



**Community
Projects Supported
by
Wolf Photography**

Annual Report

13th December 2016

Contents

Introduction to Wolf Photography

SnowMoon Wolf

Meiyo Karate Club

DAN (Disabled Artists' Network)

Wolf Poetry

Wolf Photography

International Camera Club

Introduction to Wolf Photography

Established in 2002, Wolf Photography is a company with the following aims:

- To raise awareness of Post Traumatic Stress Disorder (PTSD)
- To promote creativity as a coping mechanism for disability
- To educate artists on how to protect their Intellectual Property rights

The project is self-funded through the sale of books & prints. Maintaining independence is important as funders tend to set hurdles that can be very difficult to overcome and politics can be brought to bear upon a project's activities.

Having said that, the projects receive support from the following companies in the form of discounts and helping to generate funds for the projects: David Edge Accountant, Grangeprint, LCN, Sigma Imaging UK and The Boathouse Café.

Wolf Photography started off as a stock image library and then built up a Limited Edition Photo-Art collection. In later life I wanted the company to continue contributing towards society, even though I'd been retired on ill-health as a result of PTSD from military service. This was, and is, being done as 'therapeutic work'.

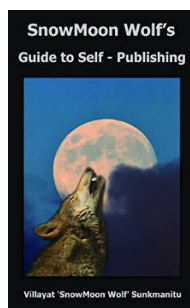
Why take the name 'Wolf'? My journey of learning to live with PTSD necessitated a trip to North America where I visited some Native American tribes and learned a little about their culture and 'Earth Medicine'. It provided a better understanding of what PTSD and trauma generally does to one's spirit. I was given the name 'SnowMoon Wolf' by one of the teachers I worked with. The name simply means a wolf born in the time of the Snow Moon. The attributes of the 'Wolf' in some Native American tribal cultures are Pathfinder, Teacher and Protector.



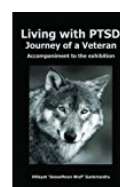
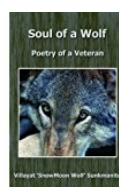
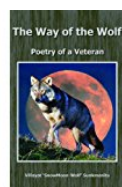
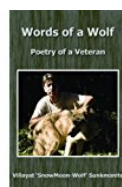
SnowMoon Wolf

SnowMoon Wolf is the publishing wing of the project and produces books in paper and digital format.

The publication ‘SnowMoon Wolf’s Guide to Self-Publishing’ takes you through the process, step-by-step, including basic advice on copyright and how to protect you creativity. The title is available from [Amazon Kindle](#).



There are also poetry titles available that describe how it feels to live with PTSD, available both on Kindle and in book stores: ‘Words of a Wolf’, ‘The Way of the Wolf’, ‘Soul of a Wolf’ (‘Poetry of a Veteran’ trilogy) and ‘Living with PTSD’ – Journey of a Veteran.





Meiyo Karate Club

Meiyo Karate Club is a 'Not-for-Profit' organisation. Club instructors are volunteers and receive no pay.

Funds raised by the club go into three pots:

- Rent for the Dojo space
- Supporting the Disabled Artists' Network (when funds allow)
- Sending our Dan Grade Students to Japan (when funds allow)

We study Shindo Jinen Ryu - a cross-training system incorporating elements of Karate-jutsu, Akaijutsu, Kenjutsu and Jujutsu with a strong emphasis on self-defence - under the guidance of Sensei Simon Oliver, 7th Dan.

Sensei Oliver assesses all of our Kyu grade students three times a year and we have the opportunity to train with him on extra courses throughout the year. Our Dan grade candidates are assessed by Sensei Yamazaki, 9th Dan, who travels over once a year to provide us with invaluable training. Full details are on: www.meiyo.org.uk. We run classes for children and adults. We encourage adults to begin with the children's classes if possible until they have learnt a basic set of stances and techniques and then move them to the adult class. Tigers are assessed by the club instructor.



Meiyo Karate Club

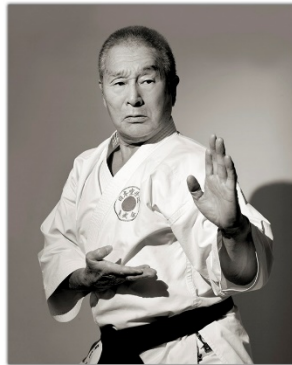


英国日本空手道良武会

Shindo Jinen Ryu



Yashiro Konishi Sensei
Founder of Shindo Jinen ryu
10th Dan



Kiyoshi Yamazaki Sensei
Chief International instructor
9th Dan



Simon Oliver Sensei
Head Instructor JKR UK
7th Dan

The original complete martial art from Japan
incorporating principles of Karate, Jujutsu, Aikijutsu & Kobujutsu

Mondays & Wednesdays

6.15-7pm Meiyo Tigers. 5-7 yr olds
7-8pm 8-16 yr olds. 8-9pm Adults
Tesco Bulwell Extra, Jennison Street
Nottingham NG6 8EQ

Saturdays

9.30-10.30am 8-16 yr olds.
10.30-11.30 Adults
Bulwell Academy, Squires Avenue
Nottingham NG6 8HG

Subscriptions: 8 yrs to adults £10 per week & Tigers (5-7 yrs olds) £3 per week
Free parking at both venues



www.meiyo.org.uk

Info@meiyo.org.uk - Instructor Wolf Sunkmanitu 2nd Dan

+44 (0)7971997710

All our instructors are DBS checked and all have First Aid qualifications. Our Instructors are recognised by both National and International Governing bodies and also have to keep up our training on a regular basis. Teaching also allows me to learn more and progress my own journey in Karate, which helps me to cope with PTSD.

We currently teach at Bulwell Academy, having moved there earlier in the year because we wanted all of our lessons to be at one venue. We also needed a venue that would allow sufficient space for the 'Bo' (staff) syllabus to be taught. The time and effort – not to mention the expenditure in publicity materials, changes to the website and advertising, etc. - had been worth it.



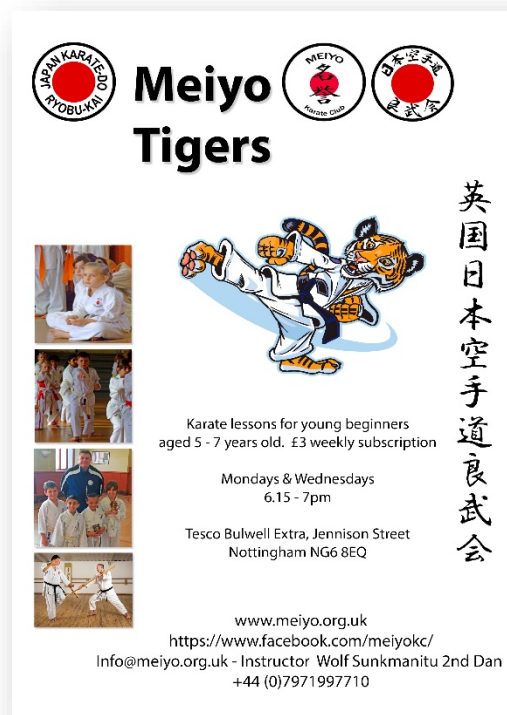
The move was made after consultation with existing students and parents, and class times were altered accordingly to better suit their needs. We have three classes per week to allow our students (adult and children) the flexibility to

fulfil their commitment of a minimum of two lessons per week (barring sickness and holidays, etc.) in order to qualify for their gradings.

Following discussions with the Head Teacher and Head of PE at Bulwell Academy, I will be teaching some students during school time in January 2017.

Sadly, I was told this month that we may have to find another venue very soon though as 'Schools Plus' (the company managing Bulwell Academy's after-school activities) refused to renew our lease for some of the sessions in favour of a more lucrative contract with another group.

Luckily, Chris Tilley (Tesco Bulwell Extra's Community Champion) offered us the use of their 'Community Room' – which we gladly accepted. As a result, we have been able to offer a reduced weekly subscription of £10 for three lessons per week for Karateka aged 8 and upwards, and a specially discounted Meiyō Tigers' class for £3 per week. I'll keep you updated on these developments via the club's Facebook page <https://www.facebook.com/meiyokc/>. Please note that there will be no training on the first Wednesday of every month.



