

CALLING ALL CREATIVES

Collaborative Art Exhibition for Mental Health Awareness Week

May 2024 at Maidenhead Library

THEME

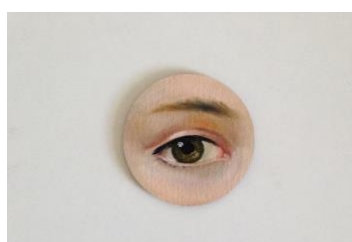
ARE WE ALL CONNECTED OR WORLDS APART?

The Happy Bunny Project is organising a collaborative art exhibition open to all members of the public. We might not always be Happy Bunnies but participation in arts can uplift the spirits.

For mental health awareness week we invite people and community groups to practice their creative skills, step outside their comfort zones and simply give it a go, you can organise a workshop using the ideas and guides or do your own individual artwork. You can enter 1 or all 3 categories:

- **The eye** - Thoughts and feelings can preoccupy the mind, it can't always be seen but it can be felt - the wall of eyes will symbolise what we can't see but can feel
- **Hand self-portraits** - tell a story of reaching out for help and having a helping hand on the other side
- **Butterfly** – a mix of handmade butterflies will tell a story of gratitude

Artwork criteria:



The Eye Size: up to A5 (21x15cm). Try to draw your own eye using mixed media, it can be in colour or black and white or even 3 dimensional



Hand Self-Portrait Size: A4, use your own handprint. Tell your story of reaching out for help with colours, marks, prints, can use collage and written words



Butterfly Size: up to 12x12cm, made in any medium including knitting, paper, fabric etc. Include a small message of gratitude that will be added to the wall separately on a tag

To register your interest and ask any competition related questions email:
happyBunnyProject@hotmail.com Deadline 5th May, 2024.

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Exhibition inspirational images – what we are trying to achieve!

1. Butterfly wall with gratitude message



2. Hand Self-Portrait wall.

3. Eyes looking at you, what does mental health look like?



Art exhibition shines light on emotions experienced by homeless

Written by David Lee

Email

11:08AM, Monday 20 November 2023



A powerful art exhibition which reveals the emotions experienced by homeless people in the Royal Borough has gone on display at Maidenhead Library.

Left hand side image:

Organiser Ieva Poriete from The Happy Bunny Project and Cllr Joshua Reynolds standing next to "Who Lives Here" art installation at Maidenhead Library November 2023, published in Maidenhead Advertiser.

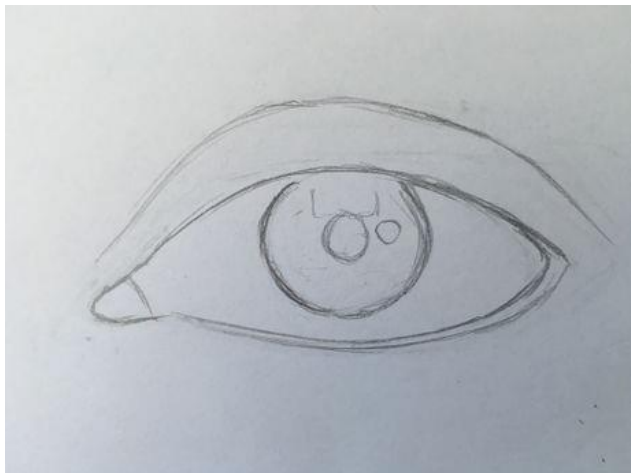
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Workshops preparation pack

1. The Eye – is said that eyes are the windows to the soul.

Thoughts and emotions can preoccupy the mind when going through something difficult. It is something we feel on the inside, it can not always be seen. Eye represents what we can't see but can feel.



