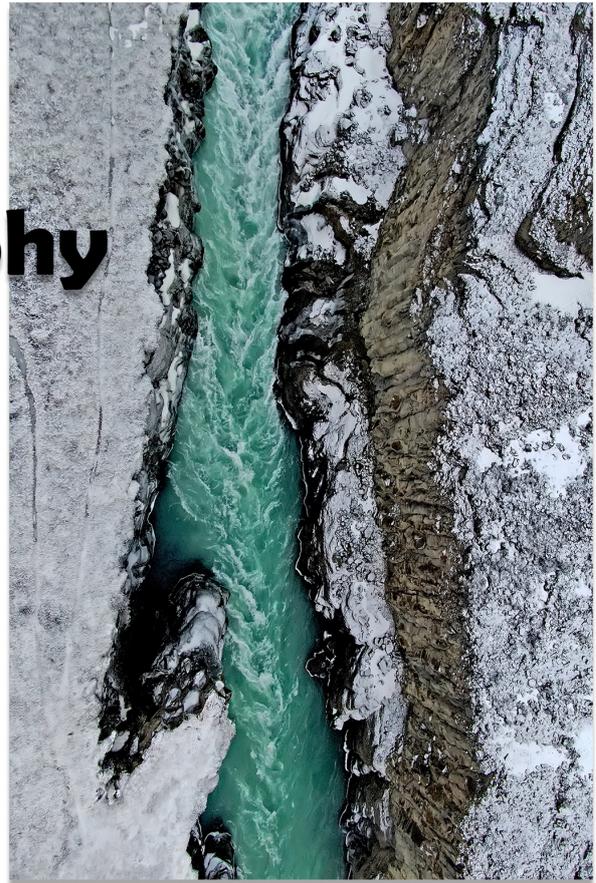


Wolf Photography Annual Report 2020



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December 31st

SIGMA



Authored by:
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B&Q



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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.

2020 has had a detrimental effect on the projects through various phases of lockdown, personal difficulties experienced by project members and associated bodies and businesses.

We managed to hang one new exhibition safely and were just about to get back into the swing of things (2 monthly exhibition changeovers) when tier 4 was announced for the area earlier in December 2020.

The safety of the team and contributors is my primary concern and responsibility, so I am suspending our art exhibition activities (including 'Meet The Artists Night') until the pandemic has eased and the situation becomes safer for contributors and visitors.

We will still continue changing over the Poetry and Photography exhibitions as normal because there is no direct interaction between the contributors and the exhibition space. Many thanks to Grangeprint.com for continuing to sponsor the camera club exhibitions.

If you visit the exhibition space in Tesco Bulwell Extra, please check with the staff store as to whether there are any restrictions on viewing the exhibitions that are still up.

If you visit the store, please ensure that you wear a mask and maintain social distancing. I would wear gloves as well.

Disabled Artists' Network (DAN)

DAN 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.

I started setting up DAN in 2015. I wanted to give others a chance to tell their own story about disability and creativity and how it's helped them to survive. I didn't rule out non-disabled artists but I needed to prioritise raising the profiles of disabled artists in our communities. It's free to exhibit your art with DAN and you don't have to live in the local area. It's your chance to tell your own story and show others your art and hopefully inspire others to do the same. You must submit a statement that tells your story about your disability and how art helps you. If you're not disabled, your statement needs to demonstrate how your art creates a sense of well-being within you. The exhibitions are currently held at Tesco Bulwell Extra, Jennison Street, Nottingham NG6 8EQ.

Advantages of exhibiting with DAN

As those of you that have worked as artists or sought funding from organisations such as the Arts Council will know, an established track record is desirable to improve one's chances of securing grants etc. This is a great way to launch your art career and there are no age restrictions.

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 application process is simple and we have team members ready to help you if you encounter any difficulties. Please download and complete the form from: <http://www.wolf-photography.com/html/DAN.html>. There is no exhibition fee to exhibit with DAN. We're able to do this because of the valuable partnership with Tesco Bulwell Extra.

Exhibition Application Process

Get your exhibits ready and ensure that your set is cohesive if you are displaying more than one piece. You must also have mirror plates attached to the frames, so that we can secure your artwork to the wall. Please ensure that your frames are wide enough for mirror plates and strong enough to hold the weight of the piece without warping or breaking. Avoid flimsy frames.

Download the application form from: <http://www.wolf-photography.com/html/DAN.html> and fill it in to the best of your ability. If you need help at all, there is an email address for you to contact on the form. If you know someone with literacy issues that you feel would like to exhibit, please help them through this process.

Once you have completed your application, if you are on Facebook, you will be invited to join the DAN group. This is a closed group purely for administering the art exhibitions. General information about the project is shared on the main project page: <https://www.facebook.com/Wolf.Photographer/>.

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.

Once your application has been processed, you'll be given dates for hanging and taking down of your exhibition. You or your representative must be present on both days.

Mental Health Physical Disabilities
Well-being
Photography Craft Collages
Pastels
Drawing Painting
Supportive Ability Sexuality
Gender
De-stigmatised Race TM

Disabled Artists' Network

Do you use some form of creativity to cope with a disability? Or do you use art to make yourself feel good and promote a sense of well-being within yourself? Would you like to exhibit your art here in this exhibition space?

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/WPDAN/>.
If you don't have Facebook, just turn up to the monthly meetings and meet the other artists.

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

Exhibition Space

We have the whole of the Community Space hallway for our exhibitions. We usually have around 8 artists exhibiting at a time. The height of the space is about 6ft and we allocate space in a flexible manner depending on the artists' needs.



The venue, Tesco Bulwell Extra, Jennison Street, Nottingham NG6 8EQ, is accessible for people with mobility difficulties and there is free on-site car parking with disabled parking spaces.

The venue is also accessible via public transport (trams, trains and buses have stops nearby).

We usually hold 6 exhibitions a year that last 2 months each.





48 artists exhibited their art with us during 2019.

The youngest was 8 years old, the oldest was 86.

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. Perhaps when people realise this, there will be more empathy towards people with mental health issues and an equal prioritisation of funding for mental healthcare.

*A terrible accident that destroyed me.
A lifetime forgotten and a severely damaged brain.
I couldn't communicate let alone comprehend.*

*I Was so alone, ashamed and desperate.
Gazing through the window by my hospital bed;
petrified of the outside world before me.*

Kerry, Worthing, England



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>.

Hunt

Hunt should not have space,
With the words of love,
Your partner is not a head,
To adorn your wall,
Your bedpost,
To impress your friends,
To stem your loneliness.
They are their own,
In honest, self-ness,
To reduce them to gain,
You'll never actually seen them,
Just the extent,
Of your own desperate hunger.

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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:
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and the main website is: 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 (WPICCC)

The WPICCC 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/WPICCC/>. You must answer the questions to gain admittance.

Images and videos from mobile phones are included too. You just have to make sure that when you take your photos, you use a frame size and orientation that will print your image to a sheet of A4 if it's for the exhibition theme.

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.

Exhibitions

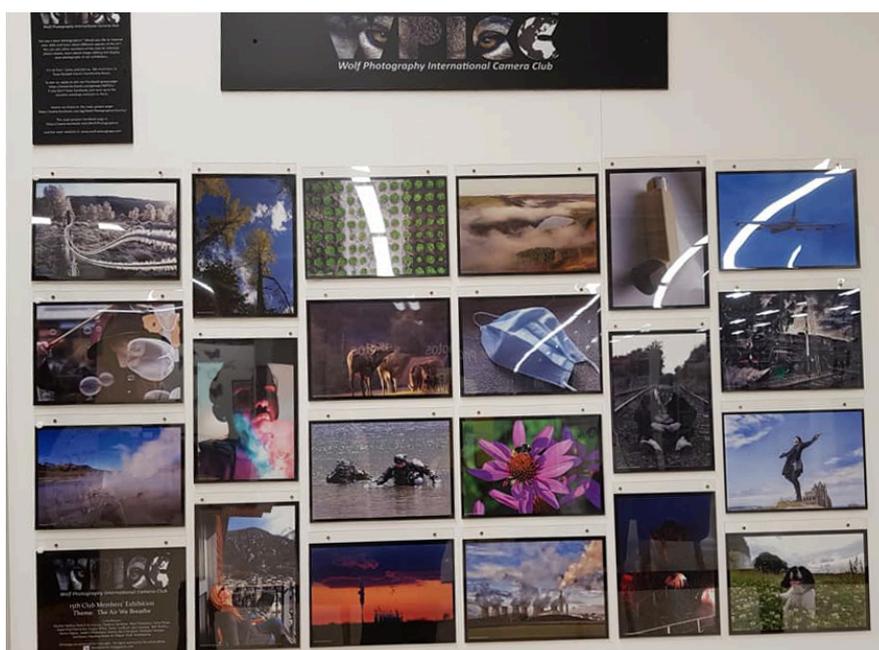
We have 2 venues at the moment and I am hoping to find a venue in Scotland with like minded people that is accessible, as well as a couple in other countries around the world. We can then play pass the parcel with successive exhibitions.

