



Volunteer call out for Inside Stories Project
Role- assisting with Zoom arts sessions and participants

Arts Uplift CIC are looking for 3 volunteers over 18 years of age that would like to support our '**Inside Stories**' Project funded by Warwickshire County Council.

Inside Stories is a collaborative arts project in music, dance, crafts and creative writing. It will be delivered online through Zoom and also offline through creative worksheets. We are looking to target four different groups of vulnerable young people and adults across Warwickshire. These are older adults with health conditions including dementia, adults with anxiety or depression, shielded people and people that have just come out of hospital. We need volunteers to be a support for the artists on the Zoom sessions and also to support the participants in between sessions, if needs be through telephone calls.

Dance project-

6 online Zoom sessions for 30 mins with 10 mins chat **Thursdays from 11.15am** starting 18 June. The participants will work towards a short dance based on their experiences and observations of Lock Down. A short film will be created of this dance and other material created throughout the project. For older adults.

Creative Writing project-

6 online Zoom sessions for 40 mins. The artist will help the participants craft their own story based on their experiences and observations of Lock Down. The artist will then also create a new story from these ideas. **Wednesdays from 7.30pm starting 17 June.** For adults.

Hand-sewing mindfulness project-

8 online hand-sewing mindfulness sessions for 40 mins. The participants will create a stitch diary based on their experiences and observations of Lock Down using materials from home and some sent to them. The artist will then create a wall hanging of the artwork to be exhibited at a later stage. For shielded people and people that have just come out of hospital. **Tuesdays from 2.30pm from 30 June.**

Skills needed

- Happy to work as part of a team
- A good listener
- Flexible
- Enthusiasm for arts and heritage
- Good communication skills
- Reliable with good time-keeping skills

- Experience of working with a wide range of people of all ages, backgrounds and abilities
- Experience of working with diverse and less well-accessed communities and cultural organisations, understanding potential barriers

A DBS check and references will be needed. If you don't have a DBS check it can be purchased through Arts Uplift. If you want to help with any of these opportunities then get in touch for a chat 07946 585978 or jenny@artsuplift.co.uk. More information can be found on the website www.artsuplift.co.uk/projects/currentprojects