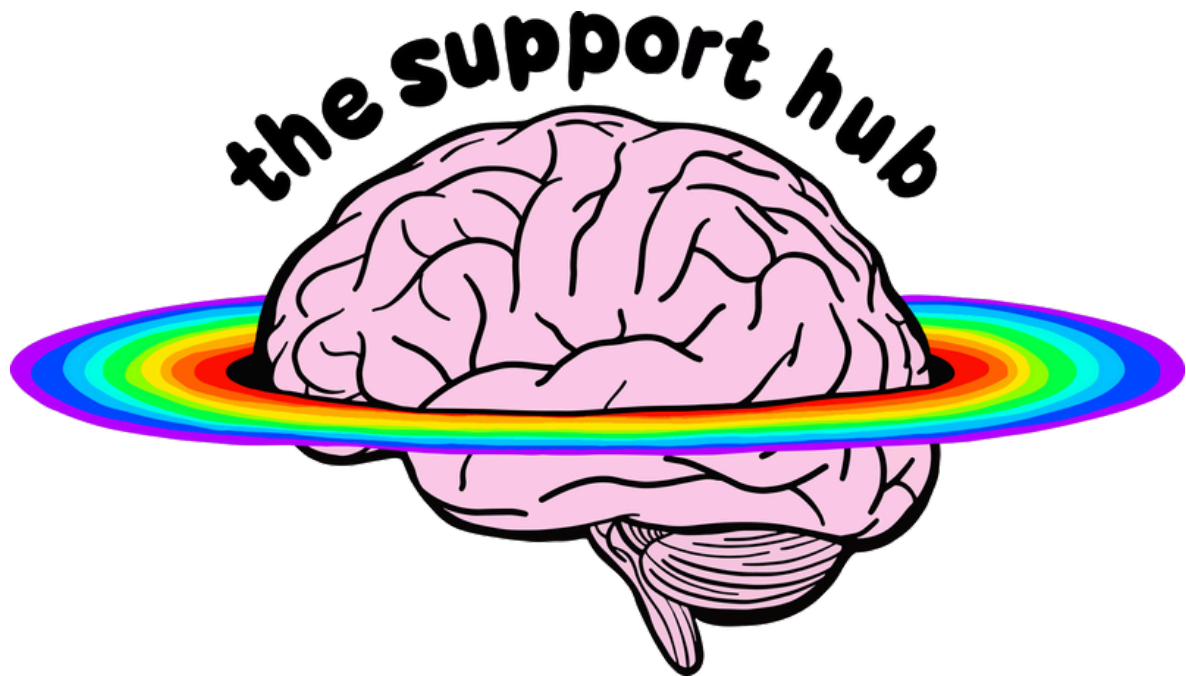


ARTS & HEALTH HUB



Information on what the 'Reflective Supervision' sessions are about

This is an Easy Read resource
to learn more detail



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Please note: You can only apply to one opportunity with The Support Hub

WHAT IS REFLECTIVE SUPERVISION?

This opportunity is for up to 6 participatory / socially engaged artists (aged 18+) to personally and professionally learn new skills and ideas that can help them with their working life over a 6-month period. It will be led by an art therapist with supervision experience. Their role will be that of a supervisor and not a therapist in these sessions.

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

Please read on to learn more about the 'Reflective Supervision' sessions, and how you can apply online to be involved.

If you have been a part of this programme before, you **CANNOT** apply to this programme. You can apply to the other programmes being offered though.

WHAT IS REFLECTIVE SUPERVISION?



Reflective supervision groups are sessions to offer support to you, in a small group setting. They are for you to personally and professionally learn new skills and ideas that can help you with your work life.

Do you work in:



These sessions are helpful for people working in difficult and/or stressful environments such as hospitals, care homes, prisons, hospices and other health and community settings.

