

ZooFish Arts : Face 2 Face

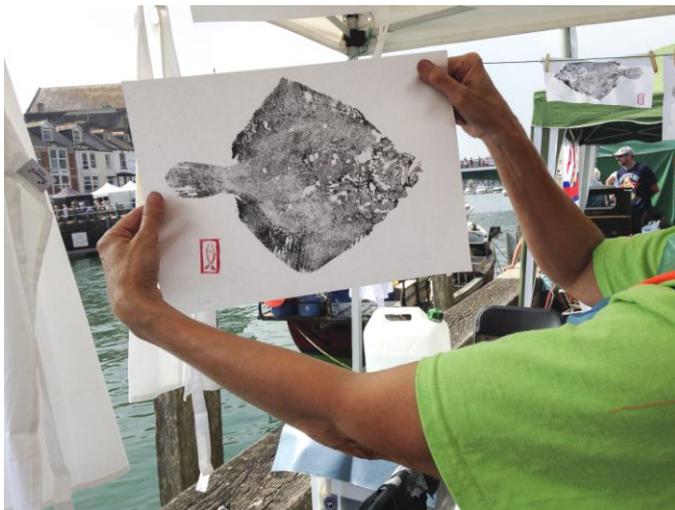


Face 2 Face is an arts and mental health project funded as part of the national Time to Change campaign which addresses the stigma surrounding mental health.

In March 2014 Dorset-based social enterprise ZooFish Arts CIC and Richmond Fellowship established **Face 2 Face** - a year-long programme of art workshops. We work with volunteers with lived experience of mental distress and the Zap Arts group that we established together in 2013.

Face 2 Face workshops take place at country fairs and community events across Dorset. An innovative mix of art and cake (!) engages passers-by, allowing meaningful conversations about mental health to take place with our volunteers.

A Gyotaku workshop (traditional Japanese fish printing technique) attracted over 100 members of the public at the Weymouth Waterfest 2014



The project has a target to deliver 1000 of these conversations ('social contacts') by February 2015. We expect to easily exceed this.

ZooFish Arts : Face 2 Face

As well as art skills, the project has provided volunteers with training in initiating conversations with members of the public, using social media, health and safety, and adult safeguarding. Volunteer representatives sit on the Face 2 Face steering group.

Our volunteers value:

- increased confidence and self-esteem
- learning new skills
- social skills
- working in a team
- interaction with the public
- valuable and meaningful activity

“Coming to the art group is better than tablets”
Barry



Feedback

Volunteers:

Alison: “I have gained so much. My confidence has increased. I am developing new skills and re-awakening old ones. This has had such a positive impact on me and my mental health.”

Barry is certain this approach based on activity, getting out, meeting new people and making friends is a better path to recovery than sitting at home.

Darren, who also has been with the project from the beginning, only missing one week through illness, has moved from ‘I can’t do art’ to

“I’m telling other people to come to the group”
Darren

ZooFish Arts : Face 2 Face

“People with mental health problems are the same as you or I, it can happen to any of us at any time in our lives, this education brings it to the fore”

Member of the public

confidently appraising the progress of his own work, judging colour and form. He is actively promoting the art group to other service users.

Comments from the public suggest our approach is working to create a clearer understanding of mental health issues:

- *“Good to talk to someone face to face about mental health issues”*
- *“The human face of mental health sufferers was heartening to see”*
- *“ I like the way people are letting other people know, not everyone knows what it is like”*
- *“Good activity for promoting awareness and talking to people”.*
- *“I think it is great to speak openly”*
- *“Bringing into the light an issue that affects a lot of people – most have had issues when you wouldn’t have thought so”*
- *“More of these events” [would help further challenge stigma].*

“As a result of my increased confidence and developing new skills, I am looking to find the right opportunity to get back into social care work and to develop my career.”

Alison

Forward plans

We are exploring funding options for the future of the project, and hope to continue the engagement with the public as well as running our regular Zap Arts club. A joint event involving Double Elephant Print Workshop (Devon) and Time to Talk (Somerset) is planned for March 2015, as well as a large celebratory event in Poole. We also hope to complete a video which will serve as a training aide for partners, and which will continue to challenge stigma online.



ZooFish Arts : Face 2 Face

Background Notes/Appendix

Outputs

Face 2 Face has (to December 2014):

- engaged over 15 regularly attending volunteers with lived experience of mental ill health, with at least six volunteers running each of the 23 events held so far (mean attendance 8 volunteers per event).
- employed three coordinators with lived experience of mental health issues
- Volunteers have so far engaged 955 members of the public in meaningful conversations around mental health
- Zap Arts weekly art club has a mean attendance of 8 per week. 24 individuals have attended 3 or more sessions since October 2013; 10 have attended for 10 or more weeks.
- Project is still welcoming new recruits.

Partners

- ZooFish Arts CIC is a Poole based social enterprise that delivers arts based projects with a range of community groups.
- Richmond Fellowship is a mental health charity that supports people with severe and enduring mental health needs.
- Borough of Poole Arts Service provides support and advice to the project and sits on the steering group.
- Culture Volunteers Poole recruits and supports some of the project volunteers.
- Skills & Learning Bournemouth, Dorset and Poole and Healthwatch have provided training for volunteers.
- Time to Change, our funder, is England's biggest programme to challenge mental health stigma and discrimination and is led by Mind and Rethink Mental Illness