The flyer for Meiyō Tigers Karate Club features a central illustration of a tiger in a white karate gi performing a high kick. To the left of the tiger are four small photographs: a child writing, a group of children in white gis, a group of children in white gis, and two children sparring. At the top left is the 'JAPAN KARATE DO KYUJU-KAI' logo, and at the top right are the 'MEIYO Karate Club' and '日本空手道良武会' logos. The text on the flyer provides details about the club's offerings, including a £3 weekly subscription for young beginners aged 5-7, and lessons on Mondays and Wednesdays from 6.15-7pm at Tesco Bulwell Extra. Contact information for the club is provided at the bottom, including the website, Facebook page, email, and phone number.

**Meiyō
Tigers**

Karate lessons for young beginners
aged 5 - 7 years old. £3 weekly subscription

Mondays & Wednesdays
6.15 - 7pm

Tesco Bulwell Extra, Jennison Street
Nottingham NG6 8EQ

英国日本空手道良武会

www.meiyo.org.uk
<https://www.facebook.com/meiyokc/>
Info@meiyo.org.uk - Instructor Wolf Sunkmanitu 2nd Dan
+44 (0)7971997710



DAN (Disabled Artists' Network)

In 2013 I ran an Arts Council England and National Lottery funded rolling exhibition of photography and poetry entitled 'Living with PTSD'. The poetry lets you have a peek inside the mind of a sufferer while the photography demonstrates how I escape the chains for a while. You can find out more about the exhibition, its aims and achievements by clicking [here](#).

I wanted to give other disabled artists a voice, especially some of the people that had visited the exhibitions and trusted me enough to share their personal battles with PTSD and other mental health conditions.

After a consultation with The Indian Community Centre Association, they kindly allowed DAN to use The Atrium as their exhibition venue.



DAN became a natural extension of the exhibition. The Lord Mayor of Nottingham launched DAN in January 2016 and since then we've had a steady stream of artists displaying a wide range of talent using different media.



There are two ways to exhibit with DAN:

Your art must be accompanied by an honest statement about how creativity helps you to cope with your disability or - in the case of a person without disabilities - your art must be supported by a statement that clearly identifies how your creativity provides a sense of well-being.

It is my hope that this project will also go some way towards de-stigmatising disability, particularly on mental health issues.

The application process is listed on www.wolf-photography.com - simply click 'Exhibit with DAN' and follow the instructions.

We currently exhibit at The ICCA, 99 Hucknall Road, Nottingham NG5 1QZ. The venue is wheelchair accessible and the staff at the venue will be happy to assist you.

I am pleased to announce that, following consultations with Nottingham City Library Service, we will be extending DAN to include the Community Centre in Bilborough Library. It is my hope that people living in the area with an interest in the arts will also join the rolling exhibitions. Many thanks to the members of the various services within Nottingham City Council that have made this possible, particularly Louise Stainsby, Joanne Cresswell-Duly and Cllr Graham Chapman.

If you would like to become a part of this project and have a venue that would like to display an ongoing exhibition of art, photography and poetry, please contact me. I'm particularly keen to involve libraries, schools and community centres – in and out of the UK.



I would like to formally recognise the role that Julie Genner has played in this project as my 'Assistant Curator'. When you have 'invisible wounds' it's very easy for the people and organisations that we deal with to forget about the difficulties that both I and Julie face in our daily lives. The project couldn't continue without the support and energy that she contributes to DAN.

During the initial 12-month period we have exhibited art from 13 artists, using a wide range of skills and media, with a recorded footfall of over 8000 people before the counter broke down.

In addition, we've displayed a collection of 23 photographs from the camera club and two rotations of poetry from different countries.

These programmes will continue to rotate through the venue for as long as we have tenure. In 2017 we will be linking in with The National Memorial Arboretum as an exhibition venue for members of DAN and vice-versa.



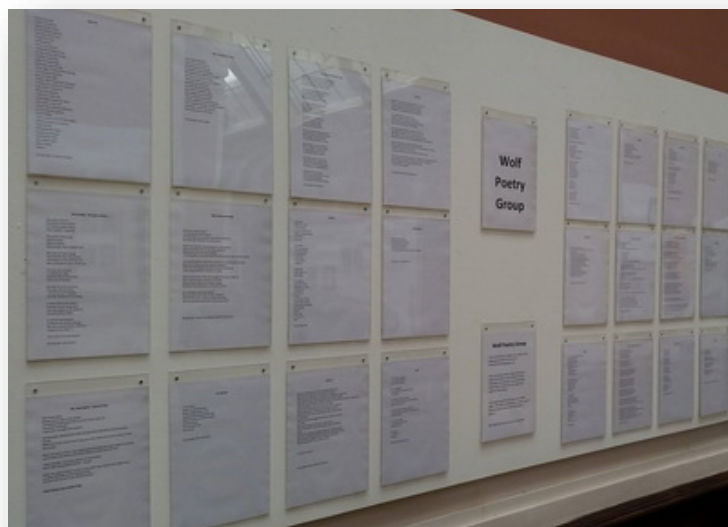
I'd like you all to remember that this project is run by people with disabilities for people with disabilities... and that sometimes we will need you to adapt the way we interact with each other. We'll always do our best in networking and communicating with you and maintain a professional presence.



Wolf Poetry

Wolf Poetry offers a free international platform to poets to showcase their words at our exhibition venues and online platforms. We currently have submissions from the UK, Netherlands, Romania, Finland, USA, Canada and Australia.

We currently exhibit at the ICCA, 99 Hucknall Road, Nottingham NG5 1QZ, but the group will also have a presence in the Community Centre at Bilborough Library soon.



Poets write about their life experiences from all walks of life. Seeing the world from another person's perspective can be an educational experience, particularly when issues such as disabilities are touched upon.

People wanting to make submissions have two routes:

<http://wolf-poetry.com/> (for non-Facebook users)

<https://www.facebook.com/groups/WPICC/> (for Facebook users)

It may be an option to publish a collection of poetry from the club in the future.



Wolf Photography International Camera Club

The camera club continues to grow. We currently have 47 members that enjoy a variety of photography.

Our first members' exhibition entitled 'Nature and Wildlife' is currently on show at the ICCA, 99 Hucknall Road, Nottingham NG5 1QZ. We will be extending this club's show to the Community Centre at Bilborough Library in due course.

The next show will go up in January 2017, all being well, and the theme is 'Black & White'. If you'd like to join the camera club, there are two routes:

<http://cameraclub.me.uk/> (For non-Facebook users)

<https://www.facebook.com/groups/WPICC/> (for Facebook users)

The Boathouse Café at Beeston Marina has allowed us some space at their venue to display some photography. All images displayed at their venue will have been photographed in the Attenborough Nature Reserve and surrounding area.

You can join in today and start contributing. Club membership is free and it's a social scene where you can meet up with other photographers for outings, if you want to. Alternatively, you can go solo and do your own thing.

It's also a place where information is shared about interesting subjects to photograph, as well as tips and mentoring on how to improve your photography.

Another exciting development is a joint project with The National Memorial Arboretum (NMA). We'll be linking up with them to establish a wildlife photography project that will also exhibit at their venue. Many thanks to Kathryn Rogerson and the board at the NMA for this opportunity.

The projects mentioned in this document have taken a few years to bring to fruition. I would like to thank everyone that has supported me over the years, including the customers. When you buy a book or a print, or pay for a PTSD awareness session, Intellectual Property awareness session, or a talk on photography, your funds are used to continue my work in these various projects.

You can find out more about the projects on:

www.wolf-photography.com or through the Facebook page - <https://www.facebook.com/Wolf.Photographer/>. Feel free to share the posts and help raise awareness of our work. I hope that this document gives you an idea of the valuable contribution that these projects make in society, not just for the disadvantaged but also towards the people in their formative years.

Last, but not least, Wolf Photography received the Bronze 'Scoot Headline Award' for Culture & Arts 2016. Many thanks to the people that made that possible.

If you'd like to contact me about any aspect of this project, especially if you'd like to join in any of the activities, please use the details below.

Thank you for taking the time to read this document.

Respectfully,

Villayat 'Wolf' Sunkmanitu

Proprietor

Wolf Photography

Email: wolf@wolf-photography.com

Tel: 07971 99 77 10

13th December 2016