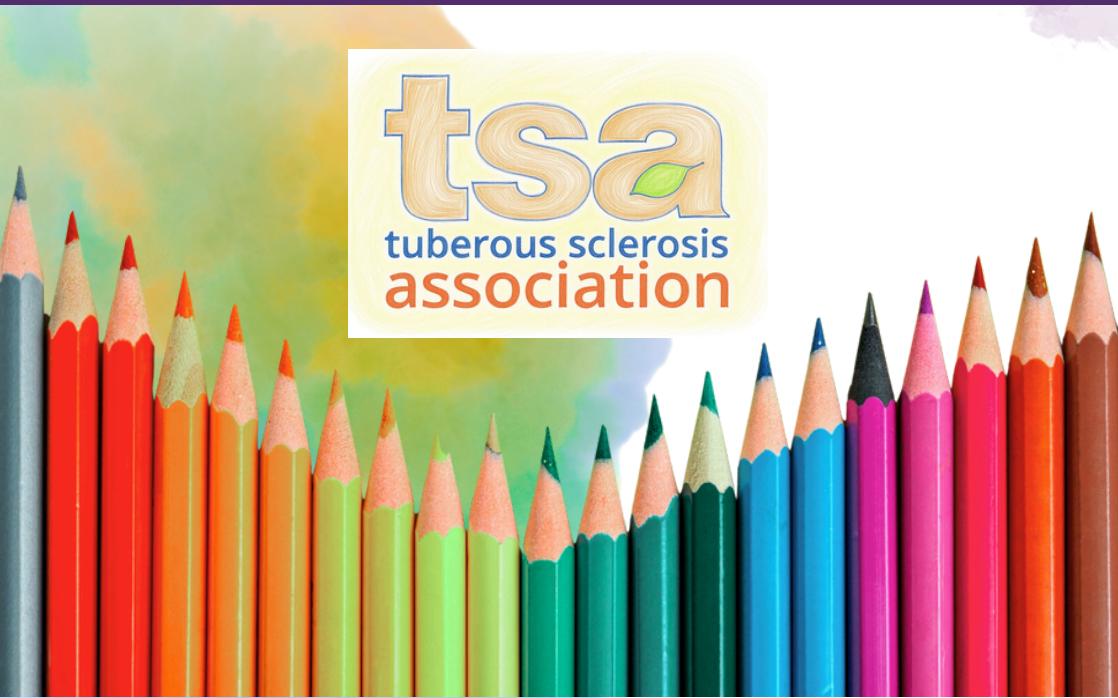
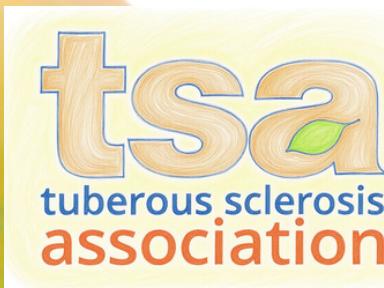




TSC Teens Art Club: A guide



Welcome!

This booklet is to help you learn a little bit more about the TSC Teens Art Club. It'll help you to know:

- What the art club is all about
- What to expect when attending (and how to attend)
- What's planned for each session

We're so pleased to be able to offer the art club to you and others in the TSC community. We really hope that you enjoy the sessions and make the most of them!

About the TSA

The Tuberous Sclerosis Association (TSA) is the only UK charity focused on TSC. Our small team works tirelessly for everyone affected by TSC, providing help for today and aiming for a cure tomorrow. We have three main charitable objectives:

- Support individuals affected by TSC, together with their families or carers
- Encourage and support research into the causes and management of TSC
- Provide education, publicity and information to promote awareness of the condition

We do this through:

- **Support and advocacy.** Including the dedicated TSA Support Line, up-to-date information and annual events
- **Research.** Funding world-class research into all aspects of the causes, management and treatment of TSC
- **Campaigns.** Influencing public policy and raising awareness to ensure that people with TSC get the support they deserve
- **Professional development.** Expanding knowledge and expertise of TSC in health, social care and education, meaning that they know more about TSC and how it can affect people

Through the TSA, the TSC community should never feel alone.

About the TSC Teens Art Club

Who is the club for?

The TSC Teens Art Club is for all teenagers in the TSC community. This doesn't just mean teenagers who have TSC themselves. It also includes brothers, sisters, friends and other family members and loved ones in the TSC community.

This is because TSC can affect not only people who have the condition themselves. If someone in your family or a friend has TSC, you're welcome at the art club too!

Parents and caregivers are also very welcome to attend with teens, if they'd like to follow along too or just want to be around.

But why an art club?

We know that art clubs can unlock creativity and joy. It gives people a chance to express things in different ways, through art, whatever that means to them. You might at times feel angry, happy, sad, frustrated, or any other emotion - we know that art can be a healthy and effective way to express this.

What if I'm not very good at art?

It doesn't matter! If you want to be part of the TSC Teens Art Club, that's more than enough. It makes no difference how 'good' you think you are. Plus, there's lots of styles of art, so what one person thinks is 'good' is completely different to someone else. Like music or favourite food.

How do I attend the art club?

The TSC Teens Art Club will take place monthly over Zoom. You'll get details before the club starts on how to access the virtual room where the meeting will take place.

Do I need to bring anything?

If you've received this guide, it means you've also received our special art packs. This has everything you need for the art club. Participants will be encouraged to add to their books outside of the sessions and practice some of the techniques they're shown.

