

Lisa Risbec CV

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I'm a visual artist and creative practitioner working in arts and mental health, creative facilitation and project development.. I've worked in the area of Arts and Health for over 10 years now, mostly running creative play and art technique sessions with adults managing mental health conditions. I am currently working as a lead artist for Cartwheel Arts and as a Studio Manager/ Mentor for Pool Arts as well as having worked for other organisations in the past such as ARC, Manchester Histories festival and Burnley Youth Theatre.

My approach to art facilitation is innovative, supportive and experimental and I can turn my hand to many techniques after working with a large variety in my own practice. I have built on my experience of designing workshops and activities for groups and moved into resource development and facilitating training as part of my work with Cartwheel Arts. I'm really interested in how we can use creative methods to facilitate conversation, gather data and self reflect and I have worked with organisations and individuals using creative methods to help strengthen teams and reflect on working practice. Having worked on many freelance projects. I am highly organised and resourceful, successfully managing budgets and timescales to meet project outcomes. I'm also skilled in project management and marketing, after working in marketing roles for over 10 years.

My current personal practice has evolved over the years and is essentially an experimental drawing practice, exploring form and line using different mediums such as photography and stop motion animation, textiles, collage and sculpture. I also use place writing to help me to situate my work and am working on a project concerning artists with chronic illness and exploring methods of maintaining a practice.

Summary of Skills

- Working one to one to help participants evolve their ideas
- Exhibition curation and installation
- Creative experimentation and expression
- Photography, stop-motion animation and video editing
- Printmaking: lino, block , mono and basic etching
- Mark making, mixed media and collage
- Bookmaking and art journalling
- Idea generation and developing work from sketches
- Skilled in communicating at all levels and with a wide range of audiences/ groups
- Book-keeping, budgeting, accounting and cash-flow as well as basic HTML & FTP knowledge and experience of creating websites on template based programs
- Highly organised and efficient
- Marketing & PR: Blogging, copy writing , copy editing and proofing, emails, websites and social media, press releases
- IT skills, including MS office, photo and video editing software, social media and content management
- Full clean UK driving licence and access to a car
- DBS checked (online renewal service)

Career Progression

15.10.10–Present Freelance Arts facilitator

- **Art for Transition resource development** – Working with Cartwheel Arts and Artist Beth Morgan and commissioned by Rochdale Council, I developed a creative resource for newly arrived children in Rochdale schools. Using the design thinking method to ensure we kept the children's needs at the forefront. We ensured that the research was extensive and ran focus groups with children who had been newly arrived in the last few years, listening to their experiences and needs and designing the project around them. We also worked closely with a group of teachers and ESOL workers, ensuring that the resource also met their needs as facilitators. The project culminated in us creating a pack of 30 creative activities, plus extensive facilitation notes and a training day and is currently successfully being rolled out across 20 schools in

Rochdale.

- **Studio Manager/ Mentor for Pool Arts** – An artist led organisation for artists who face barriers to practice, including mental health issues. Working with members to develop their artwork, helping with digital tasks such as website development as well as assisting them with professional development.
- **Commissioned by Manchester Histories Festival** for their Picture Stockport project, working alongside another artist to run animation workshops, then producing and editing animation to be shown in Stockport Art Gallery.
- **Wellbeing Dominoes** - I co-created this resource with Cartwheel Arts and Artist Jodie Silverman. It is a creative game for groups, designed to help increase wellbeing. There are 28 cards split into 5 categories, helping participants to experiment, self reflect, connect, relax and notice. The game has been extremely well received and is used by many organisations across Rochdale and the UK and has recently been rolled out to Rochdale schools with great feedback.
- **Lead artist on many Arts for Wellbeing** courses with Cartwheel Arts working with groups experiencing mental health issues. Including;

CPD training: for artists /organisations using creative methods to reflect on best practice/ facilitation skills

Train the trainer: Working with various organisations training them on how to facilitate our creative resource Wellbeing Dominoes

Art & Soul: Artist facilitator for a group, taking on a mentorship role helping them to explore their ideas and produce work for exhibitions, sharing inspiration, techniques and demos and visiting galleries together. I work with this group on rotation with two other artists in 10 week blocks

Artful group: Structured courses helping this regular group to explore their artistic interests, creating work based around a theme.

