

NORTH TYNESIDE ART TRAIL 2022

CREATE YOUR OWN

# COMMUNITY COMPASS

SHOW THE WORLD  
WHAT MAKES YOUR  
COMMUNITY SPECIAL



**North Tyneside  
Art Studio**

Creating mental health through art



North Tyneside Council

TYNE & WEAR  
archives &  
museums





# **NORTH TYNESIDE ART TRAIL 2022: COMMUNITY COMPASS PROJECT**

Community Compass is a new art project that will give everyone in North Tyneside the chance to celebrate what they love about their community and where they live by making a piece of artwork based on the COVID Reflection Area compass design, using the template in this pack.

## **THE REFLECTION AREA COMPASSES**

In memorial to the lives lost during the COVID-19 Pandemic, North Tyneside Council is creating five areas of reflection and contemplation where people can visit to remember the loved ones that they tragically lost during the coronavirus pandemic, as well as offering a space to reflect on the impact that the pandemic had on us all and remember the ways in which people came together to support one another.

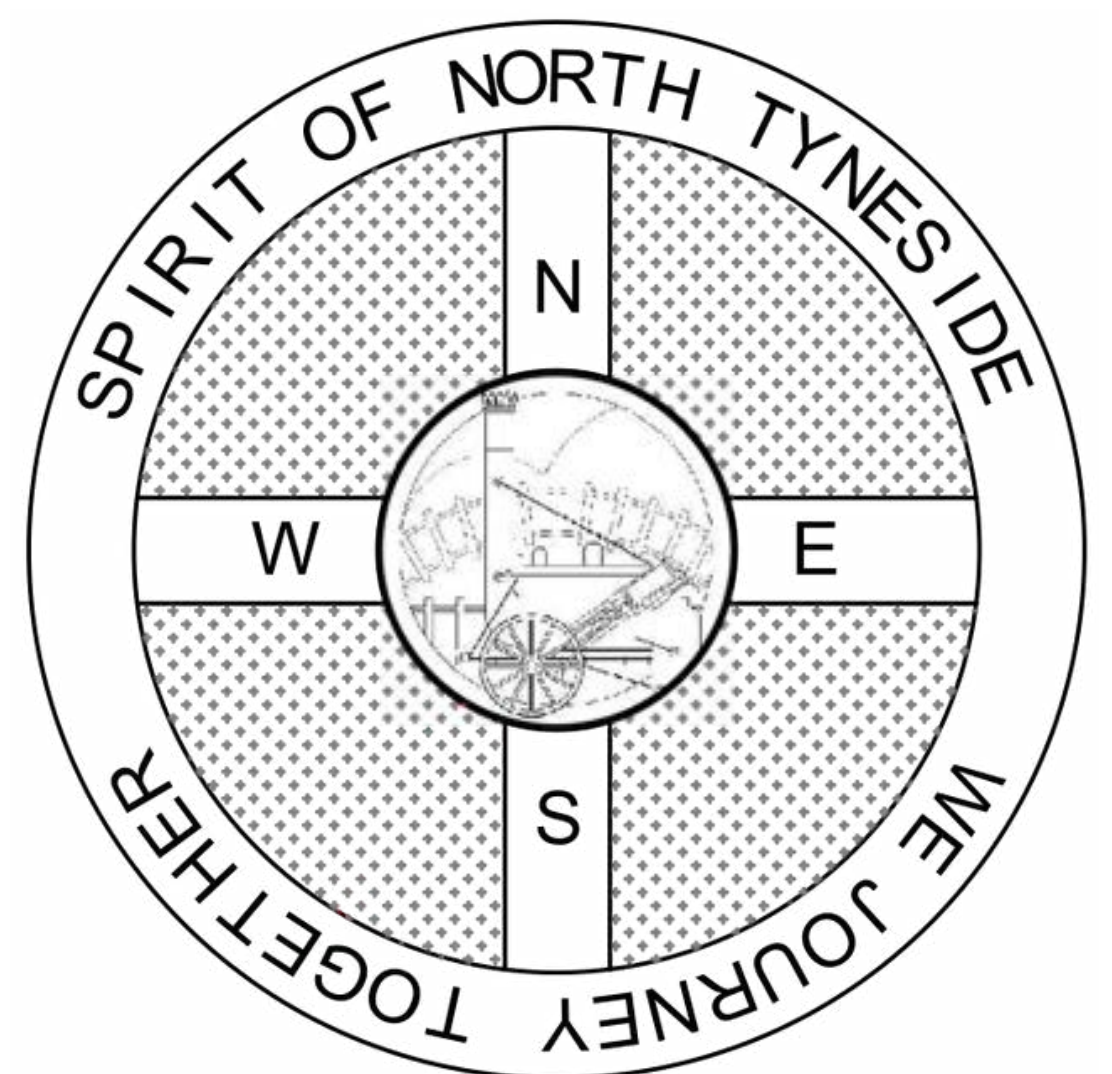


Silverlink Reflection area

