

Take some time out of your day to think about you.

Welcome to The Living City Workshops where we believe that everyone is creative and that creativity is important for our wellbeing and mental health.

Take some time out of your day to think about you with our PDF and video workshops from experienced and talented writers, artists and photographers.

These workshops are designed to help you explore your wellbeing with journaling, photography, collage, writing, and more. The workshops combine creative skills with connecting to our greenspace, place and processing the changes the last year has brought us.

You can keep your creations to yourself or help us create an online exhibition of your everyday creative wellbeing by tagging @theyeatculture on social media.

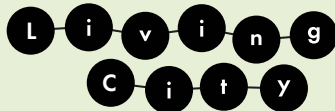
FREE
ART HEALTH
WORKSHOPS



Shutter Release

with Claire

THEY
EAT
CULTURE



This is a The Living City project produced by They Eat Culture and supported by the Cultural Recovery Fund, Arts Council England and The Community Lottery Fund.

About the Artist.

Hi,

I'm Claire.

Much of my photographic work is based around community, often photographing civic events for commissions but also creating workshops about how photography can create a shared experience.

Photography feels very democratic - we can all take great images and can use a camera to feel brave, explore and most importantly tell our own stories. It feels like there is a sense of magic in how an image can transport you to another place in time through that moment of capture whether it is family, place or an experience.

Let's get shooting!

Find out more about me:

www.clairewalmsleygriffiths.com

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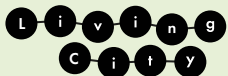
YOU WILL NEED:

+ Any kind of camera

+ Some access to digital or social media

+ Your eyes and legs.

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Self Portrait & Session On Reflection

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- 1 Begin the session with 10 min meditation
- 2 Contact a friend and ask them where, what or who they might miss. Perhaps you have spoken to a relative on the phone and they miss you or a local beauty spot. Take time to connect with that person, listening more than talking, taking the time to feel that moment.
- 3 When the call is over, create a message to that friend or relative through an image.

If it is you that they missed - take a self portrait remember a self portrait does not have to be of your face. Experiment with at least 3 different approaches, use props, a mirror, something that really illustrates who you are - could it be a book or a piece of jewellery?

If it is a place ideally your friend or relative will have mentioned somewhere you can access. Take a walk to that place and create 7 different landscapes - when you arrive at the spot, take time to take 5 deep breaths and remember that this is about letting go, with no judgement of yourself or your creations, go ahead and take your images.

Perhaps explore perspective by getting low down for your shot, high up, or look for natural frames.

How are your images - perhaps you could use snapchat (a free digital tool to edit) or are you happy with your images - that is your decision.

- 4 When your image is ready think about your friend or relative by email, text or postcard (free postcard service)

Choose your social media of choice using the hashtag #shutterrelease

- 5 Write down how it felt sending someone an image dedicated to them, describe how you chose to communicate it.

How do you think your chosen person will respond? Invite them to respond back with an image.

How did the sessions make you feel? What would you change or improve?

What was your favourite bit?

What did you expect and not expect? Create a final image based on your experience. Upload to your social media of choice using the hashtag #Shutterrelease

The sessions are ultimately about how photography can help you to feel relaxed, take you on an adventure and connect. Outcomes good or bad are purely incidental - as with most creative practices great things can happen simply by mistake. - thanks again Claire.

Feel free to access my pinterest for further inspiration and see other films I have created on Vimeo.



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Thankyou for taking the time out of your day to take photos with us.

We hope you have enjoyed this The Living City workshop.

We would love you to share what you have created with us by tagging us @TheyEatCulture on Facebook, Instagram or Twitter or send your work to admin@theyeatculture.org.

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WORKSHOPS



Wild
Writing
with Louise

Shutter
Release
with Claire

Frottage
with Brendan

