

**From:** [Mark Cremmen](#)  
**To:** [Mark Cremmen](#)  
**Cc:** [Rita Wright](#); [David Mackenzie-Dewhirst](#); [Natasha Dovey](#)  
**Subject:** Art Matters Newsletter - 19th Feb 2021  
**Date:** 19 February 2021 14:24:06

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Hello Artists. 19<sup>th</sup> Feb 2021

Welcome to this weeks newsletter, filled with art, poems and a selection of your favorite things! Please continue to share your images with us and if you haven't sent in anything for a while please do – a picture taken on your phone is a gift we can all enjoy. All the images can be found on the Art Matters Instagram account.



Nigel's new painting; a surrealist composition.

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We hope you have what you need, are safe, warm and well. We'll continue our calls to you and you are welcome to phone us in-between on the numbers below. The next Government announcement on the lockdown is due on Monday on we'll get back to you on how it may effect our services.



Raj dedicates these words to all at Art Matters.

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Meet Emma's little gang; Reynard, Alfie and Luna. Emma says 'I finished making Alfie's shirt today, it's so hard sewing small! Practice, Practice, Practice! Have a good weekend! Xx'

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Richmond Fellowship – Working Together.

Richmond Fellowship is pleased to announce our next Working Together Forum will be online via Zoom on Thursday 20<sup>th</sup> May 2021.

To help make the event a great success, we are looking to recruit a group of **people we support** and **members of staff** to be involved in our **Working Together planning group**. This is a brilliant opportunity for individuals using our services to work alongside Recovery Focus staff to make key decisions about the Forum, including the theme of the day, the interactive workshops, external speakers and much more!

People we support who take part in the planning group will be paid for their time. The hourly rate is £8.72 and payment will be made after the forum takes place.

If you are interested in this opportunity please let us know at Art Matters.

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Six Steps to Wellbeing – more information coming.

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One of Lucy's favorite writers of comic verse is the marvellous Spike Milligan. Thanks for sharing Lucy.

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Moira's very stylish new textile work.

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Deanna is stencil-printing on fabric.

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[BBC – Headroom.](#)

*The BBC has developed a useful new resource that includes Mindful Tips, Mood Mixes, and*

Personal Stories & Motivation. Whether it is everyday tips, [sounds to relax your mind](#), [strategies to cope with parenting](#) right now or [films to get you talking](#), we are here to help you look after yourself and your loved ones.

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit>

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*'Hello, hope everyone's doing ok and staying safe, I just thought I'd send pictures of what I've been working on lately, hope you like. Matt.'*

Thanks for the message and sharing your amazing new work Matt.

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*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.*

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Molly's beautiful new painting - still life with elephant.

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Contacting Art Matters:

[artmatters@richmondfellowship.org.uk](mailto: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 is on leave this week.

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

Please continue to listen to Government advice and stay safe and stay in touch.

Until next time.

The Art Matters team.

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