



Happy Rooms

Artist Brief

Stellar Projects is looking for two artists to run workshops on the theme of happiness with community groups in the Tees Valley.

Summary

Happy Rooms by Stellar Projects is an interactive and creative exploration of what makes people happy; exploring colour, joy, play and creativity.

The project began in 2021 when we commissioned artist Sarah Harris to create 'Blissed Out' – a joyful space inspired by the magical, playful light which shines as the sun rises.

We are about to embark on the second stage of the project – a period of research and development, working with communities across Teesside to explore the theme of happiness. The workshops will take place in a newly commissioned inflatable creative pop-up space.

The opportunity

We are looking for two artists to each deliver one day of creative workshops with community groups. Each artist will be required to undertake the following:

- Attend Happiness Facilitator training which will help inform the development of the workshops, supporting the artists to explore the happiness theme with participants during the workshops (see more about the training below)
- Design an activity that is suitable for the target participants - we will be working in a primary school, a hospital/healthcare setting and a community hub and each artist will be allocated one of these settings. Please state in your application if you have a preference or experience relevant to one of the above locations. We anticipate that the activity should last around 30-60 minutes and artists will work with multiple groups during the day.
- Use their own practice to explore and encourage discussion around what makes people happy, which may include exploring memories, activities, and the senses etc
- Design and deliver activity which aligns to the values of the project: ensuring that participants feel cared for and valued; able to engage in activity that is colourful, playful and effortless in a relaxed and nurturing environment

- Each workshop day will need to offer creative activity for participants which will be based on the theme of happiness. The workshop content must be able to be adapted for a range of ages and abilities, being suitable for beginners
- Artists will be required to give feedback to Stellar Projects after the workshop

We are looking for artists with:

- Demonstrable experience of working with community groups from a range of ages and backgrounds
- An interest in and/or previous experience of developing workshops exploring the themes of happiness and wellbeing
- Commitment to promoting the positive benefits of creativity
- Commitment to attending the Happiness Facilitator Training programme (see below)

Please note: Selected artists will be required to show evidence of a recent enhanced DBS check and will be required to provide Health & Safety documentation for the activity including Risk Assessments and Method Statements and evidence of £5million Public Liability Insurance.

Happiness Facilitator Training

As part of the project, the selected artists will be required to attend a series of online Happiness Facilitator Training sessions led by the Museum of Happiness.

Museum of Happiness is a not-for-profit organisation which shares the science and art of happiness in playful and reflective ways. The course is the perfect place to discuss and explore ways to be happier. It will teach the latest science and skills in wellbeing, neuroscience mindfulness, acceptance and commitment training as well as positive psychology. Through this course you'll become a Certified Museum of Happiness Facilitator, ready to share your skills and knowledge with others.

The sessions take place via Zoom on Wednesday evenings, 6pm – 7.30pm from 26 April – 31 May (6 sessions).

Fee

The fee for the project is £1,250 per artist. This fee will cover all project planning, preparation and delivery, as well as attendance at the Happiness Facilitator training course sessions. The successful artist will also be required to input into project evaluation. Travel is included in the fee.

Please note that a separate budget is available for workshop materials. Personal access costs will also be covered in addition to the fee.

Application Process

To apply for this opportunity, please send:

- a summary of your creative practice and supporting images of your work (max 5) and/or link to a website where we can see images of your previous work
- a CV/biography detailing your previous experience in working with community groups, any similar projects you have undertaken
- a summary of why you are interested in the project and your interest in/experience of developing work around the theme of happiness and wellbeing

Proposals can be sent in a range of formats, including written, audio or video files.

Deadline: midday on Monday 17 April 2023

Please send applications to: hello@stellar-projects.co.uk

Applications will receive an email confirmation. If you do not receive a confirmation, please contact us to check that your application has been received.

We welcome and encourage applications from people who identify as D/deaf, visually impaired, disabled or neurodivergent, as a person of colour, and/or as LGBTQIA+. Self-definition is at the sole discretion of the individual.

We want to ensure that our application process is as accessible as possible, and that the way we work and our working environment actively removes access barriers. If you would like to have a conversation about access, please contact lyndsey@stellar-projects.co.uk

About Stellar Projects

Stellar Projects are producers of creative projects and imaginative events, specialising in outdoor arts. We love to bring people together outside of traditional arts venues, transforming unused and forgotten buildings into temporary homes for artist designed spaces and interactive experiences.

Our work spans three central themes – light, colour and celebration which inspire amazing and joyful experiences to enhance people’s sense of connection and wellbeing. The audience experience is central to our work and we create playful and colourful events which we hope people leave feeling happier and more inspired. Happy Rooms has developed from our passion for projects which explore and enhance people’s wellbeing.

We work in partnership with other cultural organisations, festivals and local authorities across the region to deliver projects which engage our local communities and artists, helping instil a sense of pride of place. Our events include Nightfall Light Festival and Make & Mend Festival – a day of craft, creativity and wellbeing.

Further information about Stellar Projects can be found at www.stellarprojects.co.uk