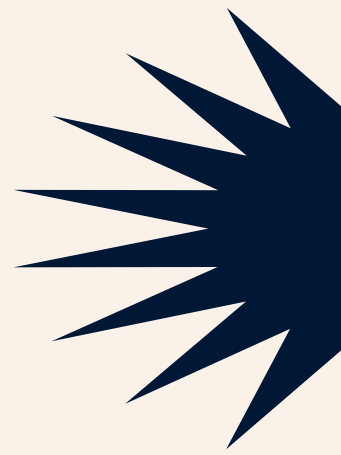




R3CONNECT
LIVE!

**ARTS
MUSIC
ANIMATION**

ABOUT R3CONNECT



The R3connect project presents a series of artistic reactions to the research of Louisa Peters that explored how creative activities help people to live well with mental health conditions. One of the most profound findings from the research was how community arts could help people reconnect themselves with their identity. Often our sense of self is overwhelmed by illness and engaging in group based arts activities helps people to see their own ability, reconnect to memories or find new friendships. In doing so, people come to realise that illness is only one part of their identity.

The first part of the R3connect project involved a free animation course for individuals with lived experience, held in the summer of 2023, made possible with an award from The National Lottery Community Fund. The course was designed and delivered by artist and researcher Doll, with special guest artist Michelle Duxbury from Loose Screw Film Festival.

The second phase of the project saw the commission of a new piece of music from Nicholas Peters responding to key elements of the research through musical interpretations. Peters worked with Leeds based string ensemble, The Clothworkers Quartet, to bring this piece to life and develop a programme of music by artists who share an ethos of using the arts as a form of self-expression.

The final phase is the R3connect Live tour funded by Creative Minds, with events across the North of England in 2024. The tour will present an immersive arts experience showcasing artworks from the research and animation course, screenings of animations, and music performances. Guests will also have the opportunity to make marks and get creative during the events to further explore the theme of reconnection.

R3connect ran with the support and expertise of Art Anon, a Manchester based arts collective.

LOUISA PETERS

I am a psychology researcher and creative. I currently work as a Lecturer in Psychology at Leeds Trinity University, teaching mental health. I started my education in Music and worked within the arts and third sector for 10 years before training in psychology. I specialise in visual methods and have research interests in chronic health conditions, including mental health, as well as topics relating to ableism and identity.

www.louisapeters.co.uk



ANIMATIONS



FUZZY

Blending graphic design elements like typography and shape language, Fuzzy is a bittersweet story of living with darkness. Our central character shares their discovery of **'meditation for fidgets'** in this brief but powerful animation.



LITTLE RED BOOTS

Do you remember the joy of wearing your favourite shoes as a child? In this animation, I revisit my childhood memories of my beloved red boots and their adventures. **"I was inspired by my own childhood experience of wearing red boots that made me feel happy and adventurous. I wanted to reconnect with that feeling."** Watch as they escape from a dusty box and splash into a puddle of fun!



SHADOWS

What happens when the lights go out and the shadows come alive? In this animation, I invite you to join me on a journey through the dark side of childhood imagination. You will see shadows that transform into a ship, a bird, and other mysterious creatures.

"I was inspired by the contrast between the light and the dark, and how they can create different stories and emotions in our minds. I wanted to explore the idea of shadows as a source of both fear and wonder, and how they can reveal things that we might not see otherwise. "



ACORN (RECONNECTION)

I wanted to explore the process of reconnection through my animation. **“To me, reconnection is a way of slowly beginning to recreate a solid sense of self and re-learning how to live with chronic illness, neurodiversity, and mental illness.”** It was important to me to use natural materials as I wanted to express how much feeling part of the natural world has helped me to come to terms with my new normal.



LITTLE DOG

Within my final project, I first wanted to explore the theme of reconnection through rediscovering a childhood hobby, it being stop-motion animation. It was initially going to be a comparison between the nuances of how I used to animate for fun using sentimental objects and toys as opposed to now; being able to create my own props and learn new techniques for the medium.

“However, throughout the process, I ended up delving into a rabbit hole of reflection, both within the animation course as well as throughout my life in general. How things have changed and adapted over time, as well as the progress I have made as a person.

In the end, I focused the most on the theme of progress. The story being told is based upon the process I ended up going through to make the animation itself; learning the basics again, experimenting with ideas and overcoming both physical and mental hurdles during its creation. Some of the original ideas remain the same whilst others changed drastically, and I've tried to compile all those ideas into my final piece.”

Is the dog making any progress?



DUST TIL DAWN

I didn't really know what my animation was going to be about, so I decided to create a picture of nature and a winding path leading into the scene. **"For me, being outdoors and walking in the countryside brings me a sense of peace I rarely feel anywhere else. My worries melt away perhaps reflected in the animation melting into being and reconnecting me to a place I love."**

Reflecting on my animation I realised that it also reflects life's journey. A lot of my life I have always been trying to achieve or get somewhere, but after facing so much loss recently I have come to realise it's about the journey. I try to hold onto this and enjoy those moments of calm when they come and I hope this animation provides you with a moment of peace.



PILGRIMAGE

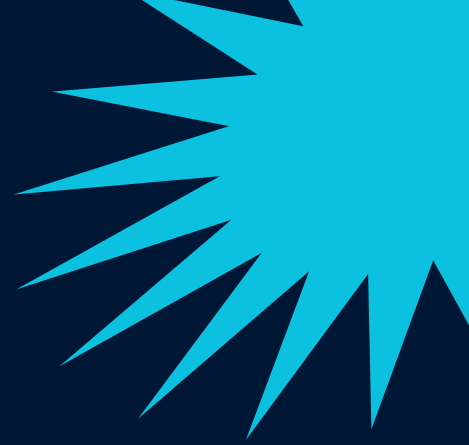
Pilgrimage is an abstract depiction of life altering events in a person's life, the feeling of things crumbling and being in a black void. However, for Buddhists, a pilgrimage is a journey that fosters spiritual development and growth. This shows that through contemplation, even in the darkest of times, glimpses of knowledge, happiness, enjoyment, and light can be found in learning to live within the moment and finding meaning during each step, regardless of where it takes you. **"There is light at the end of the tunnel, and with hope comes growth and reconnection to one's self, passions, and life."**

DOLL

I am an artist and researcher. With my art I aim to push boundaries, provoke thought, and inspire others to find their voice. Through exploring the power of art I want to spark conversations and ignite social change. I believe that art has the potential to create a meaningful impact on those around us, and wider society. Through my participation in exhibitions, creative workshops, and other community events, I aim to nurture dialogue, challenge perspectives, and platform inclusivity in the traditional art world.
www.creatingconversations.co.uk



MUSIC PROGRAMME



String Quartet OCD (2015) (Movements 1 & 2)

Loretta Notareschi 15' – UK Premiere

After the Playground Ensemble commissioned Notareschi to write a string quartet to go on the same program as George Crumb's *Black Angels*, she thought about how Crumb's music was a response to the horrors of the Vietnam War, a kind of "public hell." That led her to think about the various kinds of "private hells" many people go through with mental illness. This led her to write her string quartet about her own "private hell" of Postpartum OCD (OCD that occurs immediately after childbirth). The piece charts the emotional landscape of Notareschi's Postpartum OCD across four movements of which we will present the first two in this concert. The first movement, *Intruders*, portrays the obsessions in all their suddenness, violence, and repetition. The second movement continues to explore the forms her compulsions took. Its title, "You Must Think I'm Made of Candy Glass," refers to one of the phrases she repeated to herself each time she had an intrusive thought.

Buddha (1984)

Julius Eastman 10'

Julius Eastman composed *Buddha* in 1984 at a time when he was becoming increasingly despondent and isolated due to what he saw as a lack of valuable professional opportunities. The 80s saw Eastman become increasingly dependent on drugs as well as periods of homelessness. Eastman never stopped creating and during this period he wrote *Buddha*, a beautiful meditative piece with only a single page of motifs set out within an oval shape. In keeping with open form pieces the performers are free to make their own choices as to how and for how long they perform the music.

Maintaining Effort (2023)

Nicholas Peters 20' – World Premiere

Maintaining Effort is a piece in three movements that can be played as a set or individually. The three movements explore in sound the three key outcomes of Louisa's PhD research into the role of Arts in mental health recovery. The first explores the emergence of living with a mental illness; the second, reconnecting with people and a part of oneself; the third, keeping steady during recovery. *Maintaining Effort* was written for The Clothworkers Quartet, to be performed for the first time as part of the R3connect project.

Composers

Loretta Notareschi (1977) is a professor of music at Regis University, USA. She received master's and doctoral degrees in composition from the University of California at Berkeley, a bachelor's of music in composition from the University of Southern California, and the General Diploma from the Zoltán Kodály Pedagogical Institute of Music in Kecskemét, Hungary, where she was a Fulbright Scholar.

Julius Eastman (1940 – 1990) was an American composer, pianist, vocalist, and performance artist who was among the first composers to combine minimalist processes with elements of pop music. He used experimental methods of extending and modifying music in creating what he called "organic music". He often gave his pieces titles with provocative political intent, reflecting his lived experiences as a gay, black man living in the US during the 80s (Packer & Leach, 2015). Eastman's work and achievements were overlooked for many decades but in recent years they have become acclaimed following new performances and reissues of his music.

Nicholas Peters (1984) studied composition with Christopher Fox at Huddersfield (05–06) and Brunel University (06–09), where he was awarded a PhD in Composition. Between 2007 and 2010 he was a Sound and Music (SAM) shortlisted composer. He has had works performed in concerts and workshops across the UK and abroad by numerous artists including JACK Quartet, Ensemble Interface, Ives Ensemble, EXAUDI, Fidelio Trio, Tre Voci, Anton Lukoszevieve, Juliet Fraser, Claire Edwardes, Alex Wilson, Zubin Kanga, Abstrukt and Block4. Peters' music has been performed at Soundwaves Festival, Cheltenham Music Festival, hcmf// and broadcast on BBC Radio 3. He co-founded and co-curated 840, an experimental music concert series between 2014 and 2017.

Clothworkers String Quartet

The Clothworkers String Quartet was established at the University of Leeds in 2021 and is currently made up of Jasmine Grundy (Violin I), Emmeline Macdonald (Violin II), Sasha Grimes (Viola) and Annis Archer (Cello). All members are currently students at Leeds University and have a diverse portfolio of musical experiences, from playing in the Opera North Youth Orchestra to musical theatre pit bands across Yorkshire. As a quartet, the group have performed at weddings in and around Leeds, and at University events and concert series. They would like to thank Louisa and Nick for the opportunity to be part of R3connect and play such exciting new music.





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