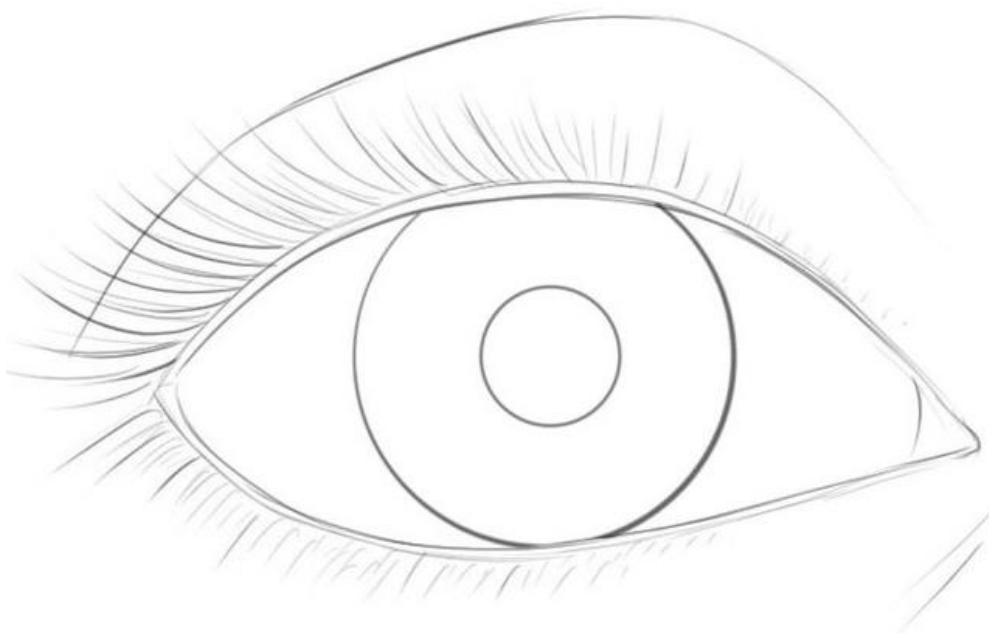
Artwork guide:

- **Children's groups** - You can use print out sheets for children to colour in or collage the eye.
- **Adult groups** - depending on the skill range you can use print out templates to paint, shade or colour in the eye.
- **Individual artists** can use their creative vision to come up with eye artwork that is up to A5 size. Can be drawn and framed or painted on mini canvas.

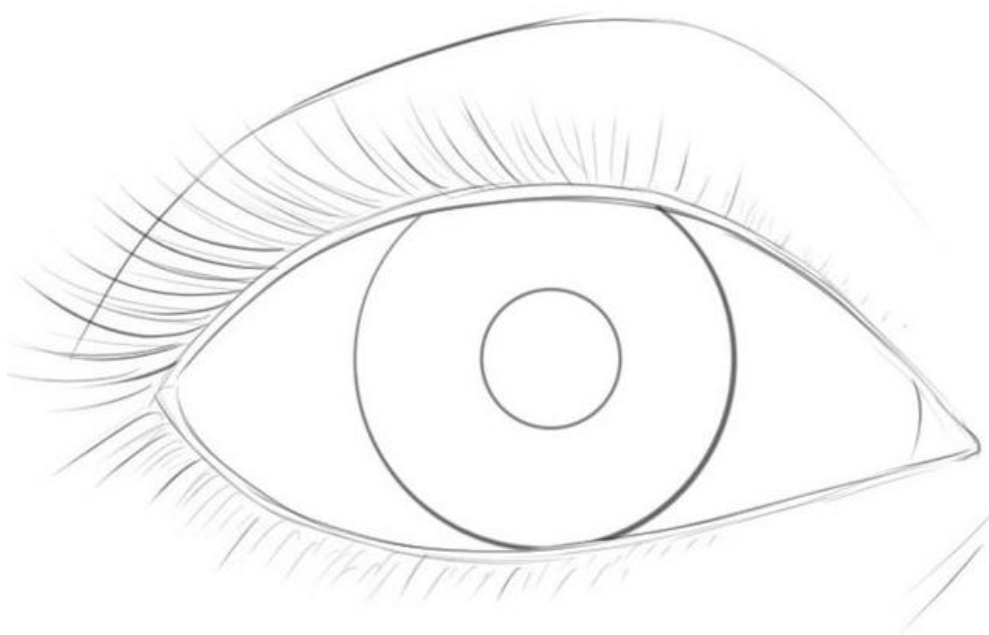
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Eye template to print out and colour in



Eye template to print out and colour in



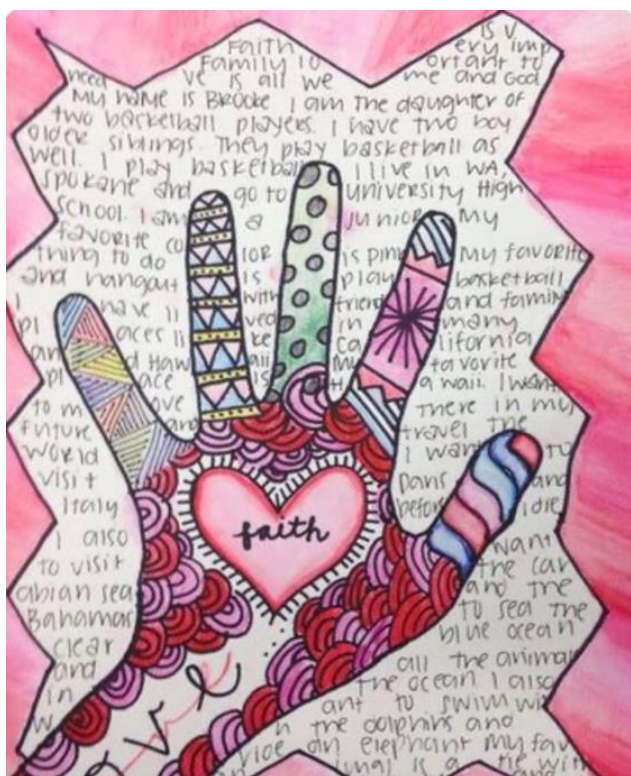
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2. **Hand Self-Portrait** – creative representation of things you like, hobbies, interests, colours, patterns, life journey. You can include written words telling a story of when you reached out for help regarding mental health, or perhaps offered a helping hand.

Artwork guide:

- **Children's groups** – You can use A5 paper, for children to draw patterns or illustrations of hobbies, family, things they like doing
- **Adult groups** – use A4 paper, trace your own hand and let your imagination flow, creating patterns and illustrations. You can use written words or cut outs telling a story of when you reached out for help or offered a helping hand.
- **Individual artists** – Use A4 paper to tell your story, unleash your creativity and use your imagination. Include written words or cut outs.

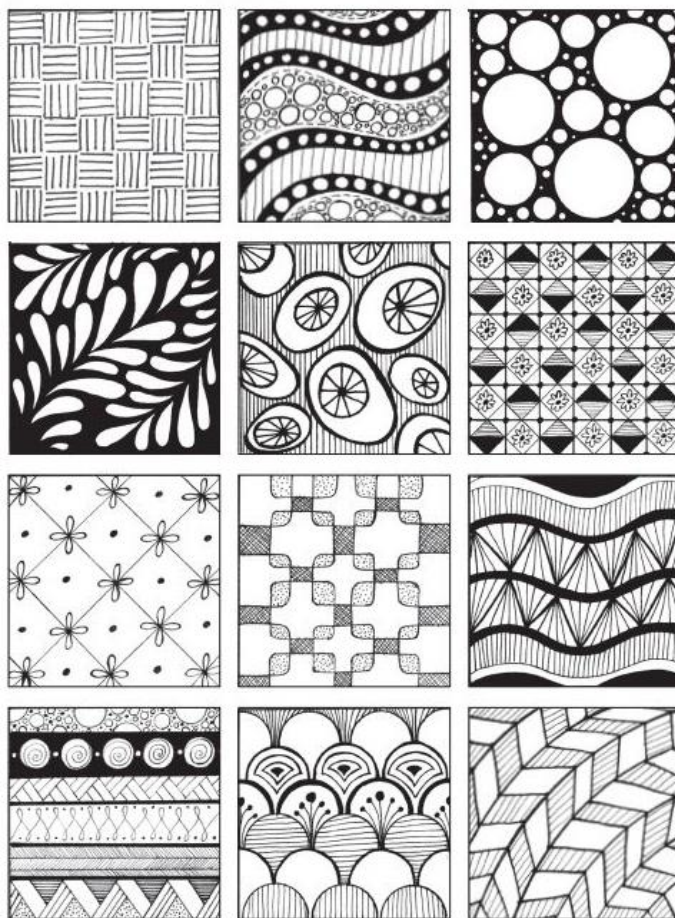


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Pattern ideas:



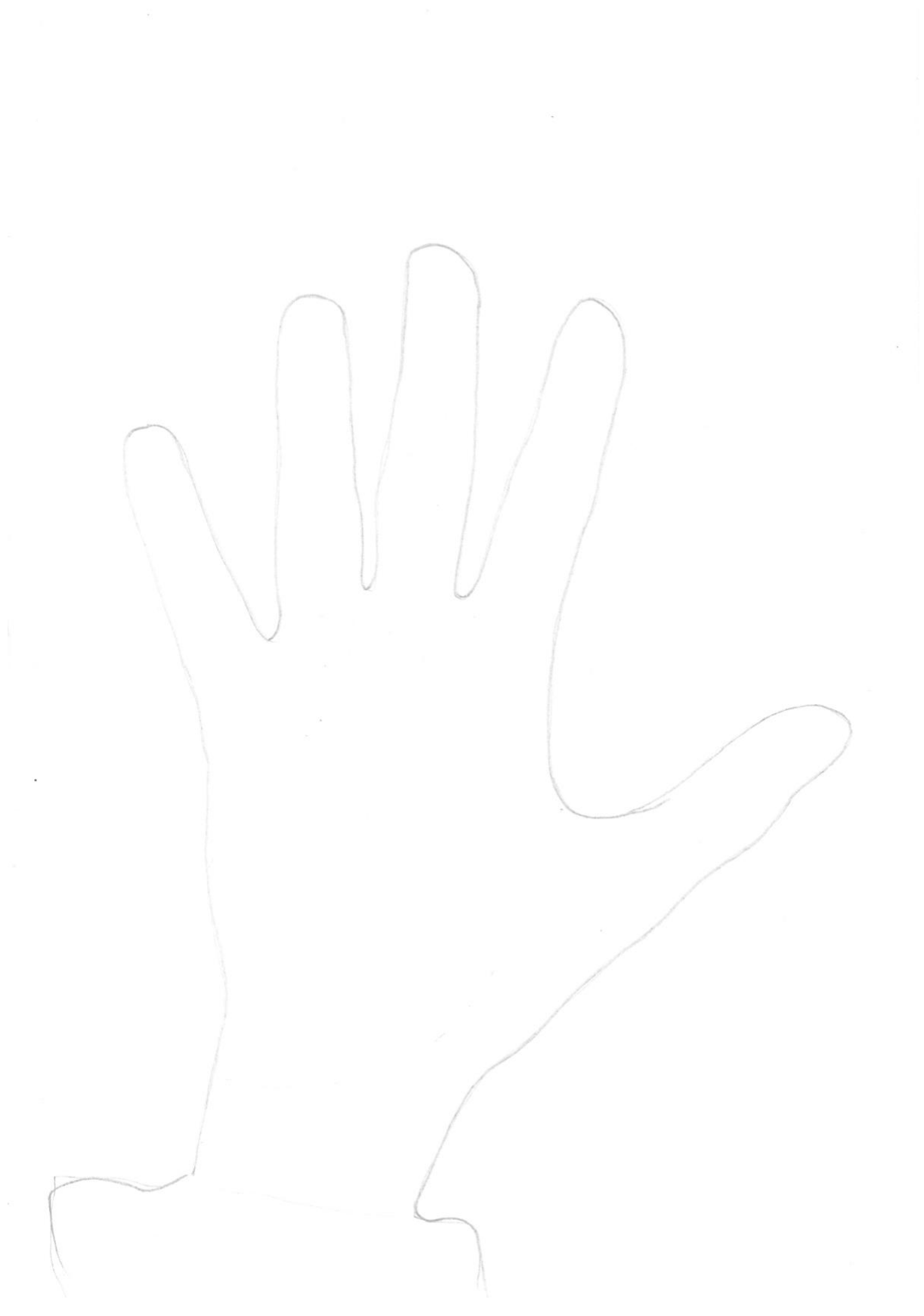
Try some of these patterns or make up your own.



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Hand template, please trace your own hand.



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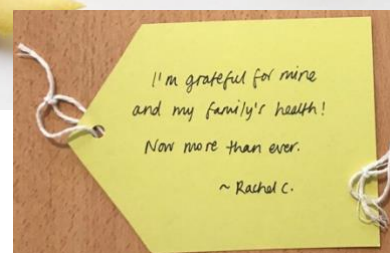
3. Butterfly with gratitude message



