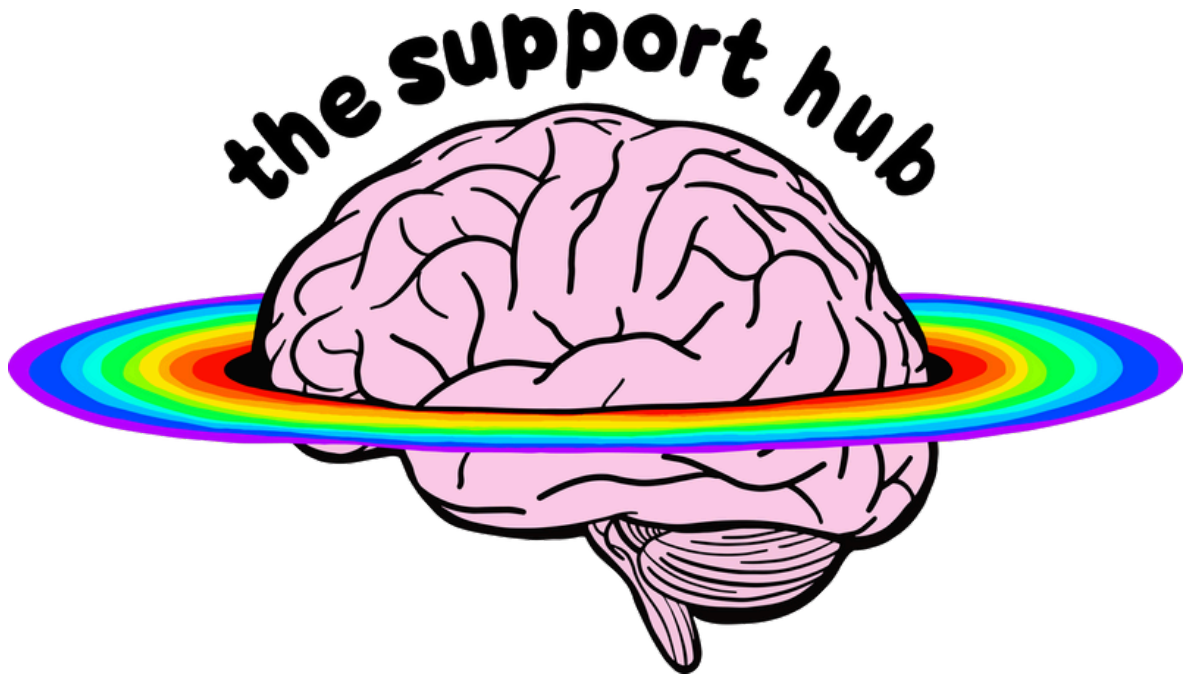


# ARTS & HEALTH HUB



Information on what the  
'Peer to Peer Professional  
Development Group' sessions  
are about

This is an Easy Read resource  
to learn more detail



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## WHAT ARE THE PEER TO PEER PROFESSIONAL DEVELOPMENT GROUP SESSIONS?

This opportunity is for artists whose artwork explores health and wellbeing, to participate in Peer to Peer Professional Development Group sessions over a 6-month period.

One group will run in-person in London, one group will run in-person in Manchester, and one will run online on Zoom online.

Please read on to learn more about the Peer to Peer Professional Development Group sessions, and how you can apply online to be involved.

# WHAT ARE THE PEER TO PEER PROFESSIONAL DEVELOPMENT GROUP SESSIONS?



This opportunity is open to UK-based artists working in any art medium, provided that your art practice explores health and wellbeing in some way.



You need to be able to present or share your art practice yourself (digitally or in person) for these sessions.

The sessions will support both the development of your work and others, through peer-to-peer support. By this we mean you will share current artwork or ideas with the group to gain feedback from others to help you. And you will be asked to offer feedback and advice to others.



# WHAT ARE THE PEER TO PEER PROFESSIONAL DEVELOPMENT GROUP SESSIONS?



Each group will be supported by a facilitator to help guide the conversations and make sure everyone gets a chance to share their work and their thoughts.



In London this facilitator will be Daniel Regan.



In Manchester and for the online Zoom sessions, this facilitator will be Jennifer Gilbert.



Your work reminds me of the work of Van Gogh

Interesting. I hadn't considered that

You need to be open to supportive feedback from facilitators and your peers, and not let this affect your mental health and wellbeing.

# INFORMATION ON THE SESSIONS



X 8

The **online sessions** will be for a maximum of 8 artists to take part. The **in-person sessions** will be for a maximum of 12 artists to take part.



X 12



The sessions are 2 hours long. Please see the website for the time of day for the sessions you want to join.



They will be held once a month for 6 months, starting in September 2024.



**6 SESSIONS**

You should be able to come to ALL 6 sessions if you sign up – it will be the same artists each time.