Venues:

Tesco Bulwell Extra, Jennison Street, Jennison Street, Nottingham NG8 6DG.

The Red Lion - Y Llew Coch, Dinas Mawddwy, Machynlleth, Wales SY20 9JA

The exhibition themes are posted on the group page and once a year we produce a 'best of year' exhibition.



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. The poster is below:



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 (RAF and Metropolitan Police) 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.

Social meet-ups

Unfortunately, all of our social meetups have been suspended because of Covid 19 and social distancing rules. Most of our members are vulnerable in some way, so it seemed sensible to wait for the pandemic situation to be resolved to a degree that would allow us to meet up again safely.

Free Counselling/ Listening Ear

On the 2nd and 3rd Friday of every month, we have free sessions from fully qualified counsellors. This service was started up last year and is still available but only via telephone service.

Fast track referral to the NHS

We had a fast track referral service to the NHS but we've had to suspend this service owing to Covid19.

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

Creatives Night

Our Friday evening meetups for artists are still suspended because of Covid19. I will let you know as soon as the situation changes.

Meet the Artists Night (MTAN)

Likewise, the MTAN events are also suspended until further notice.



Meiyo Karate Club

The dojo was set up in 2012 with 3 students after I was approached by a local business that wanted an instructor that had an awareness of issues affecting a multi-cultural area, including racism.

The dojo has now closed owing to Covid19 and my disabilities. The workload was too much for one person.

2 students managed to keep training regularly at home and provided regular evidence of their training. They both successfully graded over the first lockdown with the appropriate safety measures in place.

Jake was handed the Student of the Year Shield and will be able to keep it now. Likewise,



Summer won the Tiger of the Year Trophy and will keep it.

The following funds were used to set up emergency medical camps:

£1000.00 towards Emergency Medical Camp in Gaza

£1000.00 towards Emergency Medical camp in Yemen

£1000.00 towards Emergency Medical Camp in Syria

Any remaining money was donated to the Disabled Artists' Network.

Project Staff

None of us are paid for the work that we do in the community and that's right for this group of projects.

Some groups get themselves tied up in seeking funds for individual salaries. There are some groups/agencies that only started getting interested in the art/well-being link when funding organisations advertised pots; there are also groups that initially wanted to network with these projects only to install themselves into a position of influence because they assumed that the projects described to you in this report are run by management committees. While I'm open to 2-way networking with other agencies and groups, please be aware that these projects are part of my business aims under my company's remit. I see what can be achieved and I set about to achieve it in the best way possible ... given my experiences of having worked in the public and voluntary sectors.

I've stayed away from registered charity status as that tends to be more about putting the public's cash into admin and the money doesn't always go where it's needed.

I'd like to say a big thank you to David Edge, Julie Genner, Paul Carruthers, Ravinder Kaur, Hilda O'Brien, Yasmine Hussain, Trevor Peacock, Angie White and Sophia Sims for everything that they do and have done for the projects over a very difficult year.

Supporters

I'd like to say a big 'thank you' to the people that buy my books and prints. The money that you spend with me is used sensibly in helping me to create more art and to run all the projects listed in this document. You make a difference to other people's lives, as well as mine. I'd also like to thank the people that contribute in other ways to keep the projects running.

I'd like to thank Tesco for allowing us to use their premises to facilitate these projects, particularly to Chris Tilley (Community Champion at Tesco Bulwell Extra) and Scott Draycott (Store Manager), as well as the rest of the store staff, security guards and cleaners at the store for keeping an eye on the exhibition space and helping it to run smoothly.

Last but not least, I'd like to thank LSM Global, Grangeprint, Sigma, LCN, Vistaprint, jAlbum, B&Q and Meiyo Karate Club for the different levels of support that they all provide; your support is crucial towards the sustained running of these community projects.

All that is left is for me to wish you a peaceful holiday season and all the best for 2020.

Villayat 'Wolf' Sunkmanitu

Proprietor

Wolf Photography

