



**well-being
through creativity**

OUR ANNUAL REPORT 2018-2019

Magic Carpet is an arts for health charity that has been working in and around the city of Exeter and surrounding towns since 1981. We offer creative arts activities to people who don't normally access the arts because of difficulties with their health, disability or social circumstances.

We recognise that life can be a challenge and that we all need an escape sometimes. We specialise in offering meaningful creative activities for communities in Exeter and East Devon. We believe in making creativity accessible to all, promoting the arts as fantastic way to develop skills, meet people and build self-confidence.

“Inspiring well-being, growth and compassion through the power of creativity for people challenged by health or social circumstances”

Through the creative arts we aim to nurture:

WELL-BEING

by encouraging emotional and social development

GROWTH

by promoting resilience, confidence and self-esteem

COMPASSION

by appreciating the pressures of life

our learning disability groups

HONITON DAY PROJECT Arts, Crafts, Drama, Music & More!
Dunning Court, Honiton - Weds & Thurs 11.00am - 4.00pm

EXMOUTH EXTRAORDINARY THEATRE COMPANY Drama
Moose Hall, Exmouth - Fridays 2.00pm - 4.00pm

CREATIVE CHANGES Visual Art
Exeter Phoenix Arts Centre - Fridays 11.00am - 1.00pm

TUESDAY CLUB Visual Art
Exeter Phoenix Arts Centre - Tuesdays 2.00pm - 4.00pm

SNAPDRAGON Visual Art
Exeter Phoenix Arts Centre - Fridays 2.00pm - 4.00pm

THURSPIANS Drama
Mint Methodist Church, Exeter - Thursdays 10.00am - 12.00pm

our community groups

SINGING MAKES YOU FEEL GOOD Choir
Mint Methodist Church, Exeter - Tuesdays 10.00am - 12.00pm

INKY FINGERS Printing & Making
St Sidwell's Centre, Exeter - Tuesdays 1.30pm - 4.00pm

Groups and projects will be added
dependent on successful funding applications

Magic Carpet is, and has always been, all about people. At a time when it seems we are encouraged more than ever to create barriers and divisions it is testament to everyone involved in Magic Carpet that we have stayed true to our principles of inclusion and community for so many years.

Our groups support over a hundred participants each year. They benefit from being part of a group of individuals that come together every week to engage creatively and enjoy the company of others in a safe, inclusive atmosphere.

It is more difficult than ever for charities to source the support and funding they require. This year has been about consolidation and planning for the future. We have ambitious plans to develop the organisation to create even more opportunities for people who would otherwise not have the chance to try new activities and meet new friends.

This is my last year as Chair, but not as Trustee. So, I would like to thank the team – the participants, management, artworkers, volunteers and trustees – for all their great work and support. It is fantastic to be part of an organisation that really understands; ***it's all about people.***

Giles Ward
Chair of Trustees



"The Magic Carpet Honiton project has been going for 17 years and I have been part of it for 12 years. In that time Magic Carpet has supported a large amount of people in Honiton, all taking part in art, sculpture, drama, music, animation, exhibitions, performances, trips out and social events.

"The range of artwork delivered by our wonderful session workers is outstanding and we get to use a wide range of materials and props. It's not just the creative work that Magic Carpet is so good at, it's the quality of engagement that our session workers provide. They all have their different styles of delivery, but all have a keen interest in each individual, respecting the differences in the group, engaging with new challenges and adapting the use of materials, they relate to everyone with integrity and have the ability to be sensitive to changing and sometimes challenging situations.

"There is a strong sense of belonging that develops in our weekly sessions. At an opening of an Art Exhibition a few years ago at the Thelma Hulbert Gallery a group member, Sue, saw her artwork for the first time. Sue said 'We're famous!' Her response says a lot about the sense of community Magic Carpet creates for people. Sue was smiling with delight, she saw herself belonging in a different place and in a different way than she had experienced before. It's possible that we all get to do that at Magic Carpet."

Fran
Artworker

it's all about people

OUR VISION

is to use the power of creativity
to empower, inspire and instill
well-being in everyone challenged
by health or social circumstances





“Working with the varied and mixed ability groups that I do requires a range of different approaches to teaching art. This has challenged me as an artist to think outside the box when it comes to teaching style, technique and all the different textures and materials one can use to meet every single group member’s needs. It is amazing to see the participants not only grow in confidence in their abilities and the joy they get from the creative process, but also how much positivity they gain from meeting in their regular group.

Through this social interaction, friendships have developed within and outside the group. I have noticed that all participants of varying abilities, whether they are regular group members, volunteers or students, enjoy the creative process and experience a sense of accomplishment when they have finished something.

Art is for everyone and is supposed to be accessible. I have seen it improve the quality of daily life for senior citizens and those with dementia. I have been told by participants it is a distraction from depressive thoughts and illnesses. It relieves stress, encourages creative thinking and helps redevelop fine motor skills.”

**Vigdis
Artworker**

“The most supportive group I’ve ever attended”

“I can do art again”

“It’s good for me and it’s my favourite time of the week”

“Relaxing and I didn’t know how good I was”

“It’s good, very good. I like Jess, she’s excellent”

“Natural way of supporting each other and sharing experiences”

A Magic Carpet group is a unique entity, there's usually lots of smiling, laughter and friendly banter, tea is being drunk and biscuits dunked, people are catching up with each other's news, oh and there's art going on! There's a massive amount of creativity that happens in every session with amazingly skilled workers and volunteers who help people sing, make cardboard sculpture, print, act, play, paint and sew, to name some of the things we do.

This year Stuart ran for us an Awards for All funded project called "Anyone Can" that reached out into communities across Exeter and introduced more people and organisations to creativity in the form of embroidery, Totem Carving, creating masks, making seed bombs and Mood boards. In one of the "Anyone Can" projects the level of enjoyment experienced was enough to be noted, with one person listing 'laughing' as an positive outcome!

Everything we do is successful because of the incredible skills of our workers, not only their creative expertise but also their ability to create a warm, nurturing environment that allows our participants to flourish. A special thanks go to every worker, our amazing volunteers and to Claire our administrator who has made us more efficient and accessible than we were before. Of course a great big thanks to the Trustees who quietly make sure that each year Magic Carpet can keep on doing what we do best. Without their largely unseen dedication, none of what we do could happen.



Robert Wynne
Chief Executive Officer

our accounts 2018-19

INCOME

Charitable Activities	£ 73,079
Grants Received	£ 12,726
Donations & Legacies	£ 1,547
Restricted funds	£ 0
Sale of goods	£ 979
TOTAL	£ 88,331

EXPENDITURE

Employment Costs	£ 77,312
Group Materials	£ 4,121
Property Expenses	£ 12,138
Office Expenses	£ 1,080
Governance	£ 3,819
TOTAL	£98,470

with thanks to

THE CLARE MILNE TRUST
EXETER CITY COUNCIL
EXETER PHOENIX
THE NORMAN FOUNDATION
AWARDS FOR ALL
THELMA HULBERT GALLERY, HONITON

www.magiccarpet-arts.co.uk

We would love to talk:

01392 422938

info@magiccarpet-arts.co.uk

Find us here:

facebook: **magiccarpetexeter**

twitter: **@EXImagiccarpet**

instagram: **Magiccarpetwellbeing**