


inside **OUT**  connecting people
with a
creative environment





inside OUT

Arts and Health Project

inside OUT is a project developed in partnership with the Forestry Commission and designed to allow under represented groups access to the landscape environment where they can work through relevant health issues creatively.

It will be produced in negotiation with community, health, art and voluntary organisations to tailor specific workshops to individual needs

Background

The Wye Valley Area of Outstanding Natural Beauty (AONB) is an internationally important protected landscape containing some of the most beautiful lowland scenery in Britain. The 44 mile/72km stretch of the River Wye winds down through the valley through spectacular limestone gorge scenery and dense ravine woodlands. Superb wildlife, intriguing archaeological and industrial remains and impressive geological features all make it into one of the most fascinating Areas of Outstanding Natural Beauty.

Designated in 1971, this unique landscape straddles the border between England and Wales. It includes areas within Gloucestershire, Forest of Dean, Herefordshire and Monmouthshire.

The AONB works in partnership with many organisations to promote, conserve and enhance the natural landscape and promote quiet enjoyment of it. Funded by Local Authorities, Natural England and CCW it has worked in successful partnership with The Forestry Commission England, The Forestry Commission Wales, Woodland Trust, RSPB, CPRE and local landowners and communities in working with a wide range of projects, events and activities.



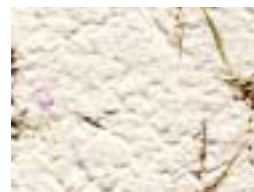
Aims and Objectives

Aims

- To establish landscape areas within the Wye Valley AONB suitable for use by a range of under represented groups
- To develop innovative community arts projects to connect people with the landscape environment
- To allow exploration of health issues specific to user groups through a creative experience
- To provide inspirational creative learning and experiences
- To identify and employ local arts practitioners who will use their skills in creative workshops

Objectives

- To strengthen the connections between under represented groups and the landscape of the Wye Valley
- To explore health issues through outdoor creativity



Our Goals

The natural landscape of the Wye Valley has long been instrumental in providing enjoyment, relaxation and outdoor opportunities to residents and visitors alike. It is also well served by the creative section of the community with many arts and crafts practitioners living and working in the area.

There are however large sections of the community who, for various reasons, do not or are unable to access the natural landscape. These groups could benefit from access to natural areas and from working in a creative way to address health issues .

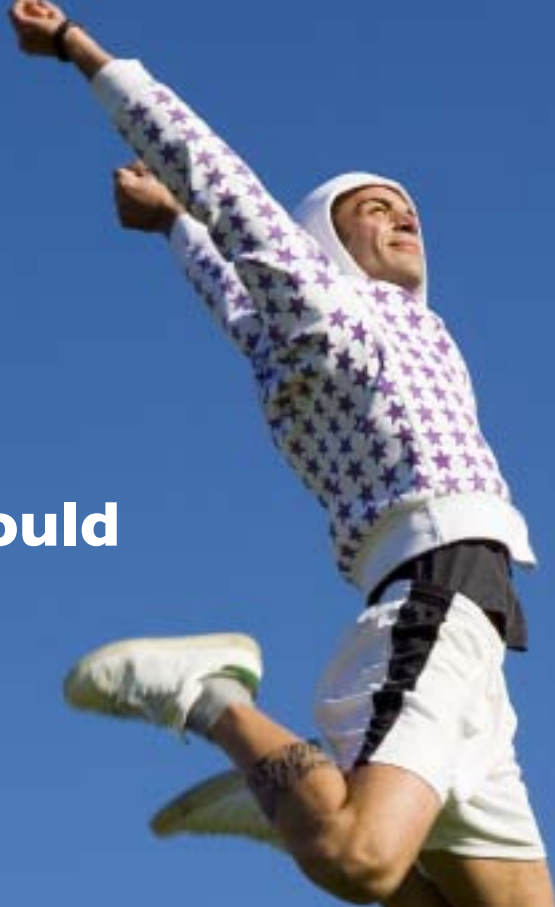


Inside OUT is working with the Forestry Commission and local government Arts Development Officers to do the following:

- Arrange for woodland space to be set aside for inside OUT path where usage has low impact on the environment.
- To arrange for volunteer and forestry staff to :
 - a) clear the area and set down a surface which allows all season usage
 - b) make path safe for user groups in terms of health and safety features
- To implement signage and interpretation to direct and inform participants and visitors about the aims and objectives of the area.
- To monitor and carry out regular maintenance of path/area
- To arrange for creative workshops for under represented groups to access the path/area for working in or displaying artwork.
- To work with creative partners including artists, writers, musicians and performers in producing a range of workshops for under represented groups working through health themed issues and access to the environment.



