



ANNUAL REPORT 2021

Art Therapy and Education

CONTENTS:

Reflections on the Year	2
Anti Racism Statement	2
Our Story	2
What We Do	3
About Art Therapy	4
The Team	5
Partnership	7
	9
	11
Looking Forward	12
Financials	13
Contact Us	14

Reflections on 2021

Each year, as we write our annual report it gives us the opportunity to take a pause and look back, not only over the events of the past year but also at events and changes we have seen since we began Draw On in June 2019.

We have thought about this year as a time of recovery and to begin to process the disruption and suffering that was felt through the beginning of the Covid-19 global pandemic. As restrictions were enforced by the government in 2020 we understood that our work as we knew it would have to change along with many other important services offering support to some of the most marginalised communities in the UK.

During this hiatus we had to think creatively to find ways of continuing the work that we do within this new world and also find ways to stay connected to our partner organisations through hopeful conversations of how we can continue to collaborate in such uncertain times. This has opened up new ways of connecting and facilitating by embracing digital platforms.

Moving into 2021 we have seen the UK government introduce increasingly hostile policies for people seeking asylum in the UK. At Draw On we condemn the Government's inhumane anti-refugee bill that increases injustice and inequality. Instead we stand up for human rights, showing compassion and support. We are dedicated to continuing our work to offer open and accessible groups to those who wish to come together to make art and share experiences.

We hope you enjoy reading what we have been up to this year and our visions for 2022!

Anti-Racism Statement

In May 2020 we witnessed the murder of George Floyd under the knee of the police officer Derek Chauvin. The uprising that followed this deliberate act that led to his tragic death brought attention to the world that racist oppression and injustice continues at the hands of those entrusted to protect the public. Furthermore the Black Lives Matter movement has highlighted the devastating impact of racism and racial inequality that continues to exist in all areas of our society today.

We are committed to ensuring that Draw On is an anti racist organisation that provides environments where all individuals feel equally valued.

At Draw on we endeavour to:

- Continue to Educate ourselves about systemic inequalities, and consider the impacts of these on the clients we work with and within Draw On and partnering organisations.

- Expand our partnerships and collaborations with those supporting marginalised communities.
- Ensure we are doing everything we can to have a staff team that is representative of the diverse communities we work with.
- Speak out against injustice and be an active ally.
- Act honestly by exploring privilege and bias within the Draw On staff team.

Our Story

The seeds of Draw On were sown back in 2016 when Art Therapists Emily Hollingsbee and Katie Miller met as volunteers in the former unofficial refugee camp known as the 'Jungle' in Calais. Alongside a team of nurses, social workers and youth practitioners both art therapists facilitated weekly creative activities with a focus on wellbeing with separated children and young people living in the camp.

In 2017 Emily and Katie became co-art therapists once again working for an art therapy NGO in Ritsona refugee camp in Greece, facilitating art therapy groups for men, women and children living in the camp.

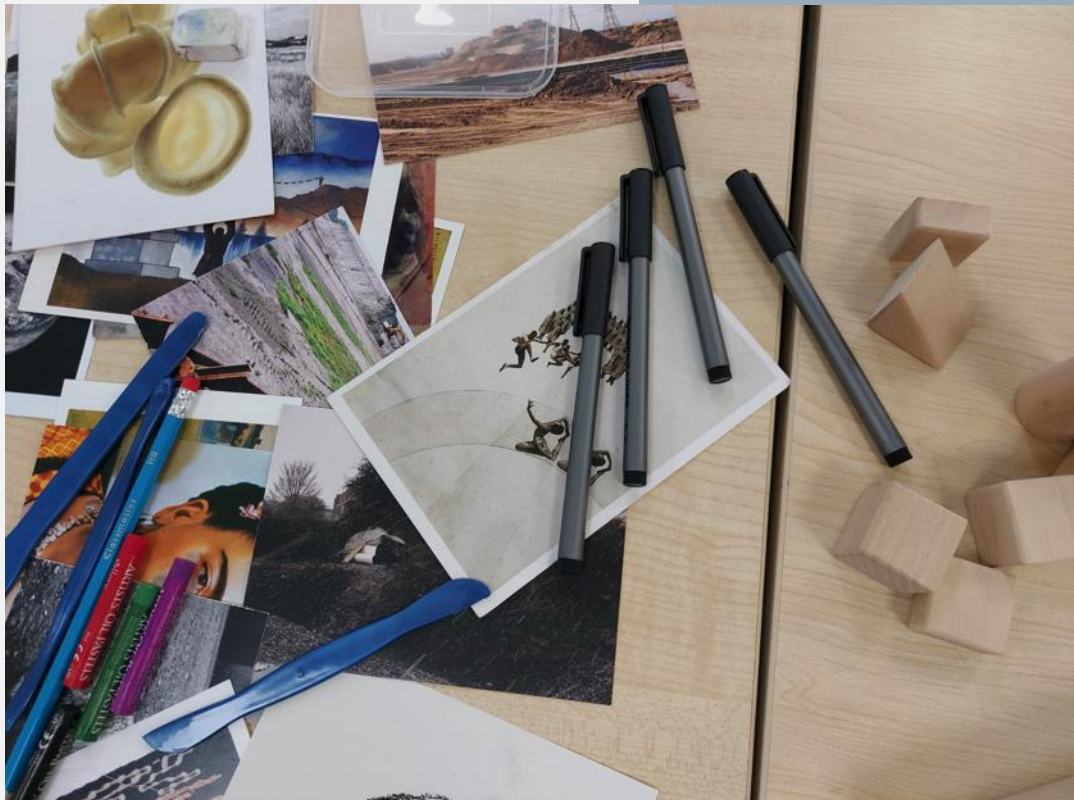
In both Calais and Greece, Emily and Katie witnessed the incredible power that art making within a group setting can have on people's emotional wellbeing.