There will be in-person sessions in London at Team London Bridge near London Bridge station, open to London based artists.



# INFORMATION ON THE SESSIONS



There will be in-person sessions in Manchester at 53two, open to Greater Manchester based artists that are able to make their own way to the sessions.



There will be online sessions, on Zoom, for ANYONE living in the UK to apply to.

**Questions**

1. What do you think about it?

Good

Bad

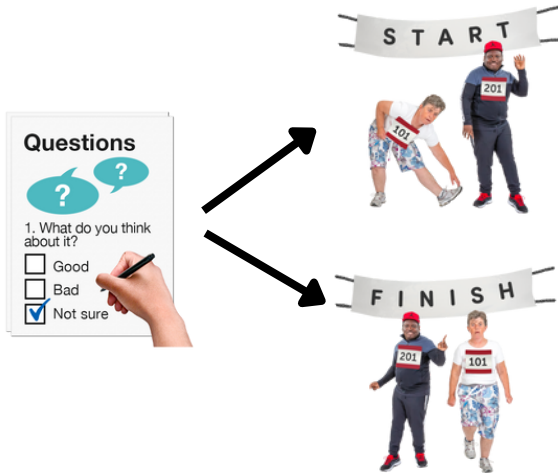
Not sure

You will be asked to fill in simple questionnaires for the sessions.

By this we mean answering a set of questions that helps the team to look at whether the sessions are helping you, and in what way they are or are not helping.



# INFORMATION ON THE SESSIONS



One short questionnaire will be sent at the start, and one will be sent at the end of the programme.



You can send a video or audio file with the responses to the questions instead, if this is easier for you.



# FREQUENTLY ASKED QUESTIONS (FAQ's)

## QUESTION 1: I live outside of Manchester or London - can I still take part in those sessions?

The London and Manchester sessions are only available to artists living in or near to those areas, and who can easily travel to the venues.

If you live outside those areas, you can apply to be part of the Zoom online group, which is for anyone in the UK.

### LONDON SESSIONS



### MANCHESTER SESSIONS



### ONLINE SESSIONS



# FREQUENTLY ASKED QUESTIONS (FAQ's)

## QUESTION 2: Do I need to have a certain amount of experience to apply?

- This opportunity is open to people with different experiences.
- Your creative practice needs to explore health and wellbeing in some way.
- The groups are selected to ensure that there are a mix of people from a range of both creative backgrounds, and life experiences.
- Participants are encouraged to support one another through constructive feedback (feedback that can be useful in some way) and peer to peer support (looking out for each other and offering suggestions in a safe space).



Your practice is:



# FREQUENTLY ASKED QUESTIONS (FAQ's)

## QUESTION 3: Can I use a different way to submit my information for this opportunity?

There is a simple online form to go through for this opportunity, which can be found on the website:

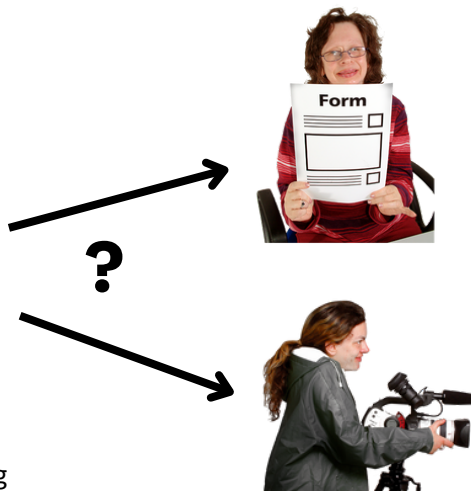
<http://artsandhealthhub.org/opportunities/>



If you are unable to complete the online form, please email us to discuss this, so that we can help you to send us your information in a different way that more suited to your needs: [info@artsandhealthhub.org](mailto:info@artsandhealthhub.org). By this we mean you could send an audio or video file, where you answer the same questions but in a way better suited to your needs.



[info@artsandhealthhub.org](mailto:info@artsandhealthhub.org)



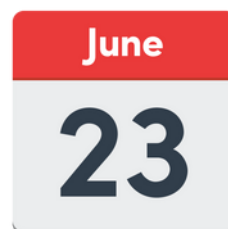
## FREQUENTLY ASKED QUESTIONS (FAQ's)

### QUESTION 4: Is there help available for the application process?

Please email [info@artsandhealthhub.org](mailto:info@artsandhealthhub.org) if you want to discuss this further. There will be some short support sessions with Jennifer, that you can book into for support. They are 30 minutes long. There is also a small access budget available that can be used, if needed.

### QUESTION 5: What is the deadline for the application forms to be submitted online?

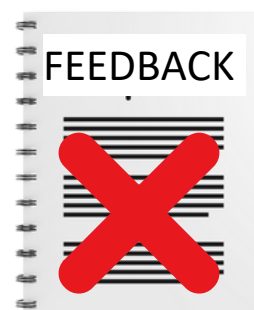
The deadline is 5pm on Friday 23 June 2024.



