



Joint Western Arun Area Committee Community Initiative Fund application



CLC Reference: 445/JWAAC

Local Councillor: David Edwards

Status: Fundraising Stage

Overfunding enabled (refer to 'what we'll deliver' section)

Project cost: £12,684.00

Crowdfunding target: £12,376.00

Project Title: Picturing a brighter future

About:

Add avenues of employment for socially isolated people who will boost their confidence & gain new skills by creating professional frames for a community art exhibition for marginalised local artists.

We propose to hold two 10-week blocks of vocational training for ten adults at a time, who have been long-term unemployed or who are living with mental health difficulties. Participants will be trained in professional picture framing and learn about Fine Art Trade Guild standards. Once the attendees have gained the necessary skills and experience, they will create the frames for local art groups taking part in a free community exhibition at The Regis Centre in Bognor Regis. This will be on behalf of artists with a number of barriers preventing their artwork being displayed. The following local groups will be taking part: United Response Bognor CAN Capital Project Trust My Sisters' House The frames will be made for reuse at future exhibitions for the same or alternative art groups. The project will benefit 160 local people: 20 in vocational training, 80 from the art groups and 60 of their associated carers, friends & family, and all the attendees of the exhibition.

Project Delivery Manager: Frame of Mind CIC

About me:

Frame of Mind is a service user and carer led Community Interest Company who provide vocational training and wellbeing places for local adults with Mental Health Issues, Learning Disabilities or Dementia.

The general public sometimes find it difficult to understand mental illness due to a mixture of fear, lack of understanding and prejudice. At Frame of Mind we employ past service users who understand only too well the issues people can face on a daily basis. Social inclusion is a central part of what trainees experience at Frame of Mind. Our trainees learn picture framing, digital printing, ceramics, horticulture and customer care skills in a real business environment.

Working at their own pace, in a supported environment, trainees take part in constructive, positive tasks, and in doing so rediscover key life skills such as responsibility, self-confidence, empathy and judgement. Through sharing experiences with other trainees of similar backgrounds and meeting customers face to face, trainees are able to overcome the barriers of social isolation. As their confidence grows they become more active members of their community, moving onto volunteering, education and employment.

Recovery is at the heart of everything we do. We want our trainees to once again take part in everyday activities that many people take for granted and to feel part of their communities again.

Website: <http://www.frameofmind.uk.com>

Why we're pitching for a pledge:

Help reduce social isolation for adults in the Regis area & let us celebrate their achievements by displaying art & frames they have created.

What we'll deliver:

- Provide 200 training days for socially isolated people
- Create 150 reusable picture frames for community art groups to display their work
- Organise exhibition to display community artwork
- Empower socially isolated individuals with confidence & skills to help them back into employment & volunteering
- Increase the mental and emotional wellbeing of the trainees, artists and attendees of the exhibition
- Help all involved to become more active members of their community

How any extra funds raised from overfunding will be spent:

* Provide extra training for socially isolated adults

Why it's a great idea:

Here are some testimonials from people who have attended similar Frame of Mind programmes in the past: 'Everyone should be sent here; it gives you hope.' 'I like Frame

Of Mind as being a trainee I have learnt to make picture frames, had help filling out job applications & get to work with a great bunch of people. It has been a really worthwhile experience.' 'I can talk to people who understand what it's like & understand what I'm going through. We can talk about different strategies on how to cope or overcome mental health problems. I also enjoy learning new skills and having something to show at the end of the day. I cannot thank Frame Of Mind enough for the support they have given me.' 'I came to Frame Of Mind about six months ago & have suffered from depression & anxiety. Without Frame of Mind I would be still stuck inside looking at four walls; it has stopped me being so isolated.' 'They talk to me like a person, not a target or an outcome.' 'It is a community in itself.'

Steps to get it done:

- Schedule dates of training with participants
- Provide 800 training hours
- Create 150 frames for community art groups
- Organise community art exhibition at the Regis Centre
- Hold community art exhibition
- Evaluate impact of programme