Help with:

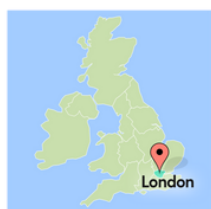


‘Reflective Supervision’ could be seen as ‘work reflection’ – by this we mean, it should help you to think about the impact that the work you do within the arts has on you, and your own health and wellbeing.

WHAT IS REFLECTIVE SUPERVISION?



Each group will be gently guided by a supervisor to help with the conversations. They will make sure everyone gets a chance to share their thoughts.



In London the supervisor will be Frederica Brooks.



In Manchester the supervisor will be Elizabeth King.



For the Zoom online sessions the supervisor will be Roshmi Lovatt.

WHAT IS REFLECTIVE SUPERVISION?

This reflective supervision can support you:

- to look at reflective practices. By this we mean looking at things you can do each day to help you make your working life easier for you to personally manage.
- to manage stress. By this we mean sharing ways each artist deals with situations that might cause you to become frustrated, to get angry or to feel that you cannot cope with something anymore.
- to improve looking after and caring for yourself personally within the arts, when it comes to your own work and workload (the amount of work you do daily during your working hours).
- to explore the difficulties of working in healthcare and/or participatory settings, and the situations that might come from being in these settings, e.g. being upset by the stories people share with you at work.

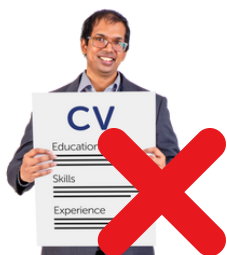
ARE THESE SESSIONS RIGHT FOR ME?



These sessions are for freelance or self-employed artists – by this we mean that you cannot be in a permanent job with regular/secure money being paid to you each week/month.



And you need to be working using art in participatory or socially engaged environments – by this type of environment we mean that you work in a hospital, care home, prison, hospice, charity or other health and community setting.



If you are not working at all, this opportunity is not for you.

EXAMPLES OF PAST TOPICS COVERED

Here are a few examples from previous sessions of topics and themes that came up during discussions. Have a look to see if these are the sorts of things that you think it would be good for you to discuss with others:

- Boundary making for artists in the workplace. By this we mean discussing how to put barriers in place so that group participants know what the group is for, and what the group is not for. And what your role is within that setting (group).
- Learning how to say 'no' to projects, to help manage your own time, and your own wellbeing.
- Talking about how global events may affect the group you are working with, and how to manage this.
- Learning to make space for yourself and your own art practice, alongside the sessions that you run for other people. And allowing yourself time for 'play'. By this we mean time to experiment with materials and different ways of working.

INFORMATION ON THE SESSIONS



X 6



6 SESSIONS



The sessions will be for a maximum of 6 artists to take part. The group size may be anything from 2-6 people.

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.

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 Daniel's studio near Peckham Rye station, open to London based artists. This space is accessed by stairs only. (Please note: Daniel will only briefly be present at the beginning & end, and will not be present during these sessions.)

INFORMATION ON THE SESSIONS



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



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



The sessions will be run by a UKCP registered art therapist and supervisor – This is a person who is professionally trained to support you to reflect on how your work affects you. Their role will be as a supervisor, as opposed to a personal therapist.



In the sessions it will just be up to 6 artists and the supervisor. It is a private and confidential space.

INFORMATION ON THE SESSIONS



The sessions will be focussed on group discussion, and there may be some art making if suitable.

The good things are that I can take a rest day if needed

The bad things are, I do not get a proper lunch hour

Let's discuss workload

There will be chatting about sharing what happens in your workplace (good and bad), and how you might be able to better manage it, and therefore help others in better and clearer ways because of this.

There will be a focus on exploring ideas and reflecting on situations that you have been in, rather than on finding solutions. By this we mean talking through and discussing challenges that you may face at work.



INFORMATION ON THE SESSIONS

Have you thought about going for a walk at lunch?

Maybe I will try that

Other people in the group may be able to offer ideas for you to try, or you may be able to offer ideas for others to try.