### QUESTION 6: When will we hear if we have been selected, and can I get feedback if I am not selected?

We will let everyone know if they have been selected or not. This will be by 5pm on Friday 26 July 2024.

Due to our small team who work part-time, we are unable to provide feedback if you are not selected.



## FREQUENTLY ASKED QUESTIONS (FAQ's)

### **QUESTION 7: How will selections be made?**

We know that we will receive more applications than we are able to offer places for. Three people will be making the selections - see below.

Each group will be selected making sure we look at the: different levels of experiences, different genders (male/female/etc), different ages, etc.

#### **The selectors:**



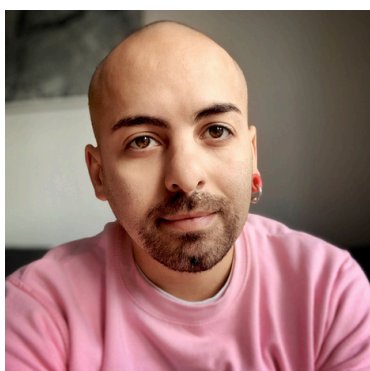
#### **Mariama Attah**

Photography Curator at National Portrait Gallery & independent curator & writer



#### **Jennifer Gilbert**

Jennifer Lauren Gallery Director and Freelance Producer



#### **Daniel Regan**

Artist, Founder & Creative Lead at Arts & Health Hub

## FREQUENTLY ASKED QUESTIONS (FAQ's)

### **QUESTION 8: Can I apply for the professional development groups and another opportunity in the Support Hub?**

No. You can only apply for one opportunity from the 4 opportunities that are currently available. If you already took part in this particular programme, you cannot apply to this one again.

#### **For anything else**

If you have any other questions, please email Daniel Regan on: [info@artsandhealthhub.org](mailto:info@artsandhealthhub.org)

We will try to get back to you within five working days of receiving the email.



[info@artsandhealthhub.org](mailto:info@artsandhealthhub.org)



On the next page we are sharing the questions from the simple online form. It may be easier for you to answer these in a word document first and then transfer them to the online form from there.

Please ask a friend, family member or support worker for help if/when needed.

# QUESTIONS FROM THE ONLINE FORM: THESE ARE HERE FOR REFERENCE ONLY

## Personal Information

Name:

Artist name (if different to the above):

Preferred pronouns (e.g., she/her):

Email address:

Mobile number:

Postcode:

## About your work

- Please tell us about your creative practice to help us get an understanding of who you are as an artist. (maximum 300 words including spaces)
- Clearly tell us what idea or project you would like support with from the group (maximum 300 words including spaces)
- How do you think the group may be able to help you develop this idea or project? What kind of support do you need? (max 300 words including spaces)
- Will you be able to share artwork yourself to the group? (yes/no)
- Website (if you have one)
- Social media (Instagram/Facebook/Twitter handles)
- Please confirm that you are available for all six sessions. (yes/no)
- Do you have any access or communication needs that we need to consider, both within the sessions themselves, and in the way we share information with you? (yes/no)

If yes, please let us know the best ways we can support you, and we will do our best within our capacity and with our limited resources to help you. As a reminder note, this project is run by two freelance staff: Daniel and Jennifer.



## **QUESTIONS FROM THE ONLINE FORM: THESE ARE HERE FOR REFERENCE ONLY**

Note on access: If selected and you have an Access Rider it would be great to receive this. An Access Rider states the best ways for others to work with you, and the best ways for us to communicate with you throughout the whole time.

- Do you have any worries or concerns about this programme? Please share them or email the team to discuss.

### **Demographic Information**

**This information just helps us to understand the range of different people that are applying for this opportunity**

- What is your age? (you choose an age-range from a drop-down list)
- Do you consider yourself to be on a low income? (there is a tick box list to choose from)
- Where are you located? (you choose an area from a drop-down list)
- How best describes your art education? (there is a tick box list to choose from)
- What is your ethnic group? (there is a tick box list to choose from)
- Which of the following best describes your sexual orientation? (there is a tick box list to choose from)
- How would you describe your gender? (there is a tick box list to choose from)
- Do you consider yourself to have a disability? (there is a tick box list to choose from)

# CONTACT US

If you have any further questions, or want to read more about this project online, please visit the website, or contact Daniel Regan via the below:



[www.artsandhealthhub.org](http://www.artsandhealthhub.org)



Daniel's email:  
[info@artsandhealthhub.org](mailto:info@artsandhealthhub.org)



Please remember Daniel works part time for the Arts and Health Hub. It may take him up to 5 days to get back to you over email.