



**Preston Seton Gosford
Area Partnership Funding Project Proposal**
Please return to the psg-ap@eastlothian.gov.uk



Summary Page			
Organisation Name:	Shorelark Arts CIC		
Type of Organisation:	Community Interest Company		
Project Name:	Watercolour and Mixed Media Workshops Inspired by the Natural, Industrial and Historical Heritage of the PSG Coastal Communities.		
Area Plan Priority:	<p>5: Capitalise on the area's rich cultural and industrial heritage to increase visitors and increase employability skills.</p> <p>6: Promote the sense of a village identity and cultural heritage in the communities of Prestonpans, Longniddry, Cockenzie & Port Seton and develop the understanding that the area is made up of a variety of local neighbourhoods, each with its distinct needs and identities.</p> <p>7: Protect green spaces and connect people with their natural environment within and between communities to increase health and well-being.</p> <p>12: Our communities are better able to make healthy choices, reduce isolation and access the services they need to maintain a positive level of physical and mental health.</p> <p>19. Actively encourage people to walk and cycle and use the path networks within and between our communities.</p>		
Funding Requested:	£2740		
Total Project cost:	£3670		
Project Proposal:	Start Date:	01.09.24	End Date: 31.03.25
Please use this link to view the area plan here			
1. What do you want to do? Summarise your project. (Max 200 words)			
<p>A series of five free watercolour and mixed-media community art workshops at the Cockenzie Hub Studio, providing participants with an opportunity to be inspired by and gain a deeper sense of connection with the natural, industrial, and historical heritage of the coastal communities of the Preston Seton Gosford (PSG) area.</p> <p>Workshops will include the option of a 'Watercolour Daunter' in the morning before the sessions as an opportunity to blend art and heritage inspired by the GoJauntly heritage walks. An option to visit the Prestongrange Industrial Heritage Museum and the 1722 Waggonway Museum will add inspiration. While the walks are a good opportunity to socialise and exercise to increase well-being, they are not mandatory. Shorelark will prepare plenty of photo references and guides of the surrounding heritage to be used in the sessions.</p> <p>The project will culminate with a community exhibition (curated by Kat and volunteers) at the Port Seton Centre and create an inclusive online gallery format for sharing with the wider public.</p> <p>Each workshop will explore: <i>expressive, atmospheric watercolour and inks, texture mediums, charcoal, pastels and Gel Plate Printing.</i></p> <p>September: Prestongrange Industrial Heritage Museum (Prestonpans Heritage Trail)/October: 1722 Waggonway Museum (Cockenzie and Port Seton Heritage Trail)/November: Longniddry (Aberlady and Gosford Estate Trail)/February: Cockenzie House and Gardens (Cockenzie and Port Seton Heritage Trail)/March: 1722 Waggonway Museum (Prestonpans Heritage Trail)</p>			
2. What difference do you want to make? E.g. (example)(Max 200 words)			

We want to provide a welcoming, encouraging space for community members to engage in social, creative activities and explore and connect with their local heritage. The sessions are open to all, regardless of artistic or creative skills or experience. There is no pressure to meet an end goal; instead, a sense of fulfilment comes from the process of creating. This approach enables participants to harness creativity to release negative thoughts and inspire positive emotions, fostering a sense of inclusivity and belonging.

Recognising the profound impact of creative practice on mental health, the sessions provide a tangible experience that enhances well-being through mindful creativity (drawing, painting, and printing) through observation, reflection, and imagination.

Removing financial barriers, offering flexible scheduling, and providing all materials will ensure equitable access to our resources. In doing so, we aim to reduce stress and anxiety, boost self-esteem, and generate positive feelings.

Through our curated community exhibition of the artwork created and held in a community space (Port Seton Centre), we will showcase the rich natural, industrial and historical heritage of the PSG area through community art, as observed and expressed through a diverse, inclusive perspective.

3. Why are you the right organisation to deliver this project proposal? (Max 100 words)

Shorelark Arts is a community interest company based in Cockenzie, delivering creative workshops in the community. We focus on inclusion, removing social, economic and cultural barriers to access, and improving mental health and well-being through mindful creativity and community engagement.

