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### 1. Background

#### 1.1 Commission Summary

Impact Arts are working in partnership with the North Locality Health and Social Care Locality Planning Group to commission a new piece of public art with the aim of Suicide Prevention and to increase mental health and wellbeing in the Carbrain area of Cumbernauld.

The North Locality Health and Social Care Locality Planning Group are creating suicide prevention publicity for display in the Carbrain area and A- Z card style resource for all residents to raise awareness of crisis numbers and support to self manage their wellbeing to compliment the final artwork.

The artwork will be located in the Carbrain Gully, this site has been chosen as it is a main walkway between homes, the town centre and the local train station.

It is vital that the local community of Carbrain take ownership of the artwork and are involved in its design, and if possible, its production.

The artwork is envisioned to create a “seating area” for local people to sit and relax in nature and encourage mindfulness through the 5 Steps to Wellbeing.

#### 1.2 Location and Form

The Carbrain Gully is linear green space and path network that runs through the local housing connecting the town centre and railway station.





The Artwork will ideally be located around the bridge area, see above, as this will be the location of the suicide prevention publicity that the Community Health Team will be creating.

There are a number of natural landmarks within this space including boulders and tree stumps, which may be utilised within the final design.



### 1.3 Limitations and Restrictions on Space

The land ownership sits with North Lanarkshire Council who have given permission for the seating area/public artwork to be created. All plans will need to be signed off by the Council and Land Services before fabrication starts. Risk Assessments will need to be undertaken prior to installation and the artist is responsible for the maintenance of the final artwork for 12 months.

The artist must reflect the following restrictions/limitations in the final design:

- Consideration must be given to potential vandalism and all possible steps must be taken to limit the risk of vandalism to the final artwork
- The artwork must pass health and safety checks i.e. gaps/cuts/materials will not cause damage to the general public
- All free standing installations must be fixed to a concrete base for stability
- Free standing installations must be located on grass areas and not the network of tarmac paths

## 2. Artist Role:

### 2.1 Current Challenge and Creative Solutions

The North Locality Health and Social Care Locality Planning Group have decided on the creation of public artwork as a celebration and legacy to increasing the health and wellbeing of the Carbrain and wider Cumbernauld community.

The role of the artist will be to connect with the local community and create an artwork that is reflective of the both their wishes and the overarching themes of wellbeing.

The artwork will be a reminder for the community going forward of the support that is available and the steps that can be taken to self manage wellbeing.

### 2.2 Themes

#### **A Seat for Mindfulness:**

The final artwork should reflect the 5 steps to wellbeing principles

**1. Be active...**Take part in health walks and practical outdoor activities. Explore your local paths, woods and green spaces. Cycle, play a game, garden, dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. But what you do with your body can have a powerful effect on your mental wellbeing. Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood.

**2. Connect...**Meet new people and connect with the wildlife and the nature that's all around us. Think of these as the cornerstone of your life and invest time in developing them. Building these connections will support and enrich you every day. Social connections can help us feel happier and more secure, and give us a greater sense of purpose.

**3. Give...** Your time to be in nature. Give something back by sharing experiences and undertaking conservation tasks. Do something nice for a friend, or a stranger. Thank someone, smile, and volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. Research suggests that acts of giving and kindness, helps you build new social networks.

**4. Keep learning...** Identify plants and wildlife, try something new and learn new skills re-discover an old interest. Sign up for that course. Take a different responsibility at work. Fix a bike; learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

**5. Take notice/be mindful** – be curious. Catch sight of the beauty around you, note the changing cycle of life. Use your senses. Listen to birds, smell the flowers, live in the moment. Remark on the unusual and notice the changing seasons and how it affects the environment. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### 2.3 Community Engagement

The North Locality Health and Social Care Locality Planning Group are bringing together a steering group of local people who are currently accessing their services. The artist will engage with this group over 2 consultation sessions , during these sessions the artist must consider how the community will be active in the design of the final artwork and how their voices will be heard. The steering group along with the North Locality Health and Social Care Locality Planning Group will sign off the final design. Impact Arts will be able to support the artist through this process.

### 3. Project Delivery

The following Timeline has been set out for the commission:

	<b>Dec 2018</b>	<b>Jan 16<sup>th</sup> &amp; 17<sup>th</sup> 2019</b>	<b>Feb 2019</b>	<b>Feb/Mar 2019</b>	<b>6<sup>th</sup> of March 2019</b>
Artist Brief Advertised					
Artist Interviews and Commissioning					
Community Consultations					
Design Process					
Finalise Designs and Sign Off by Steering Group					
Creation and Installation of Artwork					
Artwork Launch					

Key Dates:

Closing date for applications: **5pm on Tuesday 8th of January 2019**

Artist Interviews: **16<sup>th</sup> and 17<sup>th</sup> of January 2019**

Artwork Launch: **6<sup>th</sup> of March 2019 NB This can not be changed**

### 4. Commission Budget:

A total of **£3000 exclusive of Vat** and must cover all artist fees, materials, travel and installation costs.

### 5. Application Procedure:

Artists must submit the following Information via email by **5pm on Tuesday 8<sup>th</sup> January 2019:**

- A response to the brief, detailing how you will tackle the challenges, connect with the community and respond to the identified themes, no more than 2 sides of A4
- Breakdown of available budget into artist fee, fabrication/installation costs, travel, materials etc
- Up to Date CV
- A portfolio of previous work related to your application

### 6. Project contact

All applications and queries should be sent to Jenny Coxon, Programme Manager, Impact Arts on [jenny@impactarts.co.uk](mailto:jenny@impactarts.co.uk) or 0141 575 3001