

Visual Arts and Film Making Project at The Polish Centre
A project by Artworks and artists
Bryony Pritchard and David Lindsay





Bradford and Airedale



**Polish Community
Day Centre**

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Visual Arts and Film Making Project at The Polish Centre

This book celebrates an Artworks project in Bradford led by artists Bryony Pritchard and David Lindsay. www.artworkscreative.org.uk

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Artworks invited artists Bryony Pritchard and David Lindsay to develop an arts and health project working with a group of older Polish people based at the Polish Centre in Bradford from October to December 2012.

Artworks have been developing innovative projects that use creativity as a force for change in communities and organisations across Bradford since 1998.

This project was commissioned by Bradford and Airedale Teaching and Primary Care Trust to explore health themes such as social isolation, depression and keeping active through visual arts and movement activities.

Each week the workshops focused on a number of themes and activities, which aimed to increase awareness and involvement of the following areas: health, movement, social interaction, photography and animation.

The following pages represent the journey the group made together during the project.

Health // Zdrowie

We improved our awareness of health issues such as treatment of basic illnesses and general wellbeing through fun quizzes about bone health and introducing games using our memory and all of our senses.

"The feeling and smelling games were great, I'll be borrowing these ideas to play at other centres."

"The quizzes were fun and we learnt something new."





Movement // Ruch

We explored different ways of moving our bodies through mark making with long drawing tools onto giant paper. We invented parachute games for creative movement challenges. We worked with a physical activity coordinator who shared lots of exercises to help prevent falls.

"I've used the exercises I learned with Stephen at home, they've been very helpful with my knees. They help build my muscles."

"I especially enjoyed the gymnastics with Stephen and the parachute games."





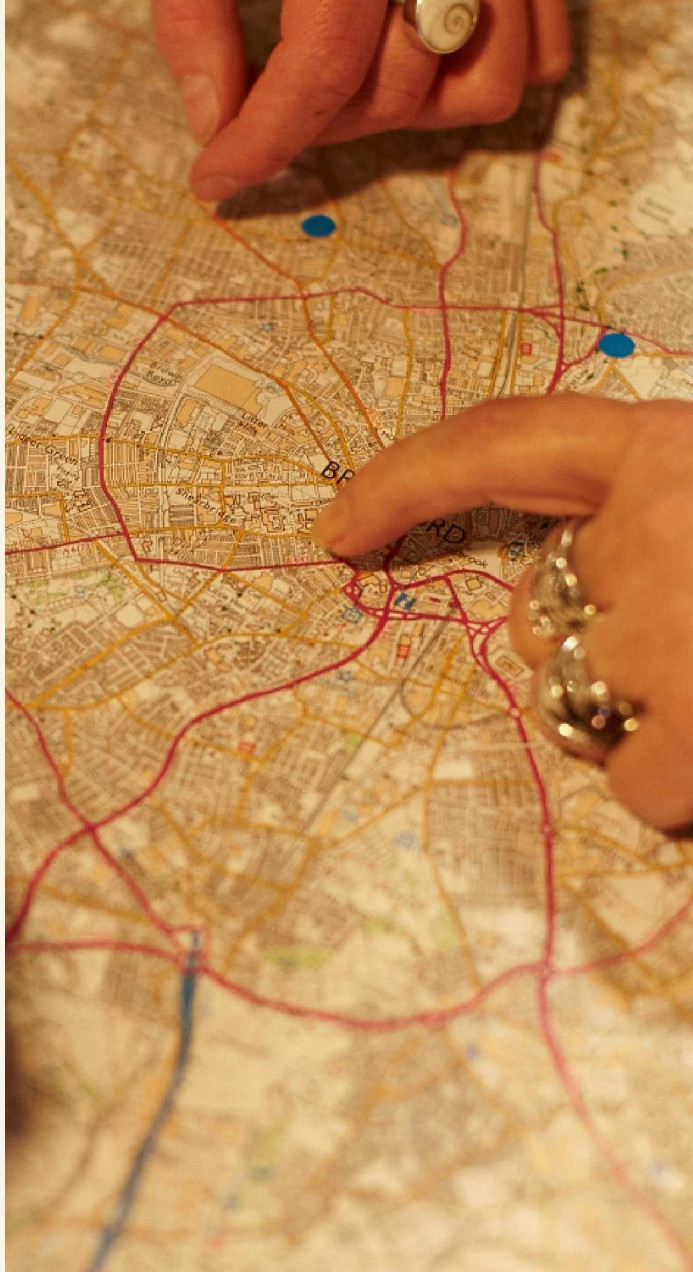
Social // Przyjaciele

We encouraged lots of social interaction during the sessions as well as offering a group research trip to Bradford Media Museum. The project culminated in a film showing of all our work with everyone at the Polish Centre.

"I'm living alone so I've enjoyed coming here, it makes me laugh!"

"I've lived in Bradford for a long time but never been to the Media Museum. I'll definitely go again with my family."

"We've been in good humour and happy - it's a work of art!"





Photography // Fotografia

We used photography techniques when learning how to frame our personal objects and compose images in new ways. We also investigated colour theory to help us look differently through lenses.

"Each session taught us something new, I can now show my granddaughter lots of new things!"

"We really liked all your ideas."





Grażyna.
On holiday in Poland I
bought myself an automatic
hair-dryer which is a very

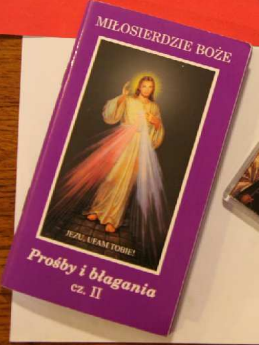
Na wakacjach u Tadeusza Kupitana zabrałam
automatyczny suszarkę, która są mi bardzo
połącza dużych włosów, jest wygodna, ponieważ
są składowe do powiększenia włosów i są do formy
i są mi bardzo pomocna w przy Angielskiej
pogodzie. GRAZYNA!



Umbrella

Aniela -
"This is my prayer book, in
which I glorify God."

to jest moja książeczka do modlitwy
w urobienia Boga Aniela



Aniela -
"This is my prayer book
in which I glorify God"



Animation // Animacja

We learnt about different styles of animation including thaumatropes, zoetropes and stop frame animation using different materials to create stories such as playdough, fruit and vegetables.

"When I watch films now, I think about how they do it - I wouldn't have thought that before."

"It was fun and exciting, we felt like children!"













We are really proud of all who took part in this project.

Thank you!







