

Drawing For Wellbeing

Newsletter

March, 2017

It has been a very exciting six months since the inception of the Drawing For Wellbeing programme. We wish to extend a sincere thank you to the generous supporters who helped launch this programme!

The first fundraising initiative received \$744 in donations to support free drawing classes for Angus area community members. The South Simcoe Arts Council donated an additional \$165.56 (retail value) in drawing supplies for participants of all ages.

The Drawing For Wellbeing programme is two-dimensional: 1. to provide free drawing classes to Angus area community members (supported by fundraising initiatives); 2. to offer drawing classes to area social service agencies at nominal cost.

Community Programmes Sponsored By Fundraising

- February 18: a two-hour, all ages community class had nine participants, ranging in age from 8 – 80.
- March 2 – April 20: six, two-hour adult drawing classes. The nine enrolled participants will have their drawings on display at the Angus Library from April 18 – May 18.

Social Service Agency Programmes

- January 18 - March 29: a ten-session, one-hour drawing class was offered through an area social service agency.

Wellbeing is “the capacity to enjoy life and deal with the challenges we face.” (Ontario.cmha.ca/mental-health/positive-mental-health-and-well-being) Wellbeing is best achieved “within a context of mutual recognition, equality and interdependence.” (Roehrer Institute. 1993. Social Well-Being: A Paradigm for Reform. Toronto. Roehrer Insitute)

The programme goal is to encourage wellbeing through the activity of drawing, by upholding the dignity and value of each person and by overcoming social and economic stigmatization and barriers.

The Drawing For Wellbeing programme was created in Angus for three reasons: 1. to help in the area of lower income families where youth struggle with many barriers every day; 2. to meet community interest in group activities and classes; 3. to provide a further community resource and social activity to relieve personal stress where there are currently few available. (CMHA: Enabling Minds Story: Angus Ontario, 2014)

Stress comes in many forms and from many sources such as, life experiences, health conditions and social and economic conditions. Stress taxes our physical, mental, social and emotional health. Health Canada states that stress, in high levels and in prolonged duration, can cause serious health concerns and is a risk factor for heart disease. (hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stress-eng.php)

The activity of drawing has recognized, multi-faceted benefits that encourage wellbeing by:

- * being meditative
- * lowering stress and anxiety
- * encouraging positive life experiences
- * promoting confidence and self-esteem
- * promoting self-worth and faith in abilities

(American Journal of Public Health. 2010 February; v.100(2): 254-263)

The second fundraising initiative is about to begin with a goal of \$1,500 for continuing the adult class and beginning a class for youth aged 13-17. "Arts have been shown to empower youth, especially at-risk youth, to succeed in school, in work and in later life." (<http://www.canadianartscoalition.com/2016-arts-statistics-an-infographic-to-share/>)

Advertising for the Community Drawing For Wellbeing classes has been through the Angus Food Bank, Essa Lifestyles Residence (Seniors' Affordable Housing), Angus' Compass group, ESSA Public Library, The South Simcoe Arts Council (SSAC) and the South Simcoe Service Coordination Committee (for their clients in the Angus area).

Drawing For Wellbeing Timeline

- October, 2016**
- *SSAC agreed to receive and monitor all funds for the Drawing For Wellbeing programme
 - *Angus Library donated a space for the classes
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 - *Presentation made to the Angus' Compass group (Community Partners With Schools)
- December, 2016**
- *Met with Parks and Rec. Dept. of Essa Township
 - *SSAC recognized the programme as one of its own and a committee was formed
- January, 2017**
- *Presentation made to the Deputy Mayor of Angus
 - *Presentation made to the South Simcoe Service Coordination Committee (anne@focuscdc.on.ca)
 - *A 10-session drawing class for a client of a social service agency began at the Angus Library
- February, 2017**
- *A 2-hour, all-ages, community drawing class, sponsored by fundraising was held on the Family Day long-weekend at the Angus library with nine participants ranging in age from eight to eighty
- March – April, 2017**
- *A six session, 2-hour, adult drawing class, sponsored by fundraising, held at the Angus library with ten participants
- April 18 – May 18, 2017**
- *Display of drawings from the adult Drawing For Wellbeing class at the Angus library

The Drawing For Wellbeing programme has begun and is actively reaching out to Angus area community members with whom to share the many personal and social benefits of drawing. This all has been made possible thanks to the positive response and support from our partners and private donors. Thank you!

If you haven't already done so, **please consider donating to:**

Drawing Classes Free To Angus Area Community Members

Please make a donation amount of your choice or choose from the options below.

I wish to donate the following amount for drawing classes in Angus _____

I wish to donate the cost of drawing supplies for:

1 participant at \$ 18 2 participants at \$ 36 3 participants at \$ 54
4 participants at \$ 72 5 participants at \$ 90 6 participants at \$ 108
10 participants at \$ 179.95

I wish to donate the following number of 2-hour drawing classes for up to ten participants: (\$50/hour based on CARFAC* rates)

1 class at \$ 100 2 classes at \$ 200 3 classes at \$ 300

Please mail this form with your cheque payable to the:
South Simcoe Arts Council, P.O. Box 313, Alliston, ON, L9R 1V6

Certified Tax receipts will be provided by the South Simcoe Arts Council for all donations over \$20.

Thank you for your generous donation!

*CARFAC – Canadian Artists Representation/Le font des artistes canadien