All of the reflection areas will be based around the theme of a compass, detailed in decorative hard landscaped paving, with seating provided and natural planting as places to sit and reflect.

The compass design was chosen because the word compass combines two Latin words – ‘com’ which means together and ‘passus’ which means pace or step. Together they can be taken to mean ‘journey together’ which is something that communities in North Tyneside have done throughout the pandemic and continue to do so.

The areas of reflection can be found at Killingworth Lakeside Park, Churchill Playing Fields, Wallsend Hall grounds, Redburn Dene Park and Silverlink Biodiversity Park, and each location features a unique design to represent the area of the borough in which they stand.



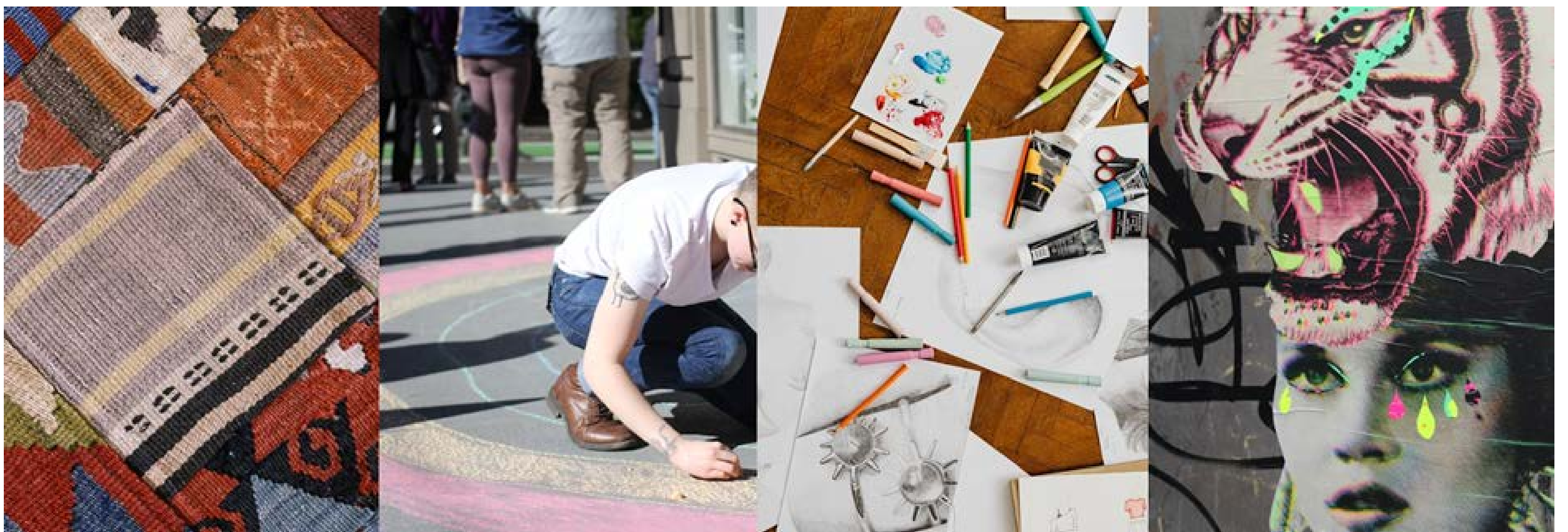
North West Reflection Area Design



## WHAT IS A COMMUNITY COMPASS?

By making your own Community Compass, it will become part of the 2022 North Tyneside Art Trail, alongside the Reflection Areas and a diverse range of artwork being shown across the borough between the 16th July and 31st of August.

Anyone can take part as an individual or part of a community group by reflecting on the things that are important in their community - it might be an activity, a place, a particular group of people or anything else that represents a feeling of belonging.



## BUT I DON'T KNOW HOW TO DRAW!

Every toddler loves to draw, paint, play with clay and express themselves freely. It is only as we grow up that we get told there is a 'right' way to draw and begin to feel that we have to be 'good' at art to enjoy it.

At North Tyneside Art Studio we encourage people to reclaim their creativity by understanding that the important part of art is the enjoyment that comes from making, whether it is detailed sculptures or simple stick figures. By making art for you, instead of worrying about what others may think, the results are exciting, unique and help to support your mental health!

This project is about seeing real reflections of community, made by real people living in North Tyneside, so please pick up a pen and get involved.

## WHAT SHOULD I MAKE?

You will find an A4 template for the compass in this pack, but please don't feel restricted by this - it is just a starting point! We want you to express yourselves and your sense of community by creating a compass in whatever way you want - make it big and bold, use whatever colours or materials feel right for you!

## HOW TO GET STARTED

Deciding what to put on your compass may seem tricky at first, but here are a few ideas to help you get started.

### Map your ideas

On a large piece of paper, chalkboard, or anywhere else you can write notes, start putting down all the words, images, and ideas that you associate with your community. Don't stop to wonder why you have thought of it, just write it all down. When you feel like you have run out of things to add, stop and look back through your notes and see if anything you have written down sparks new ideas. By the time you have finished, you should have lots of thoughts on what is important to your community and what might represent it.

### Bring your ideas to the table

If you are working as a group, ask everyone involved to bring along things that remind them of their community. It might be event flyers, photographs of a street corner, or a favourite mug that makes them feel at home, anything that you feel has a connection to the sense of community you have. Assemble all of these items together on a table and see what ideas this creates for your compass.

### Become a Storyteller

From myths and legends that give us a connection to our cultural history, to a funny story about someone you met last week, stories provide a meaningful sense of who we are as a community. Think about all the stories that you would want to share with a stranger who wanted to know about your community and pick out the images and words that are most important.

### Sharing your compass

For community groups that would like the public to come and see their work, please get in touch with us at [info.ntartstudio@gmail.com](mailto:info.ntartstudio@gmail.com) to let us know and we will add you to our Art Trail map.

If you don't want the public to come to you, please take a picture of your compass and share it online between 16th July and 31st of August with the hashtag **#communitycompass** and put it up in your window so that your community can see what you think makes it special.

# ART FOR MENTAL HEALTH

Research shows that being creative is good for your mental health, providing relief from the worries of daily life, building emotional resilience and an improving feelings of self-worth. If you are making a compass as part of a group, this is a great time to talk about mental health in a relaxed and supportive environment. To help this conversation, here are some talking points that can be used at any age:

## **"How are you feeling today?"**

This question can be one of the most powerful tools in helping people to feel connected. While a casual ask can be brushed off with a simple 'I'm fine', if you start the conversation by offering up how you are feeling, others will feel more comfortable talking about their feelings too.

## **"Are you having fun?"**

We often overlook activities that make us happy in favour of those that are 'productive'. By drawing attention to how people are feeling while they are making art, it helps them to think about the impact that being creative is having. Again, sharing your own feelings will make this easier for others