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



Questions

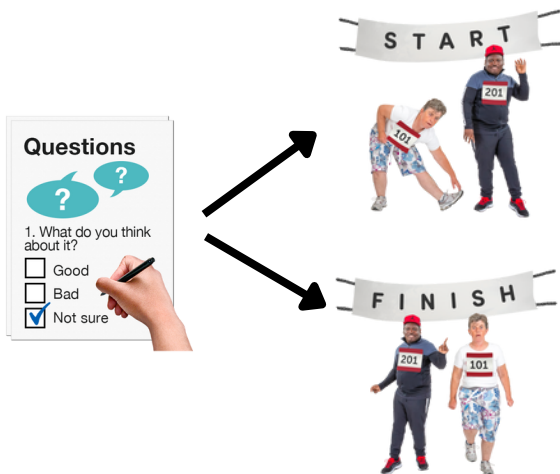
1. What do you think about it?

Good

Bad

Not sure

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.



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, 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 lots of different experiences.

You can take part as long as you are working in participatory practice (for example, with others running creative workshops or a creative art project) that explores health and wellbeing. An example could be that you run creative sessions for people with mental health difficulties or refugees, or wellbeing sessions for children and families.

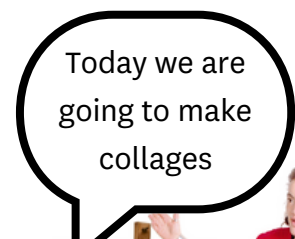
If you would like to talk to us about whether these sessions are right for you, please email Daniel on info@artsandhealthhub.org



Your practice is:



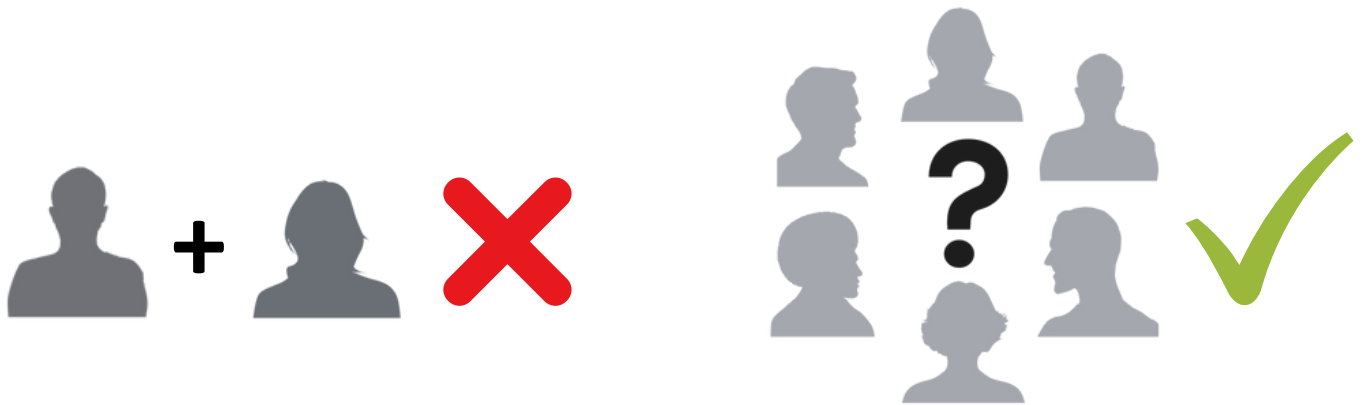
+



FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 3: Can I apply for one-to-one supervision?

No. These sessions are for group supervision only. If you feel that 'Reflective Supervision' would help, but that you have some worries or concerns about participating in a group setting, please email Daniel on: info@artsandhealthhub.org



QUESTION 4: Can I receive practical support with making my art?

These 'Reflective Supervision' sessions focus on emotional and psychological support, rather than practical help. By this we mean talking and reflecting on how our work makes us feel.

We are also running professional development groups that will be better suited for practical art support - see the Easy Read document for those sessions instead, on the same page you found this Easy Read.

FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 5: Are the sessions private, meaning my information will not be shared?

What is discussed and shared in the sessions is between other participants in the group and the supervisor only.

If any safeguarding concerns are raised, these will need to be shared with the appropriate person. This means that to us, you are at risk of harming yourself, or someone else, or that you are being harmed by someone, so we may need to report it to the relevant authorities.

The feedback that you share as part of the programme evaluation will only be discussed within The Support Hub team, and with the external evaluator called Susan Potter.

All the feedback will be used without your name within our reporting. This means that it cannot be traced back to you.

FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 6: 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:

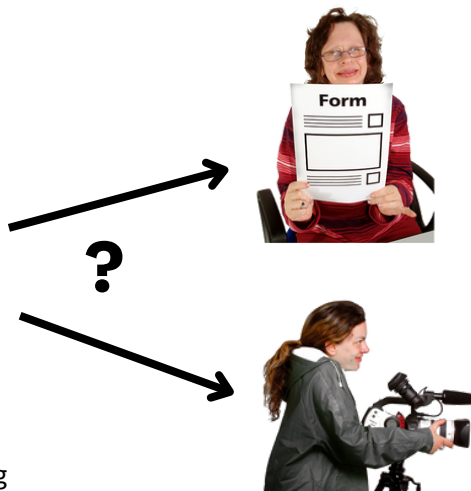
<http://artsandhealthhub.org/opportunities/>



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. 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

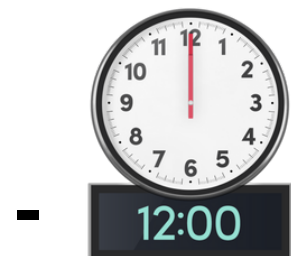
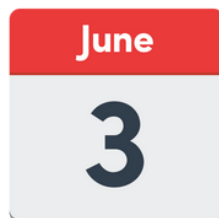


FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 7: Is there help available for the application process?

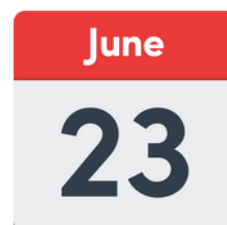
Please email info@artsandhealthhub.org if you want to discuss this further. There will be some short support sessions with Jennifer, that you can book into for support. They are 30 minutes long. There is also a small access budget available that can be used, if needed.

There is also a **Q&A session on Zoom** on Monday 3 June from 11am-12pm with Daniel and Jennifer. You can hear a little more and ask any questions then.



QUESTION 8: What is the deadline for the application forms to be submitted online?

The deadline is 5pm on Friday 23 June 2024.



FREQUENTLY ASKED QUESTIONS (FAQ's)

QUESTION 9: 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 10: 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:



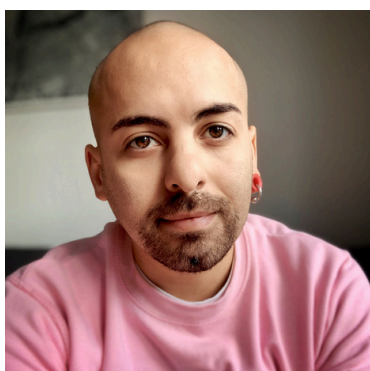
Mariama Attah

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)

For anything else

If you have any other questions, please email Daniel Regan on: info@artsandhealthhub.org

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



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 let us know a bit more about who you are and your arts practice, including your participatory arts practice, e.g. working with others (maximum 300 words including spaces)
- What challenges are you facing in your participatory practice, that you think supervision could support with? (maximum 300 words including spaces)
- How do you hope these sessions might be able to help you? (maximum 200 words including spaces)
- Website (if you have one)
- If you don't have a website, there is an option to upload 3 image/file examples instead
- Social media (Instagram/Facebook/Twitter handles)
- Please confirm that you are available for all six sessions – these are listed on the online form (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



Daniel's email:
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.