

# Wolf Photography Annual Report 2021

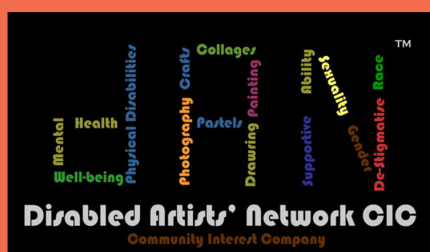


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## The Wolf and Me

Some of you may be wondering who the projects with the name 'Wolf' are named after.

I once met a Wolf called 'Lobo' in a wildlife park. Lobo is Spanish for Wolf. We would make gentle wolf sounds at each other whenever I visited and the keepers thought that she was responding in a positive way to me and asked me whether I'd like to go in and spend time with her.



She was hand reared and didn't understand 'wolf culture', so at feeding times, she'd pile into the food straight away instead of waiting for the alphas and other ranks to eat first. This would result in violence from the pack towards her, so she was ostracised in the quarantine area. She was walking life as an 'inbetweenie' which is something I can relate to through uniformed service; you don't properly belong in any of their societies.

Her eyes are on my company logo and project posters ... and all our projects with the word 'Wolf' are named after her.



I'm a veteran that lives with PTSD. I wasn't diagnosed or given any support for PTSD until 12 years after military service. I found that the NHS therapies, while useful, didn't address the most wounded part of my being – my spirit. The NHS only deal with the body or the mind.

I got to know some 'Teachers' that brought their medicine to parts of the UK from the USA and I went over to the USA too to learn some of their ways. I had to journey into my most painful experiences in order to learn to live with myself and my experiences. It's been difficult but combined with the treatment methods from the NHS, I came to understand the condition and to accept the fact that I can't be healed ... but I can learn to live with PTSD.

My soul name or 'Medicine name' was given to me by a teacher of the old ways. She named me 'SnowMoon Wolf'. It just means a Wolf born in the time of the Snow Moon.

I spent time with different people from different tribes after that, learning about them, their journeys, their histories and the issues they still face.

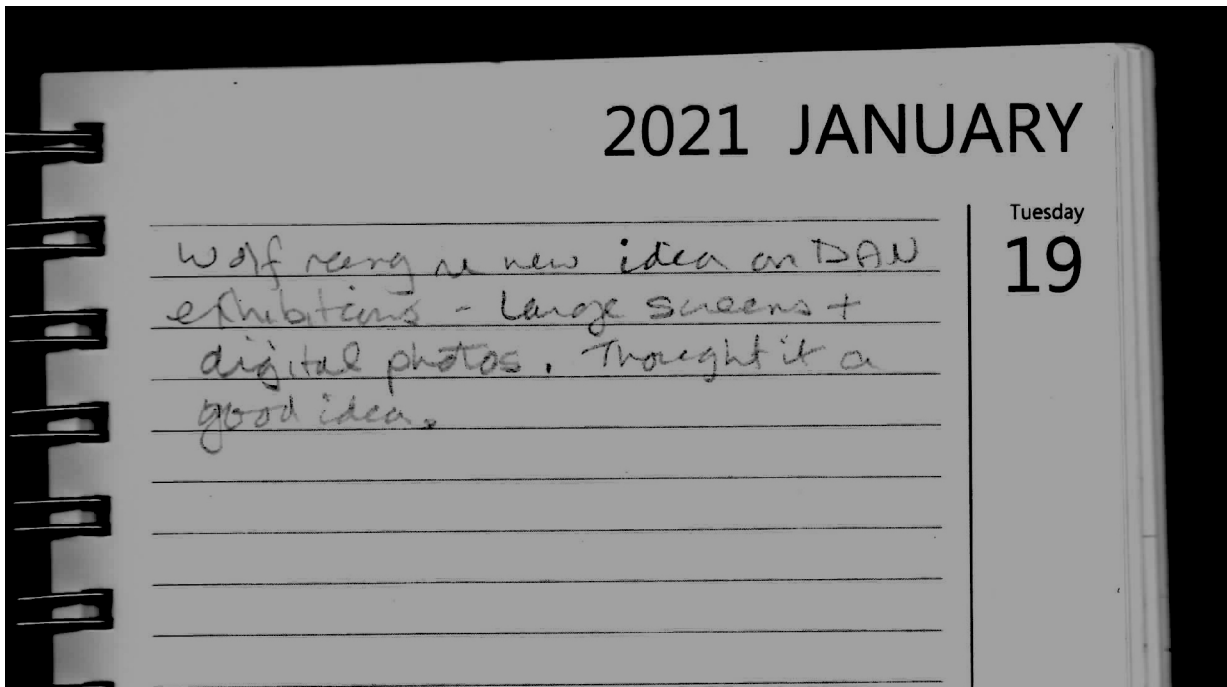
## Foreword

Wolf Photography has a clear purpose: to promote creativity as a coping mechanism for disability. It is my therapeutic work project.

