

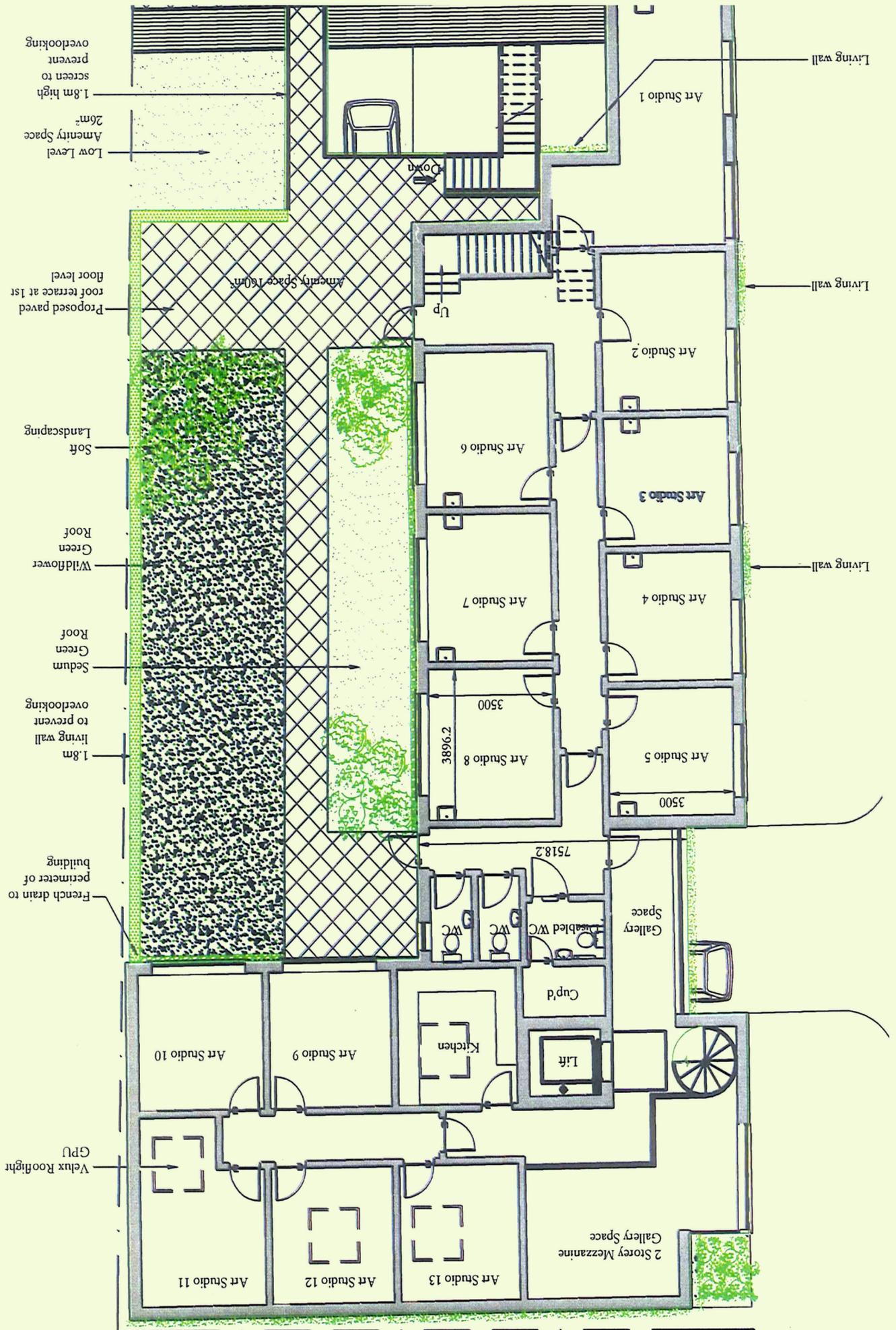
# STUDIO TEN

"The building itself is a work of Art": A quote from opening night at the Studio Ten Gallery



## STUDIO TEN

Shaping Sustainable Futures



## Studio Ten...

...is an enterprise deeply rooted in its local community of Leigh-on-Sea. The vision behind the project is unique, simple and inclusive; a testament to the effects which result from thinking globally and acting locally. Studio Ten is a one-of-a-kind project which encompasses:

**A comprehensive Artists' Mentorship Programme:** for 15 carefully selected, graduate Artists. Each Artist receives expert coaching in the requisite skills needed to become self-sufficient in their chosen discipline

**Access to accommodation for those with learning or mental health difficulties:** which offers a secure, supportive and safe environment in which to live and heal

**An Opportunity:** for both groups (Artists and residents) to come together to share a beautiful outdoor space as well as creative experiences

**Art Exchange Project:** where Artists from Studio Ten, as well as its residents, attend a specially designed course with established artists on the Spanish Costa Blanca. Here, each participant is encouraged to explore other cultural influences as well as to broaden their skills

“ Architecture is the thoughtful making of space”  
Louis Kahn



## The Mentorship Programme

Following an initial selection process, fifteen artists representing a broad range of disciplines are chosen each year by Studio Ten's Board of Trustees to participate in its Mentorship Programme. Each artist will; enjoy access to generous studio space; be given the opportunity to network with other Artists as well as to build working relationships with universities, colleges and retraining Centres; be offered the chance to develop skills specifically designed to launch and kick-start their career; be coached in sector-specific business advice; and provided with access to IT facilities. At the end of each year, the Artists are invited to organize an exhibition at Studio Ten's Main Gallery. This provides a platform for each Artist to display, publicize and sell their own work as well as to launch their business.



**Studio Ten is comprised of a Main Gallery, a Smaller Gallery, 10 Studio Spaces, a Roof-top Garden Meeting Hub, & a Conference Room**

### **From a Studio Ten Applicant**

"I'm a visual Artist from Rayleigh and I graduated last year. I've found the transition from Art school to 'Artist' incredible challenging and really think there isn't enough support for emerging artists. "  
*Charlotte*

Studio Ten's focus is on engaging with outstanding and gifted graduates in the creative and commercial sectors: Artists, Graphic Designers, Product Designers and Architects, among others.

**June 2017** saw the grand opening of the eco-friendly Studio Ten Art Centre in Leigh-on-Sea: **'A non-commercial, charity venture, the emphasis being to help Artists who need it most as well as to support those with short or long-term mental health issues.'**

## **The Vision**

Mel Pilgrim has managed to combine 30 years' experience as a property developer with a compassionate, practical approach in supporting those with learning and mental health difficulties. He believes that potential needs to be nurtured; whether that is the potential to recover and to re-integrate or the potential to bring Artistic talents to fruition. It seems fitting that the Garden Meeting Hub, therefore, forms the central focus of Studio Ten. This is where the residents of Pilgrim Court meet and participate in a variety of activities with the graduate Artists at Studio Ten. This is a place where Art intersects with well-being and is symbolic of a vision which embodies a holistic and empowering approach to learning and healing; Mel's vision and the way in which he has implemented it are truly inspirational.



## GARDEN MEETING HUB

Here, Studio Ten's Artists have the opportunity to meet and work with the tenants of 'Pilgrim's Court'. The roof-top garden will not only offer residents the opportunity to grow their own produce, it will act as a safe place where the exchange of creative ideas can be developed with the Studio Ten Artists. The meetings will happen formally and informally day to day, offering a relaxed and inclusive forum for Art Therapy and workshops to take place. These meetings will not only offer the tenants a path towards re-integration into civilian life but will provide the Artists with valuable opportunities to practice teaching skills as well as to develop their own ideas.

A Message from Pilgrim's Court:

***"We moved in to Pilgrim's Court in July 2017. Before we moved in, we were in a homeless hostel. My partner was diagnosed with PTSD in 2016 and it was a very stressful in there. We really love being a part of Studio Ten! We both feel safe and settled now and are looking forward to a future here."***



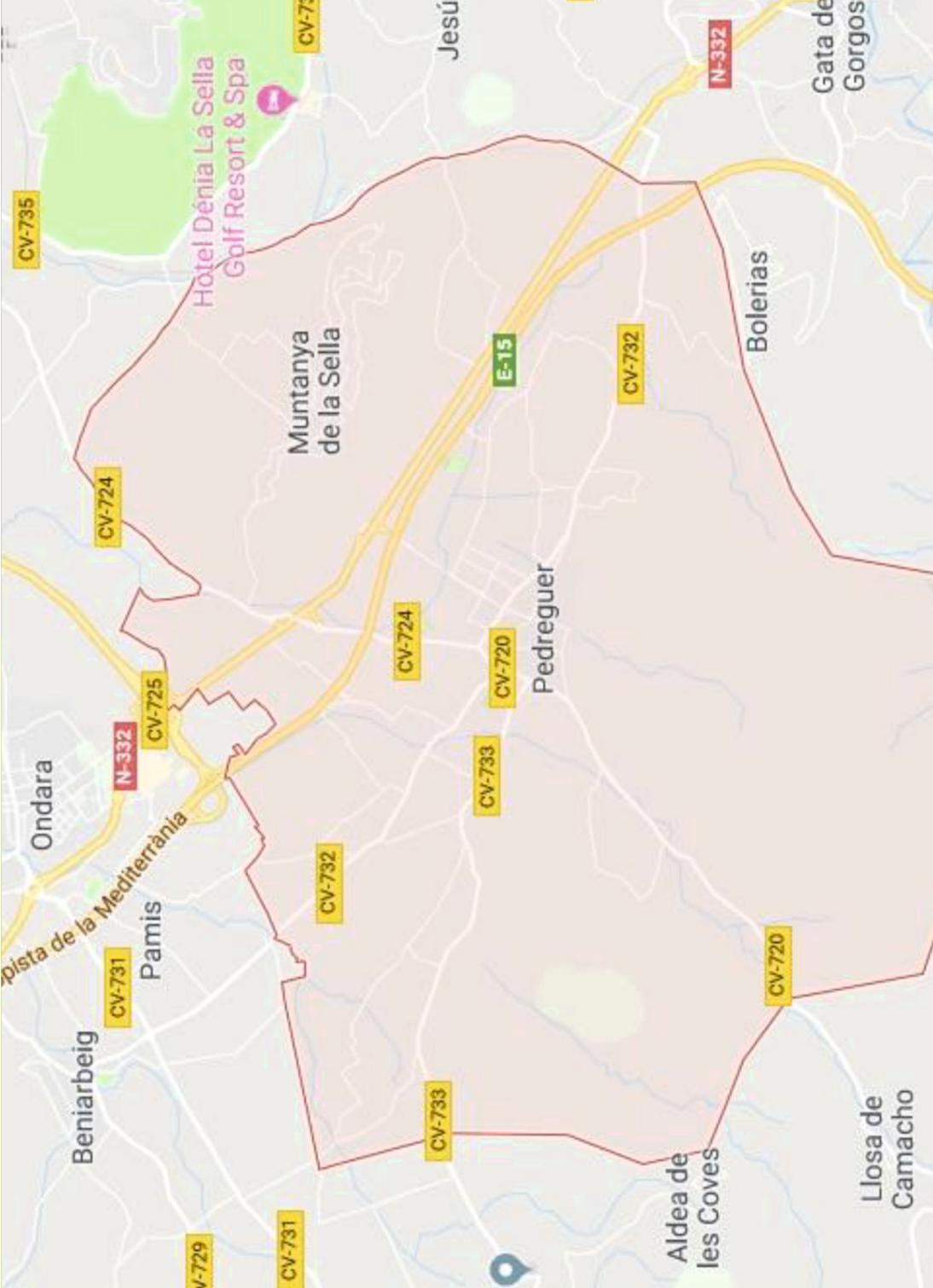
## A Green Path to Well-Being & Improved Mental Health

Pilgrim's Court is a calm and tranquil place which provides its tenants access to on-site personal care, support and advice services. It is here that those most in need of kindness and practical help; those who need a chance to grow, to heal and to feel connected, have the opportunity to participate in something transformative in a creatively rich environment. During this crucial time of recovery for those who may be unemployed, including ex-service personnel, or those who may be suffering the effects of chronic stress (either resulting from short or longer-term mental health issues), the residents are provided with skillfully delivered support designed to optimize their chances to achieve lasting, positive change. Pilgrim's Court's integration with Studio Ten offers something which is not only specifically geared towards its tenants' practical needs, it also offers Studio Ten's Artists the chance to change the shape of their own futures. This unique arrangement of resources reflects the many years' experience Studio Ten's Founder has gathered in providing accommodation for clients with mental health issues and through the successful collaboration he has built with local specialist support organizations. He has utilized his wealth of knowledge about how to promote well-being for those living with mental illness and understands how powerful Art therapy and associated activities can be in aiding recovery; how it can help to build confidence, create a sense of connectedness and enable individuals to re-integrate into community life. This nurturing environment, created using eco-friendly materials (such as wool insulations, solar panels, ground heat source pumps and sustainable grey water urban drainage systems) represents a threshold to improved health and well-being. The garden itself contains edible produce such as figs and apricots and is designed to be a sensory adventure in itself; the Garden Meeting Hub embodies the ethos which supports this exceptional and mutually beneficial environment for residents and Artists alike.

## Hosted by Studio Ten...

**The Art Exchange Project** offers an international dimension to the graduates' and residents' experience: Opportunities are available for the Studio Ten Artists to attend residential courses with a number of well-known artists at its sister project located in the picturesque town of Pedreguer in the Deni province of Spain (see left). What is more, Pilgrim's Court residents who might benefit from such an experience are also invited to join the group each year. Each residential course lasts for three weeks and also opens up opportunities for local Artists to travel to Studio Ten in order to participate in their own course of study with its experienced tutors. This arrangement has already resulted in the building of positive relationships with local officials as well as residents of the area who see the project as a force for enormous good.

The exchange project provides invaluable opportunities for resident artists to explore their creativity, to find inspiration across cultures and enable each to learn and develop their skills along-side experienced, well-established artists.



## Support:

Studio Ten is proud to announce that its campaign to raise sponsored studentships for each student in each cohort is already gathering speed. A commitment of £5,500 (which represents a full scholarship), has already been pledged, with interest gathering from around forty individuals and businesses (some household names), who aim to follow suit.

*"I will be delighted to sponsor a student for a year and to see him or her benefit from a unique artistic experience."*

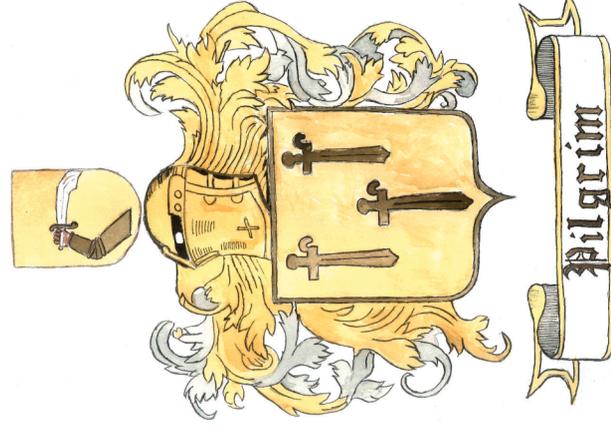
**Karl | Local Businessman**

# Studio 10

Charity no. 1165432

“Over the last ten years, I have come into contact with Mel Pilgrim, a local Leigh developer, who has had a dream normally not associated with developers; of being compassionate to his tenants, especially those with learning difficulties and working with them to enable them to achieve a satisfying life.”

“To this end, Mel has followed his dream, which links those with learning difficulties to the pastime of Art and, together with properties in Spain, produced a plan to create a set of studios at both ends of the link in Leigh and Pedreguer. This provides an opportunity for the less fortunate to experience another world and enjoy their artistic skills whilst there. Mel has followed this plan for a long time, never giving up the idea and constantly promoting and following it though. I have been impressed with his determination. Mel has continued to pursue the concept and it is pleasing to see support growing for the scheme.”



## Contact:

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**Extract from a letter from Graham Longley (one-time Mayor & Leader of the Council, Southend on Sea Borough Council)**

PATRON: JOE MCCARTHY

CHAIRMAN:  
OLIVE PURDY

# STUDIO TEN

SECRETARY:  
PETER FREDRICK

TRUSTEES

JANE DRESNER

—

IAN HUDSON

—

GRAHAM LONGLEY

## COMMUNITY CENTRE

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**Rossi**  
Ice cream

**BUILDBASE**  
BUILDING & TIMBER SUPPLIES

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