

# Wolf Photography Annual Report 2022

December 25th



**Promoting  
Creativity as a  
coping mechanism  
for disability**



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## Wolf

For those of you that are wondering why nearly every project I run is named after a Wolf – I've spent time with Native American healers over the years, who taught me how to live with Post Traumatic Stress Disorder and learn about the 'medicine' of the Wolf. I found that the NHS model of care doesn't treat the whole being. The 'spirit' is often ignored by modern medicine.



Lobo and I spending time together

The Wolf is regarded as a pathfinder, teacher and protector by some tribal people. The Wolf on my company and project logos was a lovely being that I met quite a few years ago. Her name is Lobo and she's since passed to spirit. I used to go and visit her whenever I could and go into her enclosure and sit with her; sometimes we would run around her enclosure together.

She had this habit of coming up behind me and gently pulling the hair on my neck. It was sad to see her in captivity. Her captivity was harder to witness though as she was living between two cultures: wolf and human. She was reared by humans and was fed by them but was then integrated into a captive pack of other European Wolves. At feeding times she would go and eat whenever the food appeared but that lead to her being attacked because she wasn't following the code of the pack, the Alphas eat first. The keepers had no choice but to keep her in the quarantine area at the end of the main wolf enclosure. It wasn't her fault that she didn't understand or abide by wolf culture, she'd never grown up with it, so ended up more isolated: rejected by a wolf pack and not able to be kept by humans.

I empathised and identified with parts of her situation: while being born in this country, there are those that will never see me as British or English. Having served my country in uniform, there are those that will never accept me in their culture, military, veteran or civilian. It's a difficult situation to live in, but if those of us that live this way can tolerate it, it has its rewards. You can see through the façade of community and live by your own values. If you have the strength, you walk your talk and you can face yourself in the mirror.

For the latter part of her life Lobo went on to mother cubs and became a wolf ambassador.

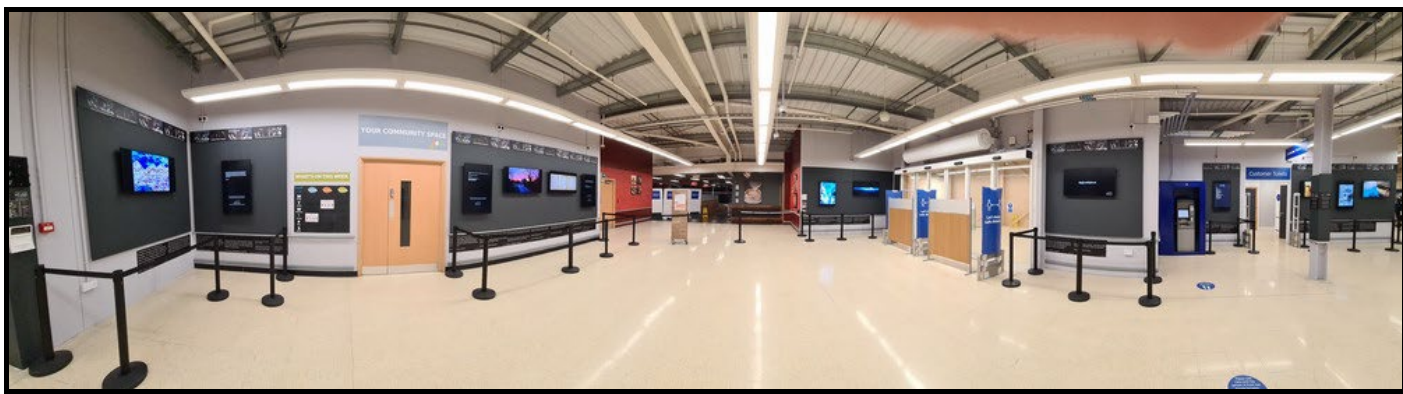
## Proprietor's Report

My big news is that this is my 20<sup>th</sup> year as Wolf Photography. To mark the occasion, I'll be exhibiting a range of work from this period, both stills and videos, at the digital gallery we run from January to the end of February 2023. This will be in addition to the Living With PTSD exhibition that is a permanent fixture there.

Sadly we didn't receive any funding from the National Lottery or the Arts Council. We found out this year that any donations we received that weren't used were liable for Corporation Tax. The main donators this year were myself and Julie Genner. We were paying in enough to cover insurances etc and it seemed wrong to me that we would be taxed again to keep these projects running. We had a Directors' meeting and decided to dissolve DAN CIC and continue as a community project again as we were before. So all the community projects are once again being run by Wolf Photography. This doesn't affect exhibitors or viewers as nothing has changed operationally and there's still no charge to use or view our services and we still have the same safeguards in place.

We continue to 'promote creativity as a coping mechanism for disability'. The projects run by Wolf Photography have always had an international audience...and we have always had exhibitors in the projects from different countries. However, it was a very costly exercise for artists to contemplate sending over their artwork to be exhibited before the project went digital.

Towards the end of this year we made the decision to focus on artists with disabilities and those that have used art to recover from a disability only. We use the principle of 'Positive Action' as defined in the Equalities Act 2010. Many people with disabilities may not ever be able to afford to exhibit their art in galleries. They may be very talented but may never come to notice or be able to launch themselves into a career in the arts sector because of disability and/or poverty related issues, as well as other forms of discrimination.



Disabled Artists' Network. WPICC & WIPE screens

People with more severe disabilities can now apply to exhibit with us without having to leave their homes, without paying for transporting their art to us and without having to

frame anything, as everything is now done through photographs – which can be all be done on their mobile phones.

It's also been a beneficial change for artists worldwide as we've had exhibitors from China, Japan, Denmark, France, Italy, Spain, Russia, Canada, USA, India, Pakistan, Australia, New Zealand, Iran, Germany, Switzerland, Nigeria, Eire, South Africa and Moldova so far, in addition to local artists.

The exhibitions are currently held at Tesco Bulwell Extra, Jennison Street, Nottingham NG6 8EQ. You can see the venue on this video: <https://youtu.be/0vPDzm-wiFl>.

### **Advantages of exhibiting with DAN**

As those of you that have worked as artists or sought funding from organisations such as the Arts Council will know, an established track record is desirable to improve one's chances of securing grants etc. This is a great way to launch your art career and there are no age restrictions.

Anyone choosing to exhibit with us has already started to build their reputation as an artist and we've already helped a few people to establish themselves as professional artists.

The application process is simple and we have team members ready to help you if you encounter any difficulties. Please download and complete the form from: <http://www.wolf-photography.com/html/DAN.html>. There is no exhibition fee to exhibit with us.

Once you have completed your application, if you are on Facebook, you will be invited to join the DAN Exhibitors group. This is a closed group purely for administering the art exhibitions. General information about the project is shared on the main project page: <https://www.facebook.com/Wolf.Photographer/>.

The only forms of art we can't exhibit at Tesco Bulwell Extra are nudes and erotica because we have a lot of young people using or passing through the area. Once your application has been processed, you'll be given the dates for your exhibition.



# Version 1



# Version 2



# Version 3

Well-being  
Mental Health  
Physical Disability  
Photography  
Culture  
Galleries  
Partners  
Dressing  
Feeling  
Appetite  
Ability  
Widened  
Deafness  
Base



DAN from 2016 to present

## Wolf International Poetry Exhibition (WIPE)

Poems and songs can literally WIPE away some of your pain for a while. I've been using poetry in this way since being a teenager. I didn't realise the value of the mechanism nor the effect of this form of therapy until much later in life.

WIPE offers poets the chance to have their poetry displayed in the gallery space on Screen 10. The content is changed every 2 months and we have contributors from different countries, some whose first language isn't English, but their command of the English language is astounding.

The rules of the group are that you post at least one poem a month to the Facebook group page on: <https://www.facebook.com/groups/WIPEG/> in the required format. We only accept text – not images. The whole point of poetry is to paint a scene within your heart and mind by allowing your imagination to use its own palette. We also have advice and assistance available to help you publish your own poetry.

Poems for submission must be correctly formed and there is a video to help you with this on: <https://www.youtube.com/watch?v=wdnzjB49AQU>.

### **Self poisoning**


I love the night without the scary darkness,  
The day without the scorching sun.  
But with every wish comes a price,  
Boldly written on the scary face of fate.

To the freedom we lost for the sake of peace,  
And the love we forsook for reputation.  
Constantly Reminding us of who we are.  
For our choices are a reflection of what we are.

It's beautiful beneath the sea,  
But staying long will only drown the body.  
It's necessary we remember the past.  
But it's dangerous to be stuck in the prison it creates.

Tell these words to the mortal fading away slowly.  
Remind him that it's paramount a man moves forward.  
You only rectify a mistake or bad choice by living life to make a better one.  
Regret is a self-poisoning mist; it makes the soul fade slowly.

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**Wolf International**

**Poetry Exhibition**

Do you enjoy writing poetry? Do you use it to WIPE your pain away? Do you use it to make someone laugh ... or to help people consider a serious issue? Would you like to exhibit your poetry with us?

We have an international membership and exhibit poetry written in the English language from around the world.

It's all free! Come and join us. We meet in Tesco Bulwell Extra's Community Room on Friday nights (7:30-9pm), Jennison Street, Nottingham, UK, NG6 8EQ...or on the group page, if you don't live nearby..

Selected poetry is displayed in our digital gallery as well as the project Facebook Page.

To join us, apply to our Facebook group page:  
<https://www.facebook.com/groups/WIPEG/>.

The main project Facebook page is:  
<https://www.facebook.com/Wolf.Photographer/>  
 and the main website is: [www.wolf-photography.com](http://www.wolf-photography.com)



**WPICC**  
 Wolf Photography International Camera Club

Are you a keen photographer? Would you like to display your photographs and/or videos in our international exhibitions?

We exhibit digitally at: Tesco Extra, Jennison Street, Nottingham NG6 8EQ and we meet there on Friday evenings between 7:30 - 9pm but you can exhibit or join in from anywhere via our Facebook Group Page.

Beginners are welcome and there's always advice available from other club members - just ask. All you have to do is post a minimum of 1 photo a month on our Facebook group page which could be from your archives. We operate a closed group in order to protect your Intellectual Property from theft or misuse. Images taken with mobile phones are accepted too.

It's all free! Come and join us, apply on our Facebook group page:  
<https://www.facebook.com/groups/WPICC/>.

The main project Facebook page is:  
<https://www.facebook.com/Wolf.Photographer/>  
 and the main website is: [www.wolf-photography.com](http://www.wolf-photography.com)

WIPE & WPICC posters

## Wolf Photography International Camera Club (WPICC)

The WPICC is a relaxed camera club. No one critiques your images unless you ask for it. People will tell you when they like something you've posted though! You can join it via Facebook on: <https://www.facebook.com/groups/WPICC/>; please remember to answer all the questions on the application screen or your application will be automatically rejected. You can submit still and videos. The content is exhibited on screens 9, 11, 12 and 13.



Kingfisher Hunting

Images from mobile phones are included too. You just have to make sure that your images are at least 2000 pixels on the longest side.

You don't have to post anything for consideration towards the exhibitions if you don't want to. You can just continue to post images that you feel like posting.



## Photography and Mental Health

There are times when we don't feel we can go outside; when our conditions feel like they will drown us ... and we, hopefully, find a safe place as possible to hide in. At those times we have our gardens. One of my previous exhibitions was put together entirely of photographs taken in my garden. There's a lot that can be done in the safety of our own homes.

I've been cultivating my garden since 2007. When I first moved here, I didn't see any birds visiting my garden and there were no plants or insect life. My garden is tarmacked but that hasn't deterred me. Animals need some very basic things: food and water. I started to build a water way that would use rainwater off my roof. I now get a wide array of birdlife, frogs, toads, some newts, all manner of insects and the occasional fox. I did



Froglet in the garden



Great Tit

used to see  
bats too but  
they've

become scarce, as have the hedgehogs that use to visit. I set up a CCTV system to film the various natural visitors that I share my space with, as well as sitting out there with various cameras. So even on those days where I'm at my lowest, I can sometimes cheer myself up with some photographs and videos that put a big smile on my face. You can see the

various videos on my channel. I upload clips from wherever I visit. I'm trying to get back to some of the places where I only had a stills camera to see what I can create with; I have a leaning toward slow motion video as I love watching how things happen in fine detail – whether it's the way birds use their wings or volcanos eject lava. Please visit my YouTube channel, subscribe and share the clips for others to see.

<https://www.youtube.com/c/WolfPhotographyVideos>

Please be aware that we protect the photographers Intellectual Property Rights and teach you about Copyright too if you ask about it. You retain full rights to any images you submit. WPICC cannot do anything with your images without your permission. If someone contacts me asking to buy a copy of your image, I refer them straight to you. One of our goals is to help you launch your career in the arts.

## **Creatives Night**

Friday nights are open again. Please wear a mask if you can't or don't want to be vaccinated, as this event takes place in a closed room. Anyone with any cold or flu symptoms will be turned away. We have members that are still vulnerable to Covid and need to protect them.

This event takes place every Friday evening (except Public Holidays) at Tesco Bulwell Extra, Jennison Street, Nottingham NG6 8EQ, from 7:30-9:00pm and it is free.



**Friday night activities**

Artists, crafters, poets, sculptors, photographers and others get together, create together, discuss ideas and get help from each other ... or sometimes we just talk with each other. Feel free to bring your paints/equipment/cameras in and chill out with us.

Creatives Night is also a great opportunity to see the exhibitions currently on show, of which there are always 3: art/crafts/sculptures, poetry and photography. It's also a good time to meet with the project facilitators to discuss your exhibition ideas, should you wish to display your art/craft, poetry or photography with us.

Please note that arts and crafts are equally respected in this project.

Please feel free to bring your camera gear in for advice when I'm around. We also value photographers that only use mobile phone cameras.

## **Veterans Support Group (VSG)**

As a result of the pandemic, VSG was closed down. We used to meet once a month for a discounted breakfast and a natter in the store café. Sadly, Tesco didn't want to reinstate the discounted breakfast and our voluntary counsellors were worn out. We also lost the fast-track referral system for Veterans with mental health issues in Nottingham and Doncaster because of the extra pressure created for the NHS through dealing with Covid. I did my last bit of casework in October of this year.

## **BAME (Black Asian Minority Ethnic) Wednesday Sessions**

We tried setting up specific sessions to help artists from the BAME community but all we attracted were people that wanted their own specific session within the BAME community rather than interacting with the whole BAME community. I ran our BAME sessions for a few months and saw the same reaction from one of the sections of our community.

It led me to question what's happening in the anti-racism agenda in Nottingham.

Councillors in Nottingham City reported that there is no trust between Asian and Black communities and that no one seems to be working together on overcoming the barriers being created by various players on this issue. My feeling is if you've been elected and you used the race card in any way, you'd better be working on the issues.



**Anti Nazi League**

I remember initiatives like the Anti-Nazi League in Leicester when I was growing up in the 1970s ... Asians, Blacks and every other minority worked together to work against racism.

Some people don't like the term BAME, they want all minorities to be under the umbrella of 'Black'. Personally, I feel the term BAME is more acceptable (Black Asian Minority Ethnic); it's more encompassing and should be creating more unity and anyone that has a problem with it is perhaps racist. It's the first time people from the far East have been included, as well as other Asians.

I've grown up in places like Leicester which had the highest population of British Asians (as a collective) in the UK. We had no issues at school, we learnt, played and fought together ... but I was never subjected to nor witnessed any racism in Moat Boys' School. My mother is a racist though: I wasn't allowed to bring home any friends that weren't exactly the same ethnicity and religion as her. I had to meet my friends outside my home. We couldn't swap toys, play together or anything; all friendships and play was conducted in secrecy. She would also say horrible things about every other ethnicity – appalling stereotypes, I'm assuming they were passed down to her. I know she isn't the only person in the BAME community that behaves this way.

My ethnicity is British Asian. I've met many racists over the decades from varying ethnicities and they all cause equal amounts of pain. The issues are the same, the pain is the same, it's just the shade of skin that differs. One of the most affected groups in these communities are mixed race couples (including those of mixed religion) – while their own families may be comfortable with the issue – people living in such relationships can be subjected to elevated levels of racism ... from both sides of their respective communities.

The racism inflicted upon the world by the British Empire was horrendous and needs to be accounted for but we can't generalise and pass the blame for it onto individual White people that had nothing to do with it. Racism is taught. It might even be part of our DNA from the days when we had to hunt, protect food sources and our mates and children...and if it is, the seeds of it rest in every human; the decent humans don't allow those seeds to germinate.

In current day UK, racism isn't a 'White' only problem though ... it exists everywhere. We, wrongly, feel that it is a 'White' only problem because of where we live as a minority. If you dig around the UK though, you'll find racism exists between Blacks and Asians, Asians and Asians and Blacks and Asians towards Whites too ... and perhaps any other category of ethnicity currently recorded in the UK.

I feel that all of us that are from BAME communities living in the UK must remember something important: the Anti-Racism agenda would never have gotten off the ground without the backing, influence and support of White people in all levels of British society, that were sympathetic to the cause and wanted to do something about it.

We also have White Europeans and White Africans that are subjected to racism in this country too. Who helps, advocates or supports them?

We should all be honouring our ancestors by working together against racism, as it was in the past...because when you fight in isolation, you become ineffective in British politics. The Romans taught the British the strategy of 'Divide and Conquer'; the British Empire and British governments have been using that strategy effectively ever since.

### **My conclusion on countering racism**

Having explored what's happening around me, I feel that the best way forward for this project is to have an inclusive attitude and ensure that we have robust policies that protect all our members...rather than creating sub-communities within the groups we work with.



I've dealt with discrimination complaints with the groups over the years and I just have to ensure that whoever comes onboard as a volunteer with us understands our policies and how to conduct themselves should we find anyone being subjected to any form of discrimination. We will always safeguard the vulnerable people in our groups.

### **Exhibitors**

Many thanks to all the participants in the various groups, especially to all the artists that shared their stories of using art as a coping mechanism for their disabilities. I'm sure you'll have inspired people somewhere to do the same.

### **Project Staff**

I'd like to thank our volunteers for their work this year:

**Management Team** – Julie Genner (Assistant Curator) and Angie White (Secretary).

Our Treasurer, David Edge, had to step down this year owing to family commitments. I'm grateful for his help over the years. Diana Chec has taken over his role.

We're also bringing on Jon Souza in the New Year (2023) in a management, networking function. His company, LSM Global, provided a lot of assistance in helping us to dissolve DAN CIC and go back to being a community project. Jon has been supporting us for some years now.

**Facilitators** – Jacob Seagrave, Sophia Sims, Stewart Bullens, Nancy Rouse and Alice Murphy – thanks all for your work in keeping the projects active. I'd also like to thank Xiaoyan Liu, Heidi Rivolta, Karla Peralta Málaga and Jonas Tripps for their help earlier in the year.

### **Supporters**

I'd like to say a massive thank you to everyone that contributed in any way to helping us to deliver the project this year. I couldn't have done it without your help.

Thank you to the people that buy my books and prints. The money that you spend with me is used sensibly in helping me to create more art and to run all the projects mentioned in this document. You make a difference to other people's lives, as well as mine. I'd also like to thank the people that contribute in other ways to keep the projects running.

I'd like to thank Tesco for allowing us to use their premises to facilitate these projects, particularly to Chris Tilley (Community Champion at Tesco Bulwell Extra), as well as the rest

of the store staff, security guards and cleaners at the store for keeping an eye on the exhibition space and helping it to run smoothly.

All that is left is for me to wish you a peaceful holiday season and a Happy New Year for 2023.

Kind Regards,

Villayat 'Wolf' Sunkmanitu  
Proprietor  
Wolf Photography

## Supported by