Wellbeing Animated: Animation workshops with groups within the community and at Cartwheels art studio

Art Cart: Participants created original artwork and products to sell at a final event

Enter Art: Participants were taught two different techniques over a series of weeks and then taught these skills to local community groups

Bookmaking session: Participants created original artwork and made into books for an exhibition

Positive paper mosaics: A technique I developed using paper and flour 'grout' to make mosaics on board, working with a group of new mums at a sure start centre.

- **ARC community outreach:** Working with several groups of people out in the community who are managing mental health issues, using experimental approaches to help them to create work and creatively express themselves. I worked on the pilot programme of the ARC outreach scheme trailing this approach, and then held several more sessions after the initial trial period.
- **Work on my own 'Freedom to Create' courses at the Wonder Inn** – helping women to creatively express themselves through play and experimentation.
- Various short term creative workshops in the community and at music festivals

15.10.10–19.09.14 Part time Marketing and Communications Officer: Henshaws

Marketing Henshaws' services, managing the blog, researching and writing posts, updating the Henshaws website, producing and writing the quarterly newsletter and undertaking other marketing tasks including adding content to social networking sites, managing print, planning and executing email campaigns, research into web usability and new marketing methods.

15.10.07– 15.10.07 Marketing Coordinator: Urbis, E-Commerce Marketing Project leader: Littlewoods Shop Direct

Selected Exhibitions | Commissions | Residencies

Exhibitions

2018 'Good Luck Charm' included in The Art Of Magic group show in The Horse Hospital, London, Robinwood Mill, Todmorden and Analogue Farm, Rossendale

2018 'The Earth Runs Red' included in group show 'Diptych, Triptych and Polyptych' at PS Mirabel, Manchester

2017 'Aquisition Preserve' produced for Islington Mill open studios for Manifest Arts Festival

2017 Picture Stockport exhibition 'Painting the Town' animation

2016 'The Chaos before the Reforming' IMAA group show, Islington Mill

2016 IMPACT conference 'Representing Methodology' group show
2016 'The Earth Runs Red' Doremifasolasido Artist group show
2016 'A Different Kind of Map' window exhibition, Nexus, Manchester
2015 Free for Arts Festival (FFA) group show : Manchester Craft and Design Centre
2015 Islington Mill Art Academy residency final show
2015 IMPACT conference 'Representing Data' group show

Residencies and commissions

2017 'Let's Talk: Conversations through Making' as part of 'A day and a Night' IMAA group show/ event
2017 'Painting the Town' Manchester Histories workshops and commissioned animation
2016 'Doremifasolasido' Residency, Florence Arts Centre, Cumbria
2016 IMPACT 'Representing Data' visual art commission
2016 'Our Streets' Animation commissioned by Cartwheel Arts
2015 Islington Mill Art Academy residency: Regents Trading Estate
2015 IMPACT 'Representing Data' visual art commission

Talks and workshops

2017 Let's Talk: Conversations through Making as part of A day and a Night IMAA group show
2014-2017 Art for Wellbeing workshops - various
2014 World Mental Health day large scale zine publication
2014 Bookmaking/ Repurposing books workshop
2014 Invention: creating small scale artworks workshop
2012 Liverpool Biennial weekend: The Mobile Art School talk

Writing and publications

2016 'The Earth Runs Red' Doremifasolasido Artist publication
2016 'One Day' Islington Mill Art Academy publication
2016 'A Different Kind of Map: Imprint of a trading estate. Published in Stepz II: Between the Rollerama and The Junkyard

Screenings and awards

2008 Winner of Best Music Video category in Roots to Shoots Competition
2008 Top 3 short listed and interviewed for 4mations animation funding
2005-2010 Animation screenings: Cornerhouse, BBC big screen, New Islington Festival, Salford Film Festival, Huddersfield Literature festival, Manchester literature festival, Bochum international Videofest, Magma film fest Sicily,
Sadho Poetry fest India

Education and training

- First aid one day course 2018
- CPD Cartwheel Art for Wellbeing team training
- 2 Day screen printing – Egg Factory, Hebden Bridge
- Safeguarding adults at Risk 2013/2018
- Basic awareness in Child protection 2013/2017
- Level one: understanding Mental Health 2012
- Self- directed education at Islington Mill Art Academy 2012-2017
- The Complete Bookbinder – Hotbed press course (10 weeks) 2011
- Introduction to mental health – Toolkit Training 2008
- Photography with Audio Visual Media (BA) (2002-2005) (2:1) UCLAN
- Priestley College - 3 'AS' level, 3 'A' level, Woolston High School - 10 GCSE's A* - C

References

Becky Smyllie, Cartwheel Arts

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Alison Kershaw, Pool Arts

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