

# Press Release

## Worcester residents invited to local photography exhibition

Budding photographers from a centre that helps support people in their recovery from mental health issues are displaying their snaps at a local exhibition.

The exhibition, at the Commandery in Worcester, is the result of a 19 week digital photography course run by New Opportunities Worcestershire which is based at Shrub Hill Workshop, a service provided by Worcestershire Health and Care NHS Trust. All those on the course are recovering from mental illness, and the photography course is designed to help in their recovery by building self-esteem and confidence and helping participants to learn techniques for taking good, well composed photographs.

Most of those participating on the course had little or no experience of taking photographs before starting, but by the end could take very good or high quality images which can be seen at the 'Digital Impressions' exhibition.

**Participants have praised the course in their feedback, one saying:** *"It has enabled me to access different courses and try new things. I've enjoyed working in a group but most importantly, find I now notice the details in things. I've brought myself a new camera and now enjoy and look forward to taking more photographs on my own trips and adventures, if it hadn't been for New Opportunities Worcestershire I may not have had the confidence to try so many new things on my own."*

**Brian Bullock, Technical Instructor at Shrub Hill Workshop, said:** *"We are always thinking of new activities for people who use our service to aid them with their mental health recovery and encouraging them to be more confident. This course has been very successful and we would love to invite anybody who would be interested to come and see the excellent work that has been done."*

The 'Digital Impressions' exhibition runs until 21<sup>st</sup> May at the Commandery in Worcester and is free to Worcester City residents (on presentation of a council tax bill). Opening times for this week are:

Tues – Sat 10am – 5pm

Sun 1.30 pm – 5 pm

For more information contact Grace Rudd via: [grace.rudd@nhs.net](mailto:grace.rudd@nhs.net)

Shrub Hill Workshop provides a service for people in mental health recovery as a step towards college, employment, volunteering or other community based activities. Those attending will be supported to improve their concentration and stamina and also to build their confidence and self-esteem. Activities are run in small groups and include: Woodwork, I.T., Office Skills and Art.

**-Ends-**

**Caption:** Service users along with Brian Bullock, Technical Instructor and Paul and Lynn Denham, Mayor and Mayoress of Worcester.