Groups who could benefit



The range of under represented groups will be wide ranging. Initially we would wish to engage with people with various health issues which would include:

- Mental issues, stress, depression
- Obesity, healthy eating and exercise
- Physical and mobility issues
- Visual and hearing impairments
- Drugs and alcohol abuse
- Violence, domestic violence and bullying
- Smoking cessation
- Age related problems

We envisage close working with community organisations and primary care trusts to develop an **inside OUT** programme where participants benefit from expressing their opinions and views through the medium of art either during outdoor workshops or within their community areas.

The artwork produced would be displayed within the **inside OUT** path/area and would be able to be accessed by participants and their families as well as visitors to the area.



Our Schedule



The initial area is being established in Gloucestershire in partnership with the Forestry Commission. Initial clearance and maintenance will be funded through voluntary activity and grant aid application.

is intended to provide several group activity workshops throughout the Summer 2009. This will allow evaluation and monitoring of the success of project and enable us to establish the way forward.

Throughout 2009 it is intended to form partnerships with community groups and individuals who would benefit from the arts for health project and together with health officials and arts practitioners establish a comprehensive programme for 2010. We are holding an **inside OUT** information workshop in May where possible partners, practitioners and other interested groups can visit and view the site and join in a creative activity in the forest area.

The development of contacts between the **inside OUT** project within the Wye Valley AONB and Health and Government Organisations is essential for the successful establishment of such a project and we would invite any interested parties to contact us to register interest.

Nikki Moore, Wye Valley AONB Information Officer

Tel: 01600 710846 Email information@wyevalleyaonb.org.uk





The first insideOUT workshops will commence in early summer 2009 at the Bracelands site in Gloucestershire. This site is owned by the Forestry Commission and is situated between Christchurch and Symonds Yat,
Please complete this form to register your interest in the project either for your community group or as a creative practitioner. The information will allow us to collate the requirements for groups in Gloucestershire.

Register of Interest

I/we would like to register my/our interest in using and supporting an insideOUT creative workshop
I am interested in

workshops for my community group offering services as a creative practitioner
working as a partner offering voluntary help offering funding/equipment/materials

Personal Details

Name: _____

Address: _____

Postcode: _____

Tel: _____ Email: _____

Company/ Group/ Charity Details

Name of company/group/ charity _____

Description of group needs _____

Address if different from above: _____

Postcode: _____

Tel: _____ Email: _____

Number of people to participate in workshop

0-3 4-6 7-10 11-15 16-20 21-30 31-40

Do your group members have any special requirements?

transport carers attendance easy access to toilet facilities special dietary requirements

mobility aids wheelchair access

Creative Practitioners

If creative practitioner what area do you work in?

visual arts music performance creative writing storytelling sculpture textiles
graphic arts photography film multi media carving crafts wood metalwork

other please state _____

What groups have you had experience of working with?

multi cultural/ ethnic minority children u16s youth 16-20 elderly less able
special needs visually impaired hearing impaired alzheimers/dementia addictive behaviour
offenders educationally excluded groups with specific health issues

other please state _____

Please add any comments or information about your group's needs that you may feel would be helpful to us in arranging a workshop for you.

insideOUT Partnership Working

If you would like further information about becoming a partner in the scheme please contact Nikki at the Wye Valley AONB Offices

Nikki Moore, Wye Valley AONB Information Officer
Hadnock Road, Monmouth NP25 3NG
Tel: 01600 710846
Email information@wyevalleyaonb.org.uk

Please note:

The site is a natural woodland site and although great care is taken to ensure accessibility, it is important that the outdoor experience in the forest is preserved. This can mean rough areas, mud and changeable weather conditions. It is therefore necessary that all participants have suitable clothing and footwear.

We will have access to indoor working space if necessary.