

SOCIAL ENGAGEMENT THROUGH CRAFTING

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Exploring through materials

This was created by a profoundly disabled young man with my assistance . It was part of his portfolio he created in the last year of his life. Despite the **barriers** and **challenges** he faced as a person with Muscular Dystrophy he insisted on making up until his death.



Exploring through materials

This was another garment we created together. It was his design concept & then we worked together making it.

It was constructed from paper, a material more accessible to him. He was determined that his condition was not going to prevent his wish to create sculptural objects.

For him this project was a chance to express his creativity, for me it was a realization of what can be achieved when one is flexible with materials and methods.





**Quilting Bee for
Bumps & Bairns**
Craft Quilting Group
in Studio 2

Every
Wednesday
10-12noon

free





SILVERHUB
JEWELLERY SCHOOL & STUDIOS

Lisa Arnott
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Project : State of Flux

State of Flux

Introduction

'Around a quarter of British adults will experience a diagnosable mental health problem in any one year' (Robman 2014)

The 'State of Flux' is a contemporary jewellery design research project developed as part of the MA Design, Negotiated Project module, 'Designing out Vulnerability'. The term 'state of flux' is often used by society to describe a period of change for an individual which will lead to a new direction. Flux is also a technical jewellery term and a product used to enable the joining of two pieces of metal with solder.

An earlier research project (Harris 2015) investigated the relationship between wearing jewellery and the emotional support it gave people recovering from addictions. Early indications of this pilot project suggested that wearing jewellery did provide some level of emotional support. Using this new knowledge the State of Flux project was developed in partnership with Comas / Women Zone located in Edinburgh, Scotland, to investigate if the process of making would contribute to the recovery of women from addictions.

The projects primary research question was:
'How the act of making contributes to recovering from addictions?'

State of Flux

The project aims were:

- To investigate what impact the act of jewellery making might have in contributing to self-confidence and recovery.
- To provide opportunities for women recovering from addictions to develop skills in traditional metal jewellery. The project used a variety of arts based research methods (Lacey 2016).

The overall approach integrated craft research methodologies (Hewison 2019) as well as data collection using both quantitative and qualitative research methods (Thomas 2016). These included:

- Qualitative research approaches through questionnaires
- Quantitative research methods through semi structured interviews which were filmed
- Photography to record the jewellery objects created
- Photography to record the process of making



I Feel Amazing!

The research project was conducted over a ten week period for two hours a week. I wanted to ensure that the women's experience of engaging with the materials and the workshop was empowering for them. Rather than providing the women with a note/sketch book which may have intimidated their skills of drawing or literacy I gave each one a box. The purpose of the box was to enable the participants to gather objects or images of inspiration, to help them get ideas and to let me see what inspires them. As part of the evaluation and monitoring of the projects methodology, the women were asked at the beginning of each session, to describe in their own words how they felt. At the early stages they described feelings of anxiety, stress and often paranoia.

'I am anxious I don't know what to expect'
(Participant 2015)

'I feel very panicked and anxious'
(Participant 2015)

For many of the women they had never made anything before. As the weeks progressed the women talked about how the project was supporting their recovery. A sense of achievement, fulfilment, relaxation and enjoyment was identified as a result of participating in the project. Reflections from the women included:

'I feel amazing! I finished my ring'
(Participant 2015)

'Fantastic! What an amazing sense of achievement, I am glowing with pride'
(Participant 2015)

The women all described how they became more focused, calmer and relaxed even with the pressure of making something new and for the first time. One of the participants stated:

'Really enjoyed the class, felt creative even when making mistakes'
(Participant 2015)

As their confidence in making grew so did their approach to putting items in their boxes which as a result they found inspiring. It was becoming clear that the project was contributing to 'deigning' out the women's vulnerability. All the women commented that the project has contributed to their recovery. It had broken their isolation, given them a sense of achievement and belonging whilst providing a therapeutic role within their recovery.



Reflections

Reflecting on the project has confirmed the need for further investigation as to how the act of making can contribute to the health and wellbeing of vulnerable people groups and communities. As a researcher it has also created a further set of questions.

- How can we evidence the act of making and demonstrate how it contributes to people's wider lives and lifestyles?
- How can making create future social and economic opportunities for those recovering from addictions?
- Is there a role as contemporary makers to support and empower vulnerable individuals within the making process which contributes to individual and collective change?

This project continues to evolve. Funding is currently being sought to enable the project to develop further and to reach a wider community. This new research project, Fusion, would support participants to have access to traditional metal jewellery making by removing the barriers to education and investigate the possibilities of future social enterprises.

REFERENCES

- Robman, D. G., Rogers, S., Jones, P., et al. (2014) *Living with Mental Health Problems: A Guide to Self-Help and Recovery*. London: Royal Society of Medicine Press.
- Smith, L. (2016) *What is Craft?*. London: Bloomsbury.
- Lacey, S. (2016) *What is Craft?*. London: Bloomsbury.
- Hewison, R. (2019) *What is Craft?*. London: Bloomsbury.
- Thomas, S. (2016) *What is Craft?*. London: Bloomsbury.





Silverhub Studio's Jewellery & Metal work classes Edinburgh, Scotland

www.silverhubstudios.com



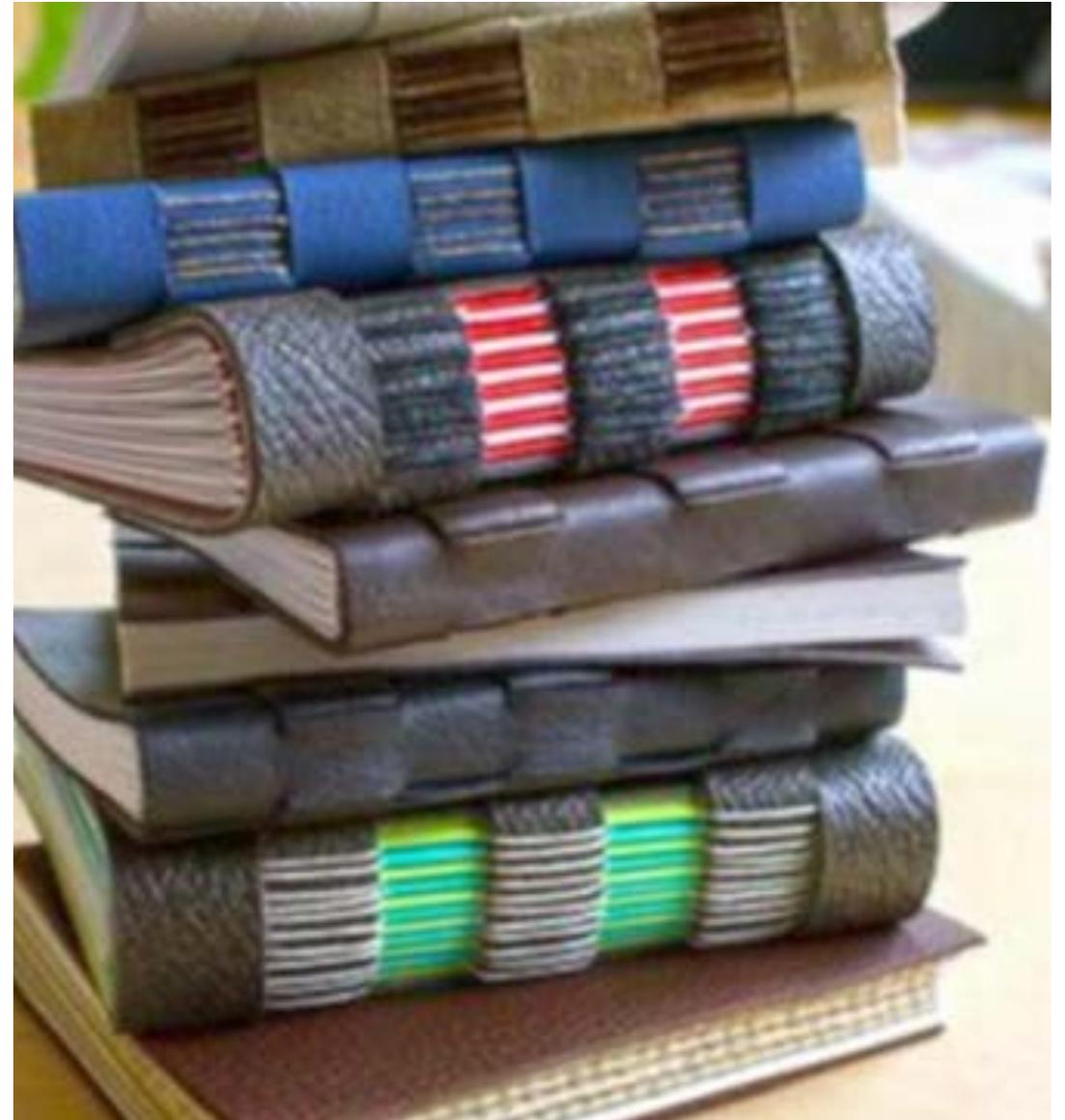


Cassandra Barron

Freelance Maker
Book Binder



Eco printing for a community garden project

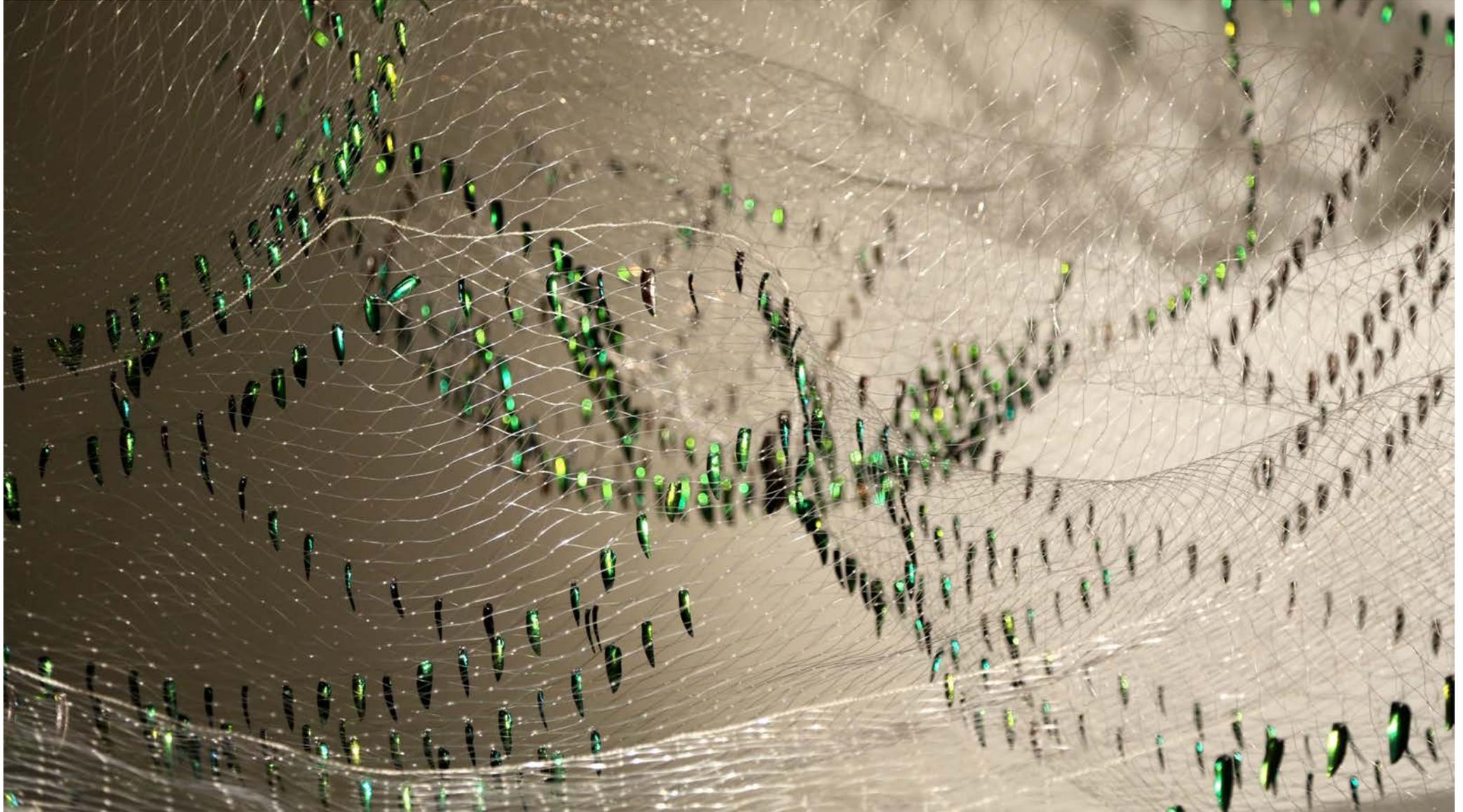


Fiona Hermse

www.fionahermse.co.uk













Nicola
Turnbull



Nicola working with one of the young women on a jewellery project in Nepal



Nicola's views on the impact of making

I think making has a profound effect on the members at Garvald. I try to find an individual approach for each person, enabling them to fulfill their interests and potential. As well as having a common goal and using the craft to bring the groups together socially. In the Gavald Jewellery workshop we use all different types of material. Members are able to express themselves through making and take pride in what they have made. What each person gains from the workshop is as individual as the people themselves. Some people make very little but enjoy the space and materials without producing a finished item.

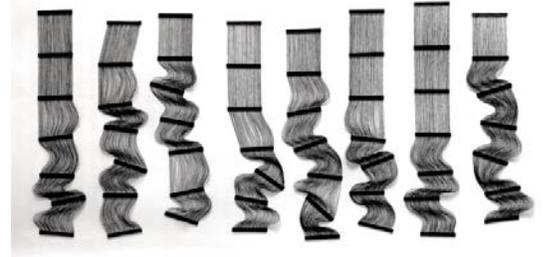
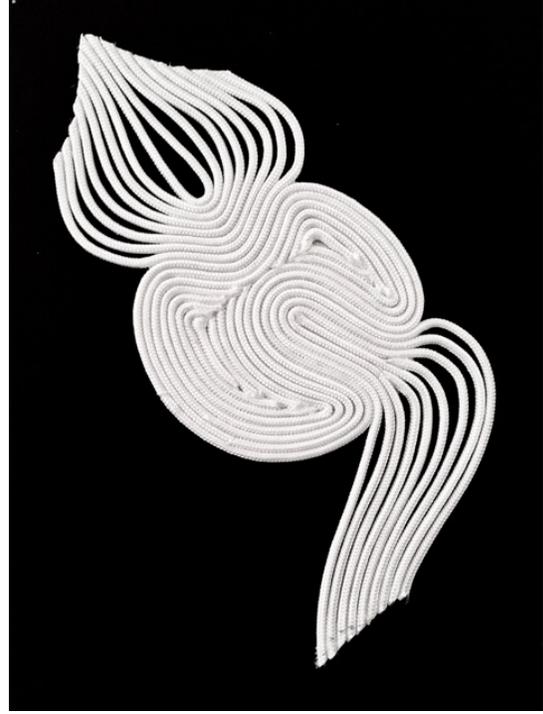
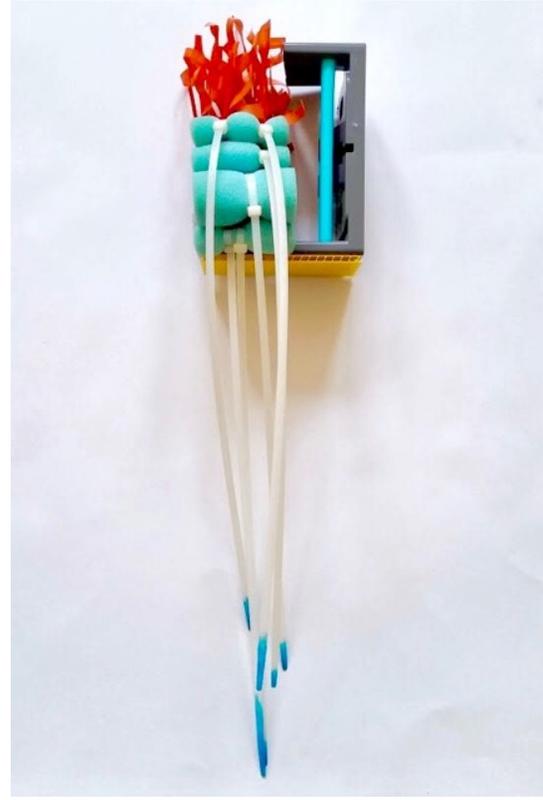


Rosann Murray – Designer/Researcher



Sally Price

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Make Your Mark Exhibition Edinburgh

- Make Your Mark is a collaborative community art project based in Muirhouse, led by artists Hans K Clausen and Sally Price. Local residents of all ages were invited to take part in drop-in sessions at North Edinburgh Arts and create a 'mark', a unique small scale sculpture using simple recycled materials.
- The exhibition showcases the work that has been created over the last year, celebrating the creativity and diversity of the local community in Muirhouse.











Arts on Prescription (Arts on Referral)

A type of social prescribing. In Social Prescribing there is a referral process whereby health or social care practitioners refer people to a service or a source of support. Arts on Prescription schemes provide arts and creative activities for participants, usually for people experiencing mental health problems and social isolation. The purpose of such schemes is not to replace conventional therapies but rather to act as an adjunct, helping people in their recovery through creativity and increasing social engagement.

Alex Coulter & Health South West

Links and References

<https://www.gov.uk/government/publications/social-prescribing-applying-all-our-health/social-prescribing-applying-all-our-health>

Bungay, H and Clift, S. (2010) Arts on Prescription : A review of practice in the uk. Perspectives in Public Health, 130, 6,277-281

<https://www.artinhealthcare.org.uk/>