

NORTH TYNESIDE ART TRAIL 2022

ART IS FOR EVERYONE

ACTIVITY PACK

EXPLORE THE TRAIL
CREATE ART
ENJOY YOUR SUMMER



**North Tyneside
Art Studio**
Creating mental health through art



North Tyneside Council



NORTH TYNESIDE ART TRAIL 2022: CREATIVE COMMUNITIES

Now in its second year, the North Tyneside Art Trail celebrates the amazing range of artwork and artists that can be found in the borough. As well as highlighting some of the permanent public art that you can find in your area, you will find exhibitions, events, and opportunities to take part in creative workshops taking place throughout the summer.



WHY SHOULD I GET INVOLVED? I DON'T KNOW ANYTHING ABOUT ART!

It sometimes feels like Art is something that only certain people can do, something that happens in universities and galleries and museums, with expensive art-shop materials and expensive art-auction prices when it is finished.

However, this is not true. Art is all around us and everyone can create and enjoy it. From stick figures to potato printing, as young children we all enjoy making art but as we get older many of us lose the joy of being creative.

You will find dozens of works of permanent and temporary art on display for you to see around North Tyneside. Art can spark questions, make you think about things differently, and create new conversations. You don't need to know anything about art to enjoy, question or discuss it. All you need to do is ask yourself what it makes you feel, and why it makes you feel that way. So this summer, take the plunge and get involved by visiting art, meeting artists, and getting creative for your own enjoyment.

THINGS TO DO AT A PUBLIC ARTWORK

Sometimes when people go to see art, they feel like they are supposed to stand quietly and 'appreciate it' by staring hard at it and hoping that they will 'get it'. Art isn't like a Maths problem that has an answer, it is something that exists to create questions, start conversations and let people have very different ideas about how it makes them feel, and what it makes them think of.

When you find a work of art on the Trail, you can try one of the following ideas to help start conversations and help you discover more about your own creativity.

"WHAT DOES THIS MAKE YOU THINK OF?"

This may seem like a simple question to ask, but it can create a wonderful chain of ideas and conversations. It is important to remember that there are no wrong answers - a piece of art might make you think of your Auntie, or project you did at school, or even a TV show you watched last night. Everyone will have their own memories, ideas, and opinions when they look at an artwork and by sharing these ideas and trying to understand the way an artwork makes us feel, we can create new connections and fascinating discussions together.



Ancient memorial to the Goddess of Beach Holidays?

MAKE UP A STORY

Imagine that you came across this artwork thousands of years from now, and did not know that it is a work of art. Who might have made it, why is it here, and what is it for? By taking away the context of it being 'art' we can discover new and exciting ideas of our own and start to create our own stories. If you feel inspired, why not write up your idea and share it online with us using the hashtag **#creativecommunities**

CREATE YOUR OWN ARTWORK

When you visit a piece of public art, you can use it as inspiration to make your own artwork. You could draw or paint some of the ideas that the art makes you think of, or create something new by drawing the bits that you like and leaving out the bits that you don't, or you might just create something completely new and unique because you want to.

If you aren't sure where to begin, try one of the following techniques to see what you can create:



Tyne Anew at Royal Quays



BLIND CONTOUR DRAWING

Sit or stand as comfortably as you can in front of the artwork. Hold your pencil lightly in your drawing hand and place the tip of it on the paper. Now fix your eyes on a specific point on the artwork and imagine an invisible bar joining the point on the artwork you are looking at with the tip of your pencil. As you move your eyes over the artwork, move your pencil in the same direction and speed so that the imaginary bar between your focus and the pencil stays the same length.

BREAK IT DOWN INTO SHAPES

Take a few minutes to look at the artwork. Squint your eyes and see what simple shapes you can find in it - balls, cubes, pyramids, ovals, lines and so on. Instead of drawing the artwork in any detail, draw these basic shapes to create your own version of the art. After you have got these big shapes in, you can look at the smaller shapes and simplifying them again, add these to your drawing.

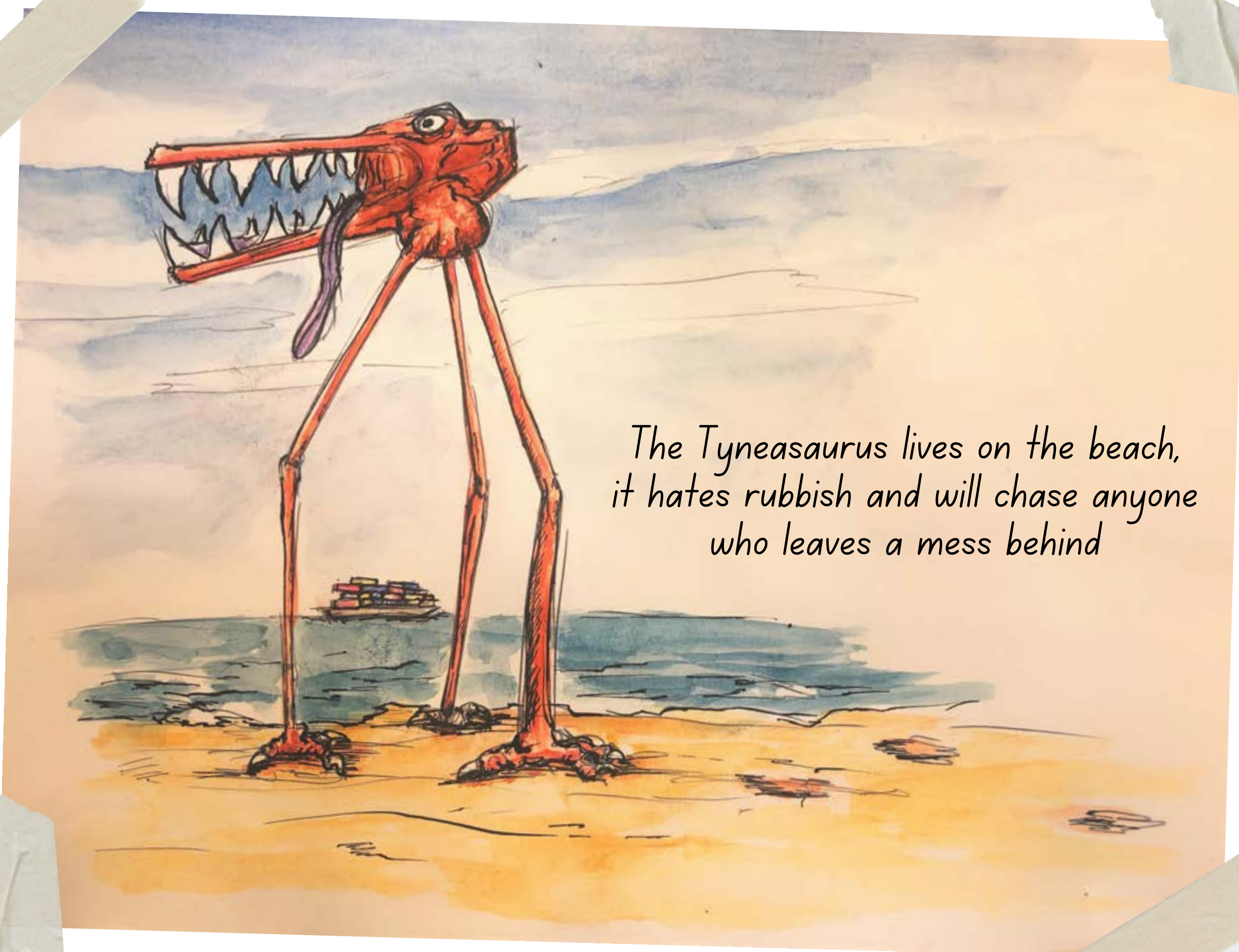


TURN IT INTO A CREATURE

Our imagination is an incredible thing. While looking at the artwork, let your mind wander and imagine what it could look like as a living thing. Perhaps it feels a bit like a bird, or an insect, or something you've never seen before.

What would this creature be like? Would it be friendly or scary? Big or small? Furred, feathered or scaled? How many eyes would it have? Where would it live and what would it do?

Take your time to explore your ideas and enjoy making the most exciting creature you can think of.



*The Tyneasaurus lives on the beach,
it hates rubbish and will chase anyone
who leaves a mess behind*

SHARE YOUR CREATION

The most important thing to remember is to have fun making your artwork and enjoy exploring the borough. If you'd like to share your picture, please put it online with hashtag **#creativecommunities** or email it to us at **info@northtynesideartstudio.org.uk**

ART FOR MENTAL HEALTH

Research shows that being creative is good for your mental health, providing relief from the worries of daily life, building emotional resilience and an improving feelings of self-worth. If you are making a compass as part of a group, this is a great time to talk about mental health in a relaxed and supportive environment. To help this conversation, here are some talking points that can be used at any age:

"How are you feeling today?"

This question can be one of the most powerful tools in helping people to feel connected. While a casual ask can be brushed off with a simple 'I'm fine', if you start the conversation by offering up how you are feeling, others will feel more comfortable talking about their feelings too.

"Are you having fun?"

We often overlook activities that make us happy in favour of those that are 'productive'. By drawing attention to how people are feeling while they are making art, it helps them to think about the impact that being creative is having. Again, sharing your own feelings will make this easier for others

"What do you do when you are feeling sad/stressed/lonely etc."

This really important question not only gives people the opportunity to talk about what they love, build connections with others who enjoy similar things and get ideas for what they might enjoy, but allows the opportunity for people to highlight a lack of support in their lives, or to contrast negative coping mechanisms with the benefits they may be experiencing while being creative.

Further Support

The Mental Health Foundation provides a brilliant overview of different support available for people on their website
<https://www.mentalhealth.org.uk/getting-help>

North Tyneside Art Studio is open to anyone over the age of 18 who is living in North Tyneside and wants to learn to use art to support their mental health. You can find out more about what we do and how to get referred at www.northtynesideartstudio.org.uk