The business runs inclusive projects that help people to realise their self-worth and work in a dignified way without fear of persecution or discrimination.

The Global Pandemic has had a detrimental effect on the projects through various phases of lockdown, personal difficulties experienced by project members and associated bodies and businesses. All of our actual meet ups in Tesco are once again suspended.

The safety of the team and contributors is my primary concern and responsibility, so I put an idea to Julie Genner, Assistant Curator, DAN...



(Excerpt from Julie's diary)

...and we were off!

The reasons for going digital were as follows:

- No one with a disability/vulnerability needs to risk their health or well-being by going into the exhibition venue to put up and take down their art.
- People with more severe disabilities can apply by writing their statements on an email and attaching images of their art.
- Artists on low incomes seeking a career in the arts now have a way of building up their exhibition portfolio.
- Artists seeking a proven track record as exhibitors for the purposes of applying for grants from arts bodies could do so with us.
- We have always welcomed exhibitors from other countries but now we have removed the cost barriers associated with them having to transport their art to us, as well as the associated risks. Now, it doesn't matter where the artists are; as long as they have access to a mobile phone and email, they can exhibit with us.

If you'd like to exhibit with us, simply download the PDF at: <https://www.wolf-photography.com/downloads/ExhibitDAN.pdf>. It's free to exhibit with us.

We also had to setup a Community Interest Company (CIC) in order to get some funding from different sources. On 18<sup>th</sup> March 2021, Disabled Artists' Network CIC (DANCIC) was setup – Company number 13276456.

We didn't become a registered charity because you need to have £5,000 funding left in your account at the end of every financial accounting period. This is something that organisations such as Microsoft don't seem to understand and so there's no support available from such companies for CICs. CICs can vary because of their goals. Disabled Artists' Network CIC has the same goals as when it was setup: to promote creativity as a coping mechanism for disability and to raise awareness of disabilities, particularly mental health. Our constitution is watertight on how we use any incoming funds: no one at any level (including the Directors) can claim expenses of any sort. Every penny that comes into the DANCIC account is used to facilitate our work in the International Community.

## Going Digital

I pitched the idea to go digital to Scott Draycott (Manager at the Tesco we exhibit at) and Damon Crowhurst (Head of Samsung UK Displays) who were both enthusiastic about it and supported the conversion.

The following funding was secured very quickly: Funds £9,323.34. £22,161.04 funding in kind. Volunteers time in kind over 3 years £182,900. My time in kind over the next 3 years £129,000.

We have had support from Tesco, LSM Global, Samsung, Grangeprint.com, Vistaprint, Knowledge, Concept Painting Contractors, Brewers Decorator Centres, Nottinghamshire Community Foundation, Rolls-Royce PLC, Lady Bay Arts Trail, Dulux, LCN, Julie Genner Art, Adobe, Local Giving and Wolf Photography.



Here's a video clip of how the venue looks now: <https://youtu.be/0vPDzm-wiFl>.

## **Disabled Artists' Network CIC background**

Disabled Artists' Network was setup in 2015 and has been exhibiting in Nottingham since 2016.

There is still a lot of ignorance about Mental Health related conditions, as well as physical disabilities – including hidden disabilities, as well as the link between mental and physical disabilities.

You can have a mental health problem that makes it very difficult for you to venture outdoors. The long term implications of this are that you will develop some form of physical health implication.

Likewise, if you're a fit, active person that can no longer enjoy the physical activities that you previously enjoyed, there is a good chance that the situation will have a negative impact on your mental health.

There are information boards under the art exhibits in the venue that share actual situations that some artists have faced from different walks of life that have resulted in them developing mental health issues. Please do have a look.

On average, we have a footfall of 70,000 people per exhibition of all ages. It's a joy to watch people of all ages interact with the exhibitions and activities.

Anyone choosing to exhibit with us has already started to build their reputation as an artist and we've already helped a few people to establish themselves as exhibiting artists.

The only forms of art we can't exhibit at Tesco Bulwell Extra are nudes and erotica because we have a lot of young people using or passing through the area.

Under each of the exhibitions you can read real examples of life events that can lead to mental health disabilities as an awareness raising exercise that these things can happen to any of us, as well as examples of how people have used some form of creativity to cope with difficult life issues.

