

HELIX ARTS.

So what is participatory arts?

Participatory arts involves artists work with participants/non-artists (individually and/or in groups) using creative activities to explore the issues that matter to them.

The term 'ART' can involve ANY and MORE of the creative activities below:

Visual Arts	painting, drawing, collage, sculpture
Writing	poetry, monologues, script writing, prose
Media	filmmaking, photography, animation
Design	graphic design, furniture design, fashion design, interior design, textiles
Craft	jewellery, knitting, crochet, sugar craft, cake decoration, card making
Performance	music making, drama, dance

Artists use the above mediums to enable people to create new ways of looking at issues. They avoid tackling daunting questions head on but instead create 'safe spaces' to begin to explore ideas by teasing out hidden stories and feelings.

Participatory arts can be a tool to help people reflect on who they are and the cultures they are part of and communicate their story both to themselves and to others.