

Dear Artists. 10th May 2021

'There is something to be wondered at in all of Nature' - Aristotle

We hope you had a good weekend and are safe and well. We were busy with enrolments last week and ran out of time getting this newsletter out. So it's Monday and the start of a new week.

Our newsletter starts with three paintings from Wednesday's painting group; amazing new works by Anna, Dave and Joel.



Anna's beautifully composed new painting.



'It's a Kind of Magic' – Freddie Mercury and David Bowie in Dave's new work.



Joel's amazing new painting

Mental Health Awareness week.

It is Mental Health Awareness week. The theme for this year is 'Nature and Mental Health' and celebrates the benefits nature has on our mental wellbeing and encourages us to take time to connect – whether on a walk or from a window – and hear and notice its beauty and how it makes us feel. There is more information at:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



*From the wonderful colours of Healing Garden!
Come and bloom alongside me!
We are all together!*

Thank you Raj for your words and images from the healing garden.



Art Matters! Thank you Lucy.

All the images can be found on the Art Matters Instagram account.

Covid-19. Government advice.

We'll continue to run the studio under the Covid-19 guidelines – safe distancing, facemasks and smaller groups every two weeks. On May 17th the Government are again looking at relaxing the measures and we'll look at how this impacts on the Art Matters service.



This is an A2 canvas in oils. My first every oil painting. Lisa.

Wow Lisa! Your first oil painting? Astonishing!

Do you have a message for an Art Matters friend? Send it to us and we'll put it in the newsletter. Likewise, a thought for the day, a poem, an idea or a picture you'd like to share.



Cherry blossom in my garden. Molly.

So beautiful Molly. Love the tree.

Thank you everyone for sending in your work. It's an amazing collection. Art Matters feels very proud.

Richmond Fellowship: Working Together Forum.

'Revive, Reload, Refresh'

There are only TWO WEEKS to go before the National Working Together Forum on Thursday 20 May via Zoom from 10am – 4pm.

What's on?

- Exciting, co-produced workshops including Attitude of Gratitude, Mindfulness and Wellbeing, Exploring My Talents
- 'Tomorrow's World' – A interactive workshop between the people we support and staff on the future of care post-lockdown
- Recovery Stories
- An update from the Working Together Committee and the Working Together Leads
- [Click here to book your place today!](#)

How can you help promote the Working Together Forum?

- Forward the booking link and what's on section to the people you support
- Bring up the Working Together Forum in your team meetings
- Add the event to your calendar
- Feedback on how we can help the people you support to access the Working Together Forum.
- Display the attached poster in your service

If you have any questions or feedback please contact pqiservicedesk@richmondfellowship.org.uk or call Pamela Waterhouse on 07741 835592



Here's my latest. Best wishes. Nigel.

Nigel's new meditative painting.

Art Matters Business Plan.

The staff team had a business plan review meeting on Wednesday. It's not easy to think too far ahead but it was a very positive meeting. Your views and opinions are important to the plan and we'll arrange to meet on Zoom in the coming weeks, probably a Monday. Please let us know if you are interested in joining.



Saying it with flowers - new clay work from Philippa.

Please continue to listen to Government advice and stay safe and stay in touch. Look after yourselves and each other.



'Lockdown Friends'

Great image Barry!

Contacting Art Matters: artmatters@richmondfellowship.org.uk - all staff access these e-mails. You can also call the studio number on 01737 766212 and if we are unable to pick up leave a message and one of us will get back to you as soon as we can.

Staff mobile numbers:

David: 07741 817654 – 9:30 – 4:00. Tuesday to Friday.

Natasha: 07786 191114 – 9:30 – 4:00. Wednesday to Friday.

Rita: 07741 817651 – Tuesday – Thursday.

Mark: 077886 191154 – 9:30 – 4:00. Monday – Friday.

We'll see you soon.

The Art Matters team.

Mark Cremmen

Studio Manager

Art Matters

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