fi artwork of Les Edwards.

Les, who lives in Ilford, is best known for his illustration of a huge number of book jackets in the fantasy, science fiction and horror genres. He has worked on movie posters, fantasy games and graphic novels and has won the British Fantasy Award for Best Artist.

The exhibition runs until April 29 at Redbridge Museum, 1st Floor, Central Library, Clements Road, Ilford, Essex. Admission is free.

## Morning Flowers

<b>Consider armoured insects transcending water ascending</b>	<b>Consider jewelled tokens locked in summer tumbling each secret sky</b>	<b>Consider when you grunt at the moon, the poetry of the dragonfly</b>
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THE ARTWORK and the poem above are contributed by multimedia artist and writer, Jon, who uses art as a strategy for coping with depression.

He explains: "I have personal experience of the darker side of being a so called 'creative personality'.

"I find that being able to channel my feelings through all forms of art is therapy."

The way in which issues of mental health and dis-

tress were addressed by poets throughout history was explored this month by the Royal College of Psychiatrists.

The event 'Poetry and Mental Health' was organised as part of Poet in the City - an official project of the Poetry Society.

It is supported by the Priory Group an independent health provider.

The keynote speaker was Professor of Psychiatry and Poet, Ferni Oyeboode.



Detail from a charcoal drawing manipulated with added colour.