Perhaps when people realise how easy it can be to contract a mental health issue, there will be more empathy towards people with mental health issues and an equal prioritisation of funding for mental healthcare.



*Through the medium of clay I began to explore shape, form, colour and texture using hand built or thrown forms. Being creative and expressive with clay helped me to gain balance in my life, helped put things in perspective.*

*Charlotte, Nottingham, England*



*I lost myself in the darkness years ago.  
Now I'm building a castle with the  
rocks Life had thrown at me.*

*Jony, Boxtel, Netherlands*



*Poetry releases pain, built-up over a lifetime.  
It allows me to open up my ribcage, pulling  
my guts onto the table, awakening to what  
has been hidden, buried deep inside.*

*Donna, Baltimore, USA*



## **Wolf International Poetry Exhibition (WIPE)**

Poems and songs can literally WIPE away some your pain for a while. I've been using poetry in this way since being a teenager. I didn't realise the value, the mechanism or the effect of this form of therapy until much later in life.

WIPE offers poets the chance to have their poetry displayed in Tesco Bulwell Extra on a purpose built board. The content is changed every 2 months and we have contributors from different countries, some whose first language isn't English, but their command of the English language is astounding.

The rules of the group are that you post at least one poem a month to the Facebook group page on: <https://www.facebook.com/groups/WIPEG/>. However, we only accept text – not images. The whole point of poetry is to paint a scene within your heart and mind by allowing your imagination to use its own palette.

Poems for submission must be correctly formed and there is a video to help you with this on: <https://youtu.be/wdnzjB49AQU>.

### **Dreamscape**

The dusk is rearranged by fireflies,  
Lighting the trees and dark woods,  
Softened by subdued indigo skies,  
With their codes of errant light hoods.  
Wings fluttering like silken petals,  
In the early twilight untimely blooms,  
Shimmering in harmony on metals,  
Everlasting evanescence of dooms.  
A nuance of humming music,  
Reverberating eternity of time,  
An Ineffable and wordless fusion,  
Adrift in the continuum of rhyme.  
An euphony beats of golden hours,  
In a soundless enchanted dreamscape,  
An undiscovered archipelago of flowers,  
Embracing an inarticulate landscape.

@CopyrightJyotirmaya Thakur.



**Wolf International**

**Poetry Exhibition**

Do you enjoy writing poetry? Do you use it to WIPE your pain away? Do you use it to make someone laugh ... or to help people consider a serious issue? Would you like to exhibit your poetry with us? Would you like to attend Poetry meetings/workshops?

It's all free! Come and join us. We meet here in Tesco Bulwell Extra's Community Room.

To join us, apply to join our Facebook group page:  
<https://www.facebook.com/groups/WIPEG/>.  
If you don't have Facebook, just turn up to the monthly meetings and submit your poetry there.

Events are listed on the main project page:  
<https://www.facebook.com/pg/Wolf.Photographer/events/>

The main project Facebook page is:  
<https://www.facebook.com/Wolf.Photographer/>

and the main website is: [www.wolf-photography.com](http://www.wolf-photography.com)

We also have advice and assistance available to help you publish your own poetry, as well as an opportunity to have your poetry included in a volume to help raise awareness of this project and to do some fundraising to ensure the project can continue to run.

## **Wolf Photography International Camera Club (WPICC)**

The WPICC is a relaxed camera club. No one critiques your images unless you ask for it. People will tell you when they like something you've posted though! You can join it via Facebook on: <https://www.facebook.com/groups/WPICC/>. You must answer the 3 questions to gain admittance.

Images and videos from mobile phones are included too. We have 2 screens for stills and 2 for video clips. Minimum resolution for stills is 2000 pixels. Video clips must be in landscape orientation without sound and 1 minute maximum in time length.

You don't have to post anything for consideration towards the exhibitions if you don't want to. You can just continue to post images that you feel like posting.

## **Photography and Mental Health**

There are times when we don't feel we can go outside; when our conditions feel like they will drown us ... and we, hopefully, find a safe place as possible to hide in. At those times we have our gardens. I've posted some blog pieces about how to entice birdlife into your garden and different ways to film or photograph them. The blog is on:

<http://www.wolfblog.co.uk/>.

Please be aware that we protect the photographers Intellectual Property Rights and teach you about Copyright too if you ask about it. You retain full rights to any images you submit. WPICC cannot do anything with your images without your permission. If someone contacts me asking to buy a copy of your image, I refer them straight to you.

I hope you'll make people aware of the WPICC.



## ***Wolf Photography International Camera Club***

Are you a keen photographer? Would you like to improve your skills and learn about different aspects of the art? You can join other members of the club for informal photo-shoots, learn about image editing and display your photographs in our exhibitions.