They returned to the UK with determination to create art therapy spaces for people that have been forced to leave their homes due to war, persecution, socio-economic factors and claim asylum here in the UK.

Draw On was founded in June 2019 and in the same year was granted the Mayor of London's Culture Seeds fund. This funding went towards the first Draw On project, 'Community Threads' and was in partnership with Hackney Migrant Centre (HMC). The project provided an art therapy group for refugees, migrants and those seeking asylum in the UK.

What we do

*Your art therapy
groups helped
my 'mind feel
free and relaxed'*



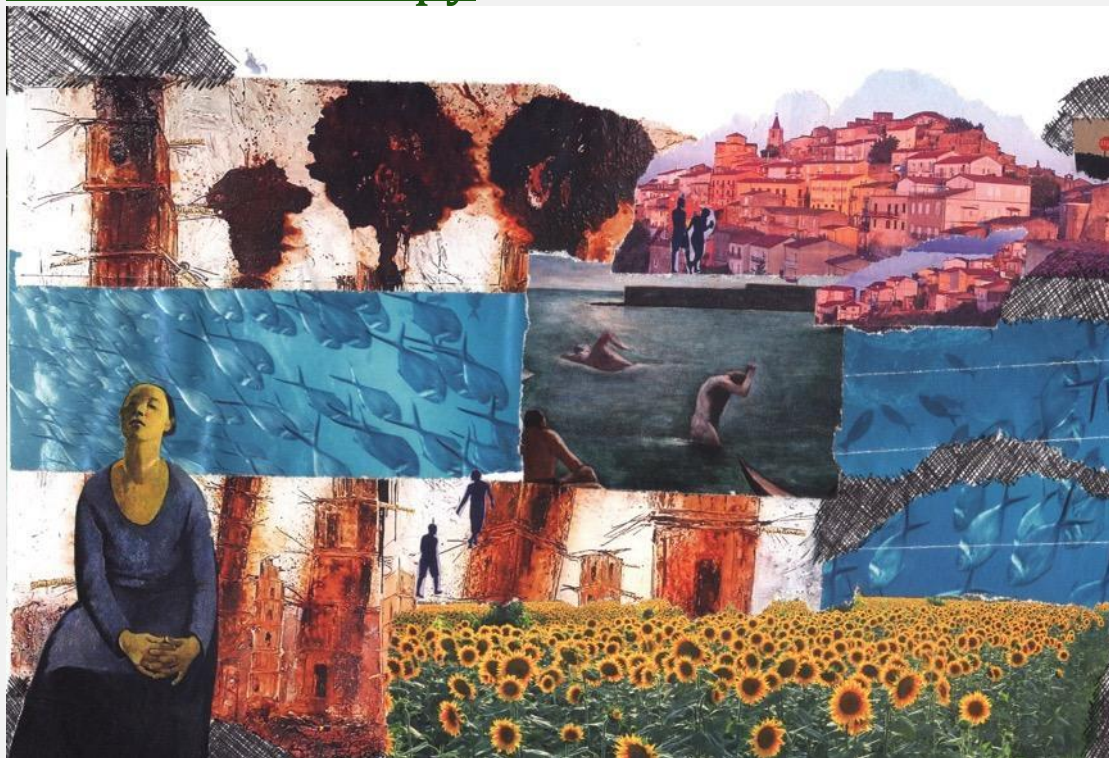
Draw On is a not for profit organisation that uses art therapy with adults and children who have been displaced due to war, persecution or socio-economic factors.

With over 10 years experience of working with those who have been displaced Emily and Katie have witnessed how art therapy has the ability to awaken creativity, encourage the feeling of being connected to others, promote self-esteem and support people in making sense of their thoughts, feelings and experiences.

Our approach is focused on being inclusive. This means that we work to create a culturally sensitive, safe space that meets the needs of the participants by addressing social, emotional and psychological factors.

We recognise the importance of sharing our experiences and skills to support others in their work. Draw On therefore facilitates workshops that demonstrate the power of art making and its ability to highlight and reinforce resilience. These workshops have been delivered in universities and benefit those with an interest in using art with people who have experienced trauma. Draw On has also developed and carried out creative, psychoeducational self-care and wellbeing workshops to volunteers and staff working in refugee camps. These groups provide a space for reflection, discussion and connection with others to address areas such as burnout and compassion fatigue.

About Art Therapy



Art therapy is both a talking and non-verbal form of psychotherapy that uses art making as its primary mode of communication. It is facilitated by trained art therapists, and can provide the opportunity to communicate past and present experiences through the art making processes and images. It offers a safe, consistent and confidential space to become absorbed in art making, to imagine, play and connect with self and others.

Art making can encourage discovery, agency and provide respite from difficult circumstances and negative thoughts. Research has shown that art making with a trained art therapist can promote feelings of self worth and bolster resilience.

We believe that group art therapy offers people a supportive environment where commonality can be experienced, reducing feelings of loneliness, isolation and depression. Draw On's art therapy groups aim to encourage community, connection and solidarity through art making and being alongside others. It is within these groups that the voice of those who have survived persecution, oppression and alienation is heard, witnessed and valued.

The Team

We are Katie Miller and Emily Hollingsbee, HCPC accredited and DBS registered Art Psychotherapists.

Emily Hollingsbee



Emily is an artist, author, HCPC registered Art Psychotherapist and clinical supervisor.

Emily first worked with Katie facilitating art workshops for unaccompanied minors in Calais and within this work her interest in community and art making developed. She went on to work for 18 months in a refugee camp in Greece, where she was lead art therapist, developing and facilitating art therapy groups for men, women, young people and children. It was through this work that Emily and Katie co-developed self-care workshops, which were delivered to volunteers and workers in the refugee camp in Greece.

After returning to the UK Emily and Katie set up Draw On to continue the work they had begun in Greece by offering community based art therapy groups to refugees, asylum seekers and migrants across London.

Emily has contributed to the IJAT publication with a research paper exploring a mural she had co-facilitated during her time in the Greek refugee camp. She delivers workshops and has held guest lecturing positions on art therapy foundation courses at leading London Universities.

Katie Miller



Katie is an Artist, Arts Educator and HCPC registered Art Psychotherapist who has directed her art making towards collaborative projects and participatory art making. Katie has worked as an art therapist and community artist with vulnerable adults and young people in London, Brighton, Ecuador, Greece and France.

Across 2017 Katie spent her time between London and Northern France facilitating art workshops for separated children and young people in the refugee camp formally known as the 'Jungle'. It was through this experience that her practice moved to working predominantly with refugee communities and those seeking asylum.

The art is at the heart of Katie's practice, and Katie has particular interest in the potential of art making and art materials to transcend the confines of language, draw on people's autonomy and resilience and encourage healing and growth. Her personal and professional experience has shown her that through art, people can escape isolation and find connection with others and their experience of the world.

Partnership

Our vision is one of collaboration and community. This is why partnership work is so important to us and at the core of what we do. We are always reaching out to other organisations who are equally committed to ending the politics of hate and hostility and offering welcoming support to refugees, migrants and those seeking asylum. Collaboration and feedback from others enables us to continue learning and allows our work to develop and evolve to best meet the needs of the people accessing the groups that we offer.

In 2019 Draw On received a grant from the Mayor of London's Culture Seeds and partnered with Hackney Migrant Centre. With this funding we created our first project 'Community Threads' which provided a creative art therapy group for refugees, migrants and those seeking asylum in the UK.

Since forming this first partnership with HMC in 2019 we have developed further collaborations with a London local authority service and Lewisham Refugee and Migrant Network for Unaccompanied and Asylum seeking young people.

Looking forward

Towards the end of 2020 and leading into 2021 we were able to pause and reflect on what had been a particularly challenging year for everyone.

At Draw On we have taken a pause in order to evaluate and create a new way of working under the current Covid-19 restrictions.

We have been developing our work in a way that sessions can now be facilitated on online platforms, providing another accessible way for people to come together and engage in art making.

We have a 4-point plan for the year:

1. Discussions and planning with past partner organisations and exploring new potential collaborations to think together about ways we can continue our important work to support the mental health and wellbeing of those who need it.
2. Expand across the online platforms and pilot further projects facilitating safe creative online art therapy groups.
3. Further develop psychoeducational creative workshops to share our experience and expertise with those who work with people who have been displaced, people who have survived trauma and people who are experiencing homelessness.
4. Further develop creative reflective spaces for staff and volunteers to learn self-care techniques and well-being approaches.

We are excited about the next stages for Draw On and despite the challenges of 2020 we cannot wait to see what 2022 will ? bring!

FINANCIALS

We are committed to sharing our impact and outcomes with you including our financial information. 100% of our donations and grants go directly towards our projects.

Total Support Income in 2021: £3,745.00

The National Lottery Community Fund: £3,745.00

Total Expenditure in 2021: £1434.11



THANK YOU!

We would like to take this opportunity to say a huge THANK YOU to all that have supported our work so far, whether that be through donations, engagement and encouragement, thank you for your words and actions that have furthered and inspired our work!



Contact Us!

<https://www.drawon.org/>

E: drawonproject@gmail.com F: DrawOnProject I: [@drawon.project](https://www.instagram.com/drawon.project)

To make a one off donation or to set up regular giving please go to our just giving page at: