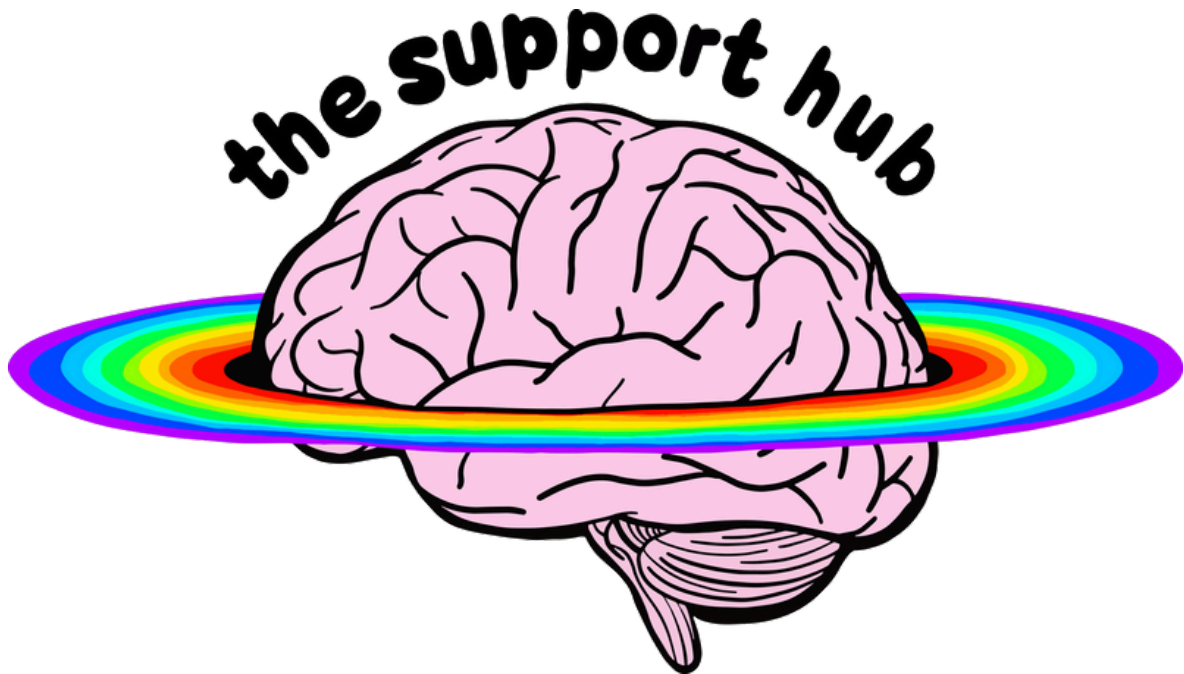


# ARTS & HEALTH HUB



Information on what the '1-2-1  
Mentoring for Early Career Artists'  
is about

This is an Easy Read resource  
to learn more detail



# CONTENTS PAGE

What is 1-2-1 mentoring for early career artists?

3

Who are the mentors?

6

How the mentoring works

7

Frequently Asked Questions (FAQ's)

11

Questions from the online form, for when you apply for the opportunity

17

Contact and website information

19

# WHAT IS MENTORING FOR EARLY CAREER ARTISTS?

This opportunity is for 5 early career UK-based artists exploring health and wellbeing in their art practice to receive one-to-one mentoring over a six-month period.

Please read on to learn more about the artist mentoring, who it is for, and how you can apply online to be involved.

# WHAT IS THE MENTORING FOR EARLY CAREER ARTISTS?



This opportunity is for 5 UK-based early career artists exploring health and wellbeing in their art practice to receive one-to-one mentoring.



By early career, we mean artists within the first 5 combined years of your creative practice, regardless of your age and when/if you've graduated from art school.

I have experience of helping autistic people when networking

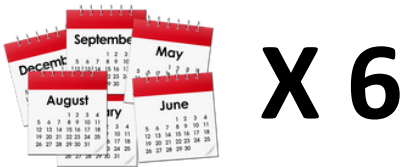


By mentoring we mean when someone shares their different skills, experiences, and knowledge with another person to support their professional growth.

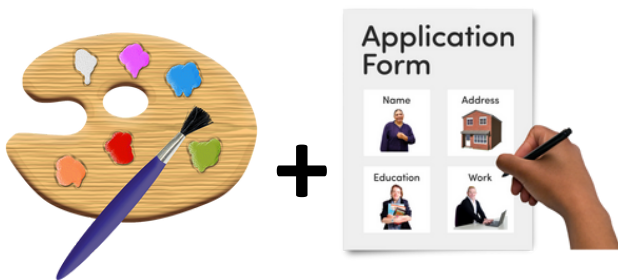
# WHAT IS THE MENTORING FOR EARLY CAREER ARTISTS?



Over a 6-month period, each mentee (early career selected artist) will receive support from one of our 5 professional mentors. See page 6 to see who the mentors are.



The mentoring sessions will be to explore your current art practice and any difficulties or obstacles you are facing. Or anything you want to learn more about, for example, how to apply to callout opportunities, writing artist statements, or looking at your brand identity.



It is hoped the sessions will develop your confidence, and help you to find creative solutions to difficulties or obstacles that you may face within your art practice.

## WHO ARE THE MENTORS?

All the mentors are leaders in the arts and health sector. Each brings a different way of looking at the opportunities and difficulties faced by creatives working in this field. See more information on the website about each person.



**Sonia Boué** – can do online and/or meet ups in Oxford



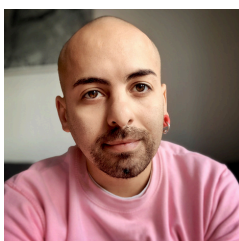
**Jennifer Gilbert** – can do online and/or meet ups in Manchester



**Bakita Kasadha** – can do online and/or meet ups in London, but only London based artists can select Bakita



**Anna Woolf** – can do online and/or meet ups in London



**Daniel Regan** – can do online and/or meet ups in London, but only London based artists can select Daniel

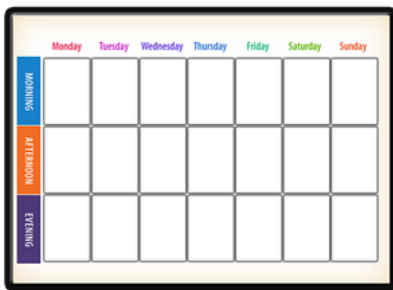
# HOW THE MENTORING WORKS



OR



Mentoring sessions will either take place in-person or online. This depends on each mentor, and it will be specified in their information.



The dates and timings of the sessions will be agreed between you and your mentor. It needs to work for both people.



Each mentoring session is approx. one hour long.



**6 SESSIONS**

You will meet a maximum of six times together online or in-person. Notes will be shared.



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





# HOW THE MENTORING WORKS



The sessions will focus on the practical aspects of your work, such as offering support to develop ideas, using social media, developing a brand identity, or developing your leadership skills. These are just a few examples and can be anything of use to you.



Both you and your mentor will decide how best to work together, and this will be put in writing to you. Not as formal as a signed contract, but clear for all involved.

How would you like me to contact you?



Can you message me on what's app?

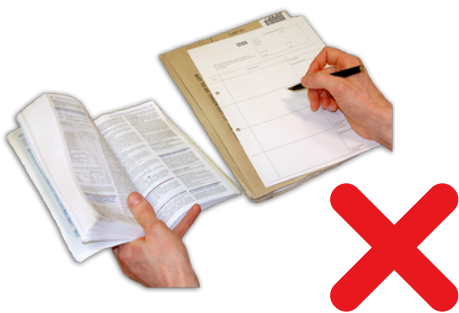
This will include what you would like support with, what your mentor thinks they can help with, and how you might contact each other outside of the 6 sessions. For example, by email and/or through text message or What's App.



# HOW THE MENTORING WORKS



If you require additional support with your practice which does not fall within the remit of the mentoring agreement, we will try to signpost you to further resources. This may include suggestions for funding application writing support.



Please note - mentors are NOT able to provide clinical support. These are not therapy sessions.

**Questions**

1. What do you think about it?

Good

Bad

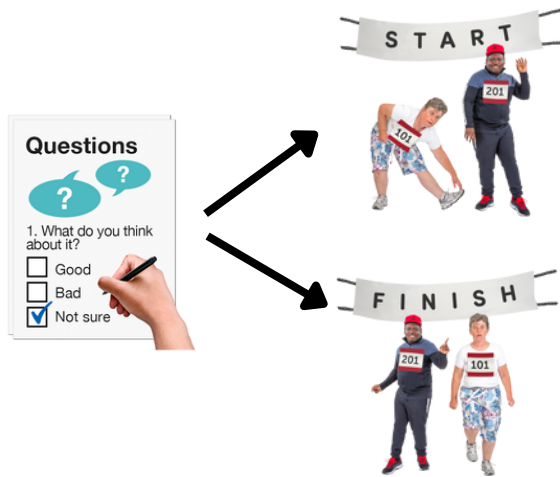
Not sure

A hand is holding a pen and pointing at the 'Not sure' option.

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.

# HOW THE MENTORING WORKS



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



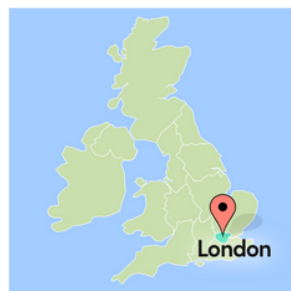
You can send a video or audio file with the responses, if this is easier for you.

# FREQUENTLY ASKED QUESTIONS (FAQ's)

**QUESTION 1: I live outside of Manchester or London but want to be mentored by Bakita or Daniel. Is that possible?**

Due to some of our project's funding coming from London based funders, only artists based in London are able to apply for mentoring with Bakita or Daniel specifically. These sessions may be in-person or online.

**BAKITA  
MENTORING**



**DANIEL  
MENTORING**



**QUESTION 2: Can I select more than one mentor?**

No. We ask that you select only the one mentor that you would like to be mentored by. Please look at the skills that each mentor offers online.

# FREQUENTLY ASKED QUESTIONS (FAQ's)

## QUESTION 3: Do I need to have a certain amount of experience to apply?

Our mentoring opportunities are for early career artists. This means you have been making art for no more than 5 combined years.



It does not matter your age (just 18+). It does not matter if you have or have not been to art school.



We're looking to support artists with great ideas to push their art practices to the next stage.

You can be freelance and/or self-employed, or working in another role (in the arts or not). You just need to be able to commit to ALL 6 sessions you agree with your mentor. The dates/times can change if you have health or other issues that come up.

# FREQUENTLY ASKED QUESTIONS (FAQ's)

## QUESTION 4: 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)



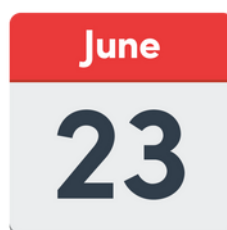
## FREQUENTLY ASKED QUESTIONS (FAQ's)

### QUESTION 5: 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 6: What is the deadline for the application forms to be submitted online?

The deadline is 5pm on Friday 23 June 2024.



### QUESTION 7: 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 8: 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](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)
- Tell us about the challenges you are currently facing with your creative practice, and how the mentoring would be good for you at present. (maximum 300 words including spaces)
- Which mentor would you like to work with? (choose from the dropdown box)
- Tell us why you would like to work with this mentor, and how your needs match with their skillset (max 500 words including spaces)
- Website (if you have one)
- Social media (Instagram/Facebook/Twitter handles)
- Upload 3 images/files if you do not have a website
- 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.

## 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.