Other than that, just bring along an open mind and that's it!

How much will I need to talk and get involved?

The art club is an open and welcoming space. But, we know things like this can be stressful. There's no pressure to talk or get involved any more than you feel comfortable. If you prefer to just listen and enjoy, that's ok!

We hope that each session will support mental health and build connections, reducing isolation and encouraging togetherness.

Who runs the art club?

We're absolutely delighted to welcome professional artist Sarah Goy to run the TSC Teens Art Club. Sarah is an amazing artist with many years of experience in running similar events and in creating beautiful art.

The most exciting thing? Sarah herself has TSC. This means that Sarah has experienced growing up as a teen with TSC. Her passion for the TSC community knows no bounds and we're so pleased to have her as part of the club. There'll also be at least one member of the TSA team at each event too, if you want to ask any questions of them.

Sarah lives in Bournemouth, in the south of England. She's a visiting lecturer at Arts University Bournemouth (AUB) – BA and MA Animation. Since 2017, Sarah also creates and runs online art therapy styled creative sessions, encouraging a sense of play through which new skills are gained, whilst encouraging a sense of community and inclusivity. You might recognise Sarah from previous TSA events!



Artist Sarah Goy, who runs the TSC Teens Art Club

TSC Teens Art Club timetable

Month 1. Welcome session

This is your time: A safe zone to create, chat and share. There are no rights or wrongs, no pressure and no judgement, you can just be the amazing **YOU!**

(If you feel shy and don't want to talk, that's all ok).

Warm-up activity: A line from your mind. A mindful doodle to tell a story using pencil. Arty Play and chat about ideas for customising the outside of your visual journals.

(Optional) Before next session: Think about and play with ideas for customising the outside of your visual journal. Perhaps you could use old wrapping paper, netting from fruit, old bits of fabric, wool, string. Anything goes!

Month 2. Don't judge a book by its cover

Using the ideas created in December session, customise the outside of your book using a variety of everyday stuff from home. Remember, this is 'your safe space'. Each page is like a moment in time. Turn the page and look forward.

How creative can you be? Anything goes! Yay!

Month 3. My inner cave person - hands up!

Sometimes there is stuff going on in our heads that is really hard to describe with words, perhaps we can learn from the cave people who could not talk but created simple pictures on the cave walls showing their daily life. They still exist today!

We will use our hands as inspiration for this month's club, playing with charcoal*, soft pencils and putty rubber.

Like each of us every mark is different and that is great!

**Some people don't like using charcoal. That's completely fine. Just use whatever you fancy.*

Month 4. Splat and abstract acrylics

Take inspiration from Pablo Picasso who painted how he felt.

Picasso's work didn't look realistic. It was more about feelings.

Month 5. 'Happy accidents' watercolours

Splodge, splat and feel the flow.

Play with different ways to use watercolour paint. Create a colourful double page by layering up water colour washes.

We'll use pencils, watercolour paints, brushes and water.

Throughout months 6 - 8: Colours and shapes

Exploring different shapes and colours and how these might express different moods and feelings for each individual.

Month 6. Mindful circles: mini mandalas

Find your Zen zone with patterns and circles.

Month 7. Music and feelings

Painting sound. A famous artist called Kandinsky painted what he heard, this came out in pretty colours, shapes and lines.

Month 8. Take 3

3 shapes: Triangle, Circle, Square. 3 colours: Red, Yellow, Blue. How do they make us feel? What shapes do we prefer? Why?

Month 9. How does your garden grow?

Being outside makes some of us feel good, especially in the summer. Cut and stick to create a garden scene. How do you feel when outside? Does the weather affect you?

Month 10. The masks we wear

Design a mask using mixed media, it can include anything you have in your kit or stuff from home. Does the mask show how you feel? Do you feel you have to hide behind a mask?

Throughout months 11 and 12: Personal expression projects

Participants will be encouraged to add to their books outside of the sessions and practice some of the techniques they have been shown.

During the last two sessions, they will be encouraged to share their personal expression projects with others in the group to encourage the forming of friendships and peer support networks.

Month 11: Hair Brainwaves

Explore ideas for personal projects. Get thinking in a creative way: let's imagine our hair is made out of our brainwaves, the brainwaves are flowing from our head into a hairstyle, what do your brainwaves look like?

Month 12. Personal project and final discussions

If you find the TSC Teens Art Club worthwhile, tell us about it! We can offer things like the art club only by showing people how important it is to support these projects.

Give your feedback here:
<https://bit.ly/48hbPeM>



The TSA Support Line is here for you and your family, at every step of your journey

Get in touch with any TSC questions or just for a listening ear:

**0808 801 0700 (call or WhatsApp)
support@tuberous-sclerosis.org
Webchat (tuberous-sclerosis.org)**



We're here for everyone affected by TSC only thanks to the **amazing people** who kindly give **regular and one-off donations**

Help us to continue to be here for you and others, now and in the future:

tuberous-sclerosis.org/donate

TSA Support Line:

0808 801 0700 (phone and WhatsApp)

support@tuberous-sclerosis.org

Webchat (tuberous-sclerosis.org)



TSA Support Line
on WhatsApp

Scan to donate to
us today!



Switchboard:

0300 222 5737

admin@tuberous-sclerosis.org

Tuberous Sclerosis Association is a registered charity in England and Wales (1039549) and Scotland (SC042780), and is a company limited by guarantee registered in England and Wales (no. 2900107).

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