## **"What do you do when you are feeling sad/stressed/lonely etc."**

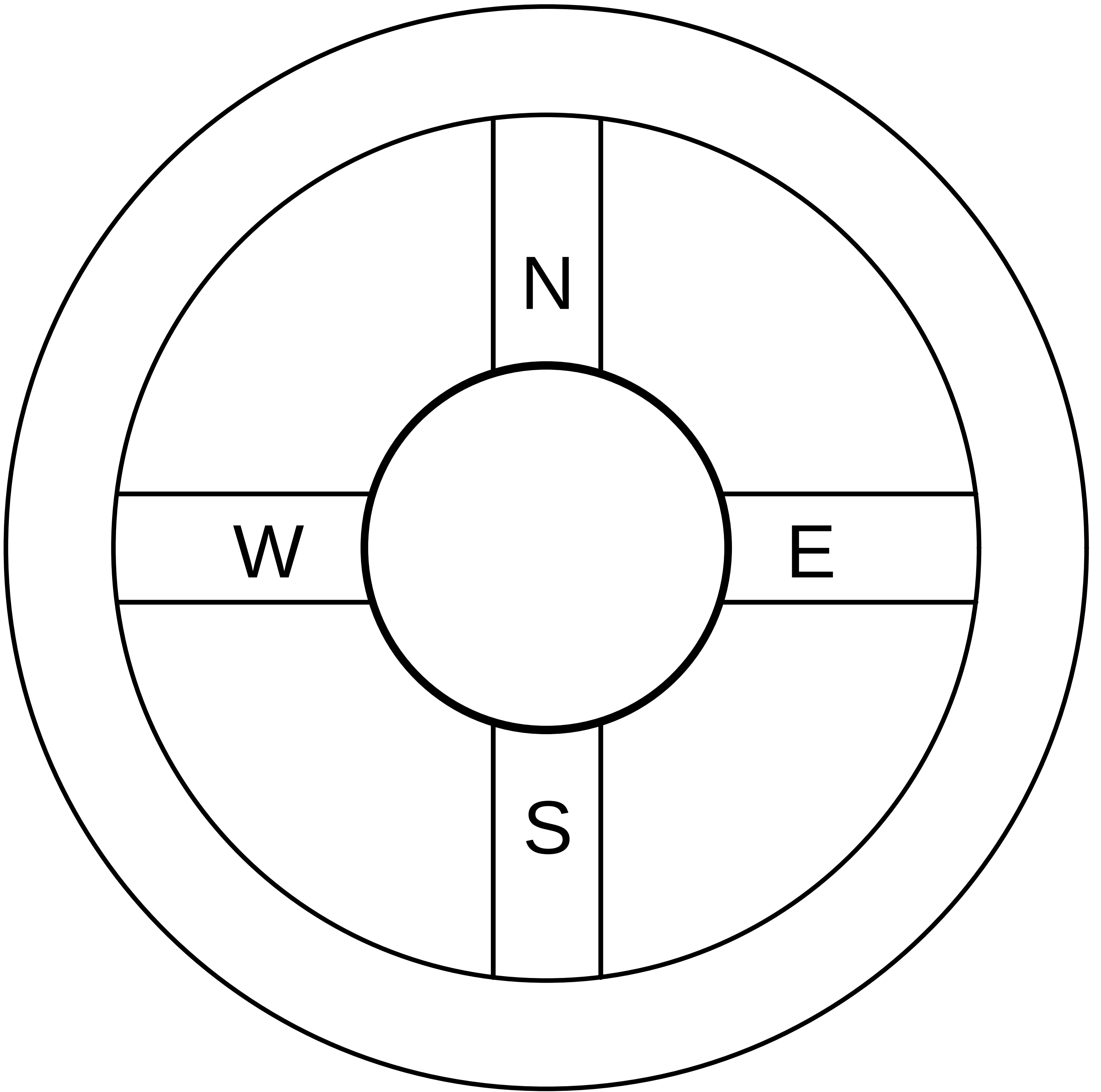
This really important question not only gives people the opportunity to talk about what they love, build connections with others who enjoy similar things and get ideas for what they might enjoy, but allows the opportunity for people to highlight a lack of support in their lives, or to contrast negative coping mechanisms with the benefits they may be experiencing while being creative.

## **Further Support**

The Mental Health Foundation provides a brilliant overview of different support available for people on their website  
<https://www.mentalhealth.org.uk/getting-help>

North Tyneside Art Studio is open to anyone over the age of 18 who is living in North Tyneside and wants to learn to use art to support their mental health. You can find out more about what **we** do and how to get referred at [www.northtynesideartstudio.org.uk](http://www.northtynesideartstudio.org.uk)





**#COMMUNITYCOMPASS**

**PART OF THE NORTH TYNESIDE ART TRAIL 2022**