

# Tower Hamlets

LinkAge Plus

## Sundial Centre Art Class

The Sundial Centre is a drop in resource centre dedicated to meeting the needs of the local community especially people aged 50 and over. This particular activity is a structured art class for new beginners in art and an advanced group working with an artist in residence.

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# Sundial Centre Art Class

## Objective

- To encourage mental stimulation and wellbeing.
- To encourage and improve hand co-ordination for those who have arthritis.
- Build up confidence and self esteem.
- To teach older people different techniques of art, take them to art galleries and introduce them to other mediums of art and design.
- Socialising and developing friendships, social contact for those who are isolated.

## Activity

- Sundial Centre's art group were nominated to work with local artist Wayne Lucas along with the Mayor's Office and The National Gallery for the Fourth Plinth Project. The group made models, which were then displayed at The National Gallery (28 Feb 08).
- The Fourth Plinth project was an eight week project.
- Users went to The National Gallery for two of those weeks to look at work from the five artists whose work has been put forward for the Fourth Plinth.
- 10 users made models and wrote about their models for the exhibition.
- 10 users took their work to The National Gallery and had their work exhibited.
- Two users did presentations at The National Gallery.
- All 10 users took part in the Sundial Centre exhibition.
- Three users sold their art work on 30 April 08.
- 40 local peoples and older adults attended the Fourth Plinth Exhibition at the Sundial Centre.
- Two users came from sheltered housing schemes.
- Two local papers covered the exhibition.

## Achievements against objectives

- This was the first time all users made models as part of the art class.
- One user had never done any art in his life.
- Users used materials and other art mediums they would not normally have - they normally work with crayons, oil paints and water paints.
- Users built up friendships and socialised both at the Sundial Centre and The National Gallery.
- Users had to use different parts of their brain to usual to get ideas and be creative (mental stimulation)

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- Self esteem and confidence was built as users were in the local paper and friends and family told them what a great work they had produced.

## Wider achievements

- Users are full of confidence and want to do art work which is more challenging and want to work with artists who are more demanding of them.
- Users feel that they were supported by the LinkAge Plus (LA+) staff and are confident in asking to work with other groups and for LA+ staff to find other projects/competitions that they can enter.
- Users want to have their work exhibited in other local galleries and community centre.
- Users want to also exhibit their art work and sell it to raise funds for art materials.

## Resources

- Art tutor £25 per hour @ 10 hrs for these sessions eight weeks.
- Art materials £400 including the six plinths we had to hire for the Sundial Centre event.
- Administrative costs, printing of leaflets and posters.
- John Goldup's and Barbara Disney's time at the Sundial Centre.
- Deputy Mayor time.

## Key lessons learned

- Older people would like to do more than just keep fit and to do something that is cultural, stimulating and educational.
- Users were able to both learn about other art methods like model making.
- That we should organise more outings to art galleries.
- Some users were not happy that they could not do a speech or that we favoured some more than others at The National Gallery. We tried to change that when we had the exhibition at the Sundial Centre and treated all as very important people.
- We also learnt that some users needed more time to do their models and were not so fast or could not use their hands as well as others.
- Next time we will allow for more time for projects and give users space to continue to do their work outside the art class time.

## Further information

Contact: (Fidelma O'Neill [fidelmaoneill@surfanytime.net]) Representative from the Mayors office

Ref to website: Peabody Website: <http://www.peabody.org.uk/pages/GetPage.aspx?id=165>

Sundial Centre: <http://www.peabody.org.uk/pages/GetPage.aspx?id=157>

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## Related documents

See website above.