It's all free! Come and join us. We meet here in Tesco Bulwell Extra's Community Room.

To join us, apply to join our Facebook group page:  
<https://www.facebook.com/groups/WPICC/>.  
If you don't have Facebook, just turn up to the monthly meetings and join us there.

Events are listed on the main project page:  
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### **Veterans Support Group (VSG)**

These projects have been set up carefully over a period of time, carefully, allowing for other wings of the project to get off the ground and help to provide a holistic approach to coping with a disability or maintaining a sense of well-being.

As a Veteran, I wanted to set up something that helps other Veterans with mental health related issues. I left RAF service in 1985. There was no awareness of PTSD in those days – not at our level; though later we would learn that many Falklands War Veterans had committed suicide as a result of PTSD and related conditions.

The VSG doesn't look to replace any existing services, nor is the group a threat to any other group from the purposes of seeking funding. The role of the VSG is to provide camaraderie and signpost people to avenues of support.

### **Banter vs Hate Speech**

I feel the need to point out the following: there is a huge difference between banter and hate speech. No form of discrimination is tolerated within the VSG. It is also wrong to stereo-type people from any group. As adults we must have the awareness and understanding that there is good and bad in all.

We all have our opinions and freedom of speech ... but 'hate speech' is against the law of the land and is a criminal offence.

I've known Service men and women (both military and civilian) that have been subjected to racism, sexism, homophobia and disability discrimination ... and I have personal experience of experiencing racism and disability discrimination. The era that we served in deemed such behaviour as acceptable ... even though we had legislation deeming such behaviour as illegal. The VSG values the dignity of the individual, we can have a laugh with each other without resorting to discriminatory behaviour.

The VSG has a general 'page' on Facebook: <https://www.facebook.com/wpvsg/>. Please drop a message in there or email me wolf (at) wolf-photography.com to see if we can help you in some way.

### **Update on Social Meetings and new initiatives**

Unfortunately, all of our social meetups have been suspended again because of Covid and social distancing rules. Most of our members are vulnerable in some way, so it seemed sensible to wait for the pandemic situation to improve to a degree that would allow us to meet up again safely. We have also stopped the free counselling sessions and we can no longer refer you direct to the NHS for the fast track service.

The only thing we can do now is sign post people and share beacon alerts for missing Veterans.

We started a Wednesday evening meet up at Tesco to support artists from the BAME communities but that is also currently suspended.

We also started off a music group for people that like singing, performing or tinkering around with synths etc. You can find us on: <https://www.facebook.com/groups/DANMu>. Answer the questions to get in!

## **Presentation to LSM Global**

Jon Souza of LSM Global has been supporting DAN and now DANCIC for a few years now. He asked me to give a presentation to his crew at their Christmas meet up about the work that we do in the community.

It was great meeting some of the crew and to hear that LSM Global will be looking to support us more in the coming years and that some of the staff are keen to do a little volunteering with us in various capacities.



## **Project Staff**

Many thanks to all our volunteers for the great, invaluable work they do in various areas:

Angela White	Company Secretary,
David Edge	Director, Treasurer
Julie Genner	Director, Assistant Curator
Aydin	Trainee Web Writer, Twitter Channel
Jacob	Facebook Channel
Nancy	Google Business Channel
Xiao Yan	Instagram Channel, Social Media Images
Stewart	Trainee Statement Editor

## **Contributors**

Thank you for choosing to exhibit with Disabled Artists' Network CIC. There's been a tremendous amount of support from you in the ways that you've described the projects. I hope to see more of your art coming in from around the world. We've been blown away with some of the pieces, not just because of the artwork but the messages in your statements that underlined it.

It takes courage to be that open about yourself or to try to get a message across using your art. Thank you.

## **Goals for 2022**

- Separate Disabled Artists' Network CIC from Wolf Photography in areas of funding
- Setup a separate website for Disabled Artists' Network CIC
- Recruit a Nottingham based 1<sup>st</sup> line support for Magic Info system and screens
- Recruit a LinkedIn Channel Manager
- Recruit article writers for magazine/web/blog use x 2
- Increase global awareness of Disabled Artists' Network CIC
- Increase membership of people in all the groups that we cover
- Ensure that Disabled Artists' Network CIC can continue to function in the future

All that is left is for me to wish you a peaceful holiday season and all the best for 2022. I look forward to seeing more of your art, poetry and photography and for Disabled Artists' Network CIC to flourish.

Villayat 'SnowMoon Wolf' Sunkmanitu

Proprietor - Wolf Photography

Director, Curator - Disabled Artists' Network CIC

## Disabled Artists' Network CIC is supported by:

