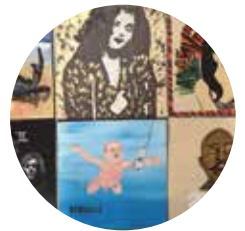


TINY REVOLUTIONS Of Connection RENFREWSHIRE

WITH

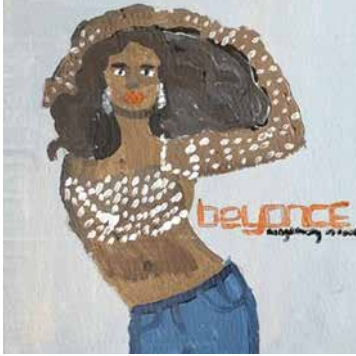


AND



THE MINDSPACE FACEBOOK GROUP

PAINT YOUR OWN ... DESERT ISLAND DISCS!



The theme of SMHAF 2020 was *Perspectives* and here in Renfrewshire we embraced the idea of seeing our life through the perspective of music and recognising all the ways it shapes our life and brings so much meaning. Reflecting on the 'desert island discs' idea we invited all our art groups to recreate their favourite album cover on a simple 12-inch piece of cardboard. If you fancy having a go, follow these simple steps;

1. CUT AN ALBUM SIZED (12 INCH) SQUARE FROM AN OLD CARDBOARD BOX

2. UNDER PAINT ONE SIDE WITH A LIGHT COLOUR IN ACRYLIC PAINT. OR CUT OUT A PIECE OF PLAIN PAPER AND STICK THIS ONTO ONE SIDE FOR A BASE.

3. PICK YOUR FAVOURITE ALBUM ONLINE. IF YOU CAN, PRINT OUT THE COVER. (PRINT THE WHOLE IMAGE, FOR REFERENCE AND ALSO AN ENLARGED VERSION TO TRACE FROM.)

4. FROM THE ENLARGED PRINT, YOU COULD USE CARBON PAPER TO TRACE THE DESIGN ONTO THE CARDBOARD (BUT THIS IS QUITE HARD TO COME BY THESE DAYS!) OR YOU COULD FOLLOW THE TRADITIONAL STEPS OF TRACING AN IMAGE... BY RUBBING PENCIL ONTO THE BACK OF THE PRINT OUT AND THEN DRAWING OVER THE DESIGN ON THE FRONT. THIS WILL TRANSFER THE IMAGE FROM THE PRINT OUT ONTO YOUR CARDBOARD.

OF COURSE, DRAWING THE IMAGE OUT BY EYE IS ALWAYS THE BEST!

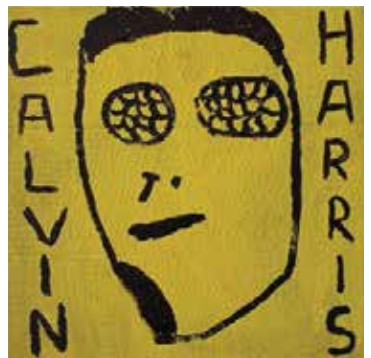
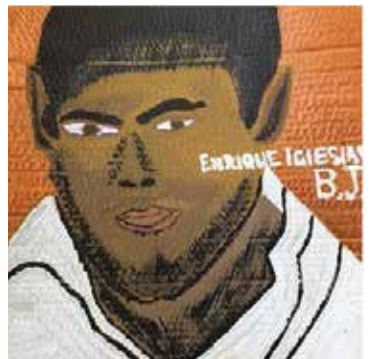
5. PAINT OR COLOUR IN THE DESIGN USING ACRYLIC PAINTS, WATERCOLOURS OR PENS AND PENCILS – YOU COULD EVEN TRY COLLAGING WITH BITS OF CUT OUT MAGAZINES OR PAPER IF YOU FANCY...

6. FINALLY TAKE A PHOTO OF YOUR WORK AND, IF YOU CAN, UPLOAD THIS TO THE MINDSPACE FACEBOOK GALLERY www.facebook.com/groups/2405146043110055/ WHEN YOU POST YOUR PHOTO, TELL US WHY YOU LIKE THE ALBUM AND WHAT IT MEANS TO YOU... YOUR LIFE FROM THE PERSPECTIVE OF MUSIC!

DON'T FORGET TO TAG US TOO!

#TinyRevolutionsRen

Visit the wonderful display of record sleeves painted by inpatient art groups at Dykebar & Leverdale Hospitals and the Sunshine Recovery Cafe, Paisley on the RMHAF virtual Instagram gallery: www.instagram.com/smhaf_ren/



Or to share your pictures via email – send them to: artsteam@renfrewshire.gov.uk
Keep an eye on www.renfrewshireleisure.com/arts-projects/
We will be uploading a new activity every week!

Thank you to Sarah Grant, NHS Arts Coordinator, Renfrewshire for sharing this brilliant idea and project with us. Join the Mindspace Open Gallery group here: www.facebook.com/groups/2405146043110055/