3D Butterfly workshop ideas

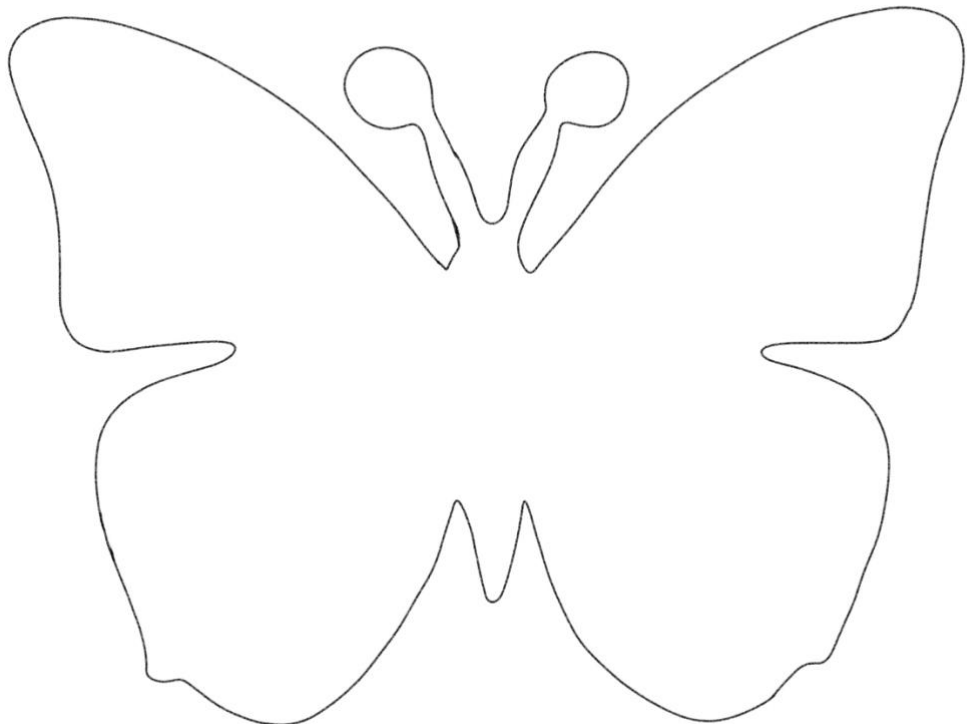
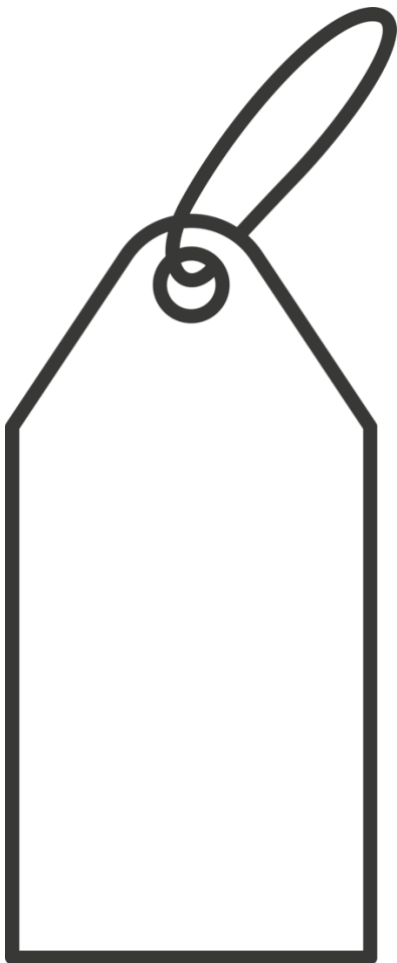
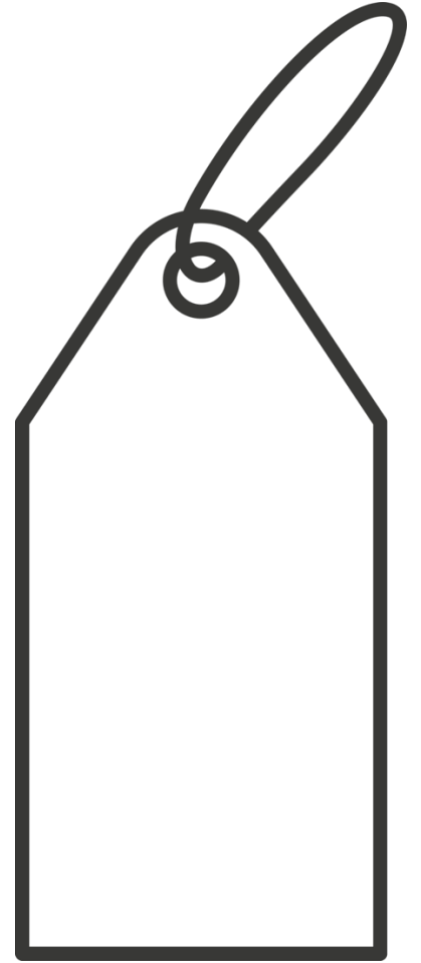
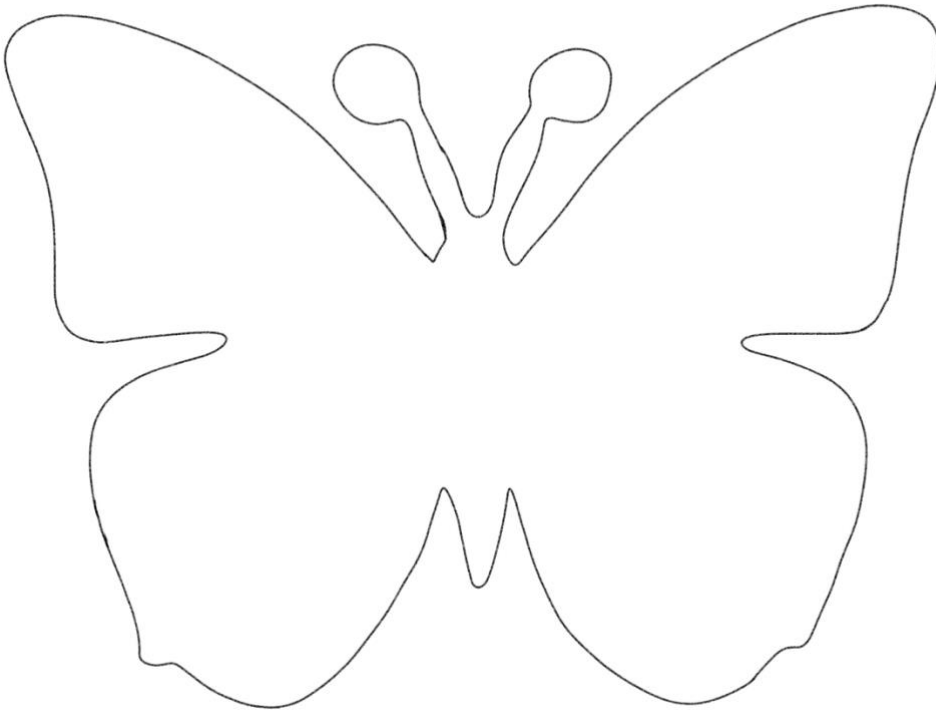
(Detailed instructions can be found online, just Google idea you are interested)

- **Children's groups:**
 - Painted paper plate butterfly
 - Tissue paper butterfly
 - Painted doily paper butterfly with peg body
 - Coloured in butterflies
- **Adult groups and individual artists**
 - Origami butterfly
 - Fabric, knitted or crochet butterfly
 - Painted cardboard or tissue paper butterfly
 - 3 dimensional in any medium, recommended size 12x12x12 cm



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Organisers:



The Happy Bunny Project CIC – Connecting people and communities through art. Project started out in 2018 offering creative workshops to Windsor Homeless Project guests. In 2023 we stepped outside our comfort zone and did our first ever public exhibition, exhibiting guests artwork and also raising awareness of mental health and positive impact arts and creativity can have.

We are not always Happy Bunnies, but participating in a creative activity can uplift the spirit.

In 2024 Windsor Homeless Project moved to its new home at Alma Beacon, 73a Alma Road Windsor. The Happy Bunny Project run weekly arts workshop on Saturday and from time to time organises collaborative community arts exhibitions.

Follow us on Instagram – The Happy Bunny Project

Facebook The Happy Bunny Project Windsor

Email HappyBunnyProject@hotmail.com

Maidenhead Library – is so much more than just the books. The team can help with various life situations, signpost to the right services and provide a warm and friendly space. Maidenhead library is more like a beehive where different groups and activities take place.



Craft Coop CIC – a gift store from outside and community of local artists and crafters who are making and selling beautifully handmade, uniquely local gifts.

Craft Coop also runs specialty workshops and warm space workshops for children.

Address:

Windsor Craft Coop: 15 Windsor Yards, (next to Vision Express) Windsor SL4 1TF

Maidenhead Craft Coop: 79 Nicholsons Ln, Maidenhead SL6 1LB

Follow on instagram: [craft_coop_windsor](https://www.instagram.com/craft_coop_windsor)

Follow on facebook: [craft.coop](https://www.facebook.com/craft.coop)

Deadline is 5th May 2024

**Please hand in all the artwork to Windsor/Maidenhead
Craft Coop.**

**If you would like to volunteer to help set up the exhibition,
please email HappyBunnyProject@hotmail.com**

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