Lead artist Kat Healy has been delivering community art workshops with a focus on well-being across East Lothian and Edinburgh since 2021 and has a wealth of knowledge and experience in supporting and encouraging participants at all levels. Kat is known for her loose, atmospheric and accessible approach to creating community art, and choosing subjects inspired by the natural land and seascape infused with local folklore and poetry. Kat has recently been working on a funded opportunity with YouthLink Scotland, delivering inclusive, accessible mindful art workshops for C&YP in the North Berwick Ward. She also delivered a community project and group exhibition for the Gullane Village Association in October 2023.

4. Why is the project proposal needed? Please provide evidence i.e. (Max 100 Words)

We believe our project addresses several key priorities of the Area Partnership Plan, with an emphasis on being community-minded and fair. Some key statistics from the East Lothian Residents Survey (2017), as provided in the PSG Area Plan, state certain vulnerabilities and inequalities should be addressed to ensure that the PSG communities can thrive.

- 1 in 5 residents are aged 65+ by 2027.
- 28.8% of private households experience fuel poverty.
- £518.19 difference in weekly income between least and most affluent areas.
- 10% of PSG residents provide unpaid care to a family member or friend.
- 26% of carers provide over 50 hours of weekly care.

Providing free workshops that are accessible and conveniently located helps to address the disparity of wealth, meeting the need of those who face the challenges of social isolation and the cost-of-living crisis.

5. Who do you want to help?

e.g. Please provide separate numbers for children, young people, working age adults, and elderly people. How will you ensure that this project proposal reaches those in your community who need it most?

(Max 200 Words)

Our workshops are aimed at adults, particularly those facing barriers to experiencing a creative workshop, those who feel socially isolated following COVID, full/part-time unpaid care responsibilities, and face on-going challenges with the cost-of-living crisis.

All (artist quality) materials will be provided. Participants can attend without stress or apprehension; everyone is welcome. Our workshops will bring community residents together to participate in a shared, creative experience inspired by their local heritage, providing a friendly (professional studio) space and meeting the need of those who feel socially isolated. A community group exhibition supports inclusion and generates a shared sense of pride.

The promotion of the workshop sessions will be done through existing groups in the various PSG community centres (Longniddry Community Centre, Pennypit Centre, Prestonpans, Port Seton Centre, Prestonpans Community Centre) including over 60's, community gyms, walking football groups, lunch and tea clubs, befriending services, plus youth and toddler groups (for interested parents). Promotional materials will be shared in hard-copy format, as well as online through existing community social channels. We will also utilise our online presence through social media pages and groups.

6. How many volunteers will be involved in the project proposal?

1 x Volunteer per art workshop (5)
2 x volunteers to support the curation of the community exhibition

Total 7+ across the project.

7. How will you show that your project proposal has made a difference? i.e. (Max 100 Words)

We will ensure each session is evaluated through regular feedback forms. We will also share the artwork created online and through a community exhibition at the Port Seton Centre for the wider community to appreciate. We will document each art session and share the feedback online through regular updates on our social media channels and website, including images and videos from the walks and museum visits that inspire the artwork. We will also curate case studies from participants who are willing to share their experience and the positive impact on well-being.

8. How will this project proposal be supported beyond the Area Partnership funding, if applicable? (Max 100 Words)

Shorelark will provide art materials for the five sessions, as well as light refreshments (cold/hot drinks, scones and biscuits). We will also donate to the Prestongrange and 1722 Waggonway Museums (x 3 arranged visits for the Watercolour Daunders).

9. Please provide a breakdown of project proposal costs.

Items to be purchased or activity to be supported with workings i.e. 10 pots of paint £2 x 10	Supplier	Cost
Workshop Delivery (5 x sessions), Project & Exhibition Admin	Shorelark	£2500
Volunteer Expenses	Shorelark	£140
Exhibition Display Materials	The Frame Company	£100

Total Cost of project Proposal: £ 2740

10. Finance

Can you please confirm if you have applied for or received any other funding to undertake this project proposal.

Funder	Amount	Confirmed/Pending - decision date
	£	
	£	
	£	
	£	
	£	
	£	
Total	£	

Declaration

- ❖ I/we confirm that the information set out in this Funding Project Proposal Form, any appendices and any enclosed accompanying documents are correct.
- ❖ I/we confirm if there are any changes to the project proposal including any new funding awarded, Area Partnership (psg-ap@eastlothian.gov.uk) should be informed immediately.

Signed by Applicant or on behalf of the organisation requesting funding



Print Name: KAT HEALY

Sign:

Designation: Founder/Lead Artist/Project Manager

Date: 26.04.24

Connected Communities Manager

Signed:

Print Name:

Date: