

6 Month
Social
Impact
Report

Natla
—
Jewellery
Studio



City of Recovery Ring by Stephanie Graham. Photographed by Lydia Smith



Memento Mori – Made for the team at Freya's Wish (SC700423) in loving memory of Freya Ava Skene.

“it is in reality the priest or the clergymen who should be concerned with the problem of spiritual suffering but the sufferer will first consult the doctor because he deems himself physically ill, and because some symptoms can be alleviated by drugs” - Carl Jung

Contents Page

1.	About.....	Page 4
2.	Our Founder and Creative Director.....	Page 5
3.	Our Mission.....	Page 6
4.	Our Values.....	Page 7
5.	Funding.....	Page 8
6.	Social Impact.....	Page 9
7.	St Mary's Social Impact.....	Page 10
8.	Lochee Social Impact.....	Page 14
9.	Whitfield Social Impact.....	Page 19
10.	Dundee Central Social Impact.....	Page 23
11.	Going Forward.....	Page 26
12.	Acknowledgement and Contact.....	Page 27

About

We are a More than profit Jewellery Studio Based in Dundee that provides a craft-centric holistic approach to emotional healing through jewellery. Our Design philosophy values the imperfect, the impermanent and the incomplete and holds authenticity above all.

Our mobile studio was founded in response to Dundee's Mental Health and substance misuse crisis. Our vision is to provide sanctuary through craft on our mission to make Dundee the Recovery Capital of Europe.

We make, sell and teach jewellery and reinvest our profits back into our business to enrich the lives of others through the good spirit of craft, design and business. To date, we have parked our bench in 4 separate community settings to provide free classes to those who are on their road to recovery.



Saturn Studs – recycled silver earrings, available online.



Photograph of Stephanie Graham at V&A photo credit to Lydia Smith

Our Founder and Creative Director

Our Founder and Creative Director, Stephanie Graham, graduated with a First Class Honours Degree in Jewellery and Metal Design in 2020. She then went on to graduate from her Masters Degree with Merit in Product Design in 2021. Stephanie has over 10 years experience living in the community as an outpatient with the community mental health teams after being diagnosed with PTSD at age 14.

During her Masters Year, she combined her Jewellery practise with a 'Design for Health Care' Module at which point she started developing Natla Jewellery Studio.

"I see Jewellery and Craft as a way of providing education, a way of giving voice and above all I see Craft-Centric education as a form of empowerment for Dundee's recovering community's. Since I started trading under Natla in late 2021, I have operated under the legal structure of a sole trader.

I tried and tested my services out in the community and I have compiled all of my impact data to present in this document. In March 2022, I registered a newly founded community interest company called 'Dundee Community Craft CIC' so that I can deliver recovery through craft in the community on a larger scale. "

Stephanie recently won the New Ideas Award on the Enterprise Challenge at the University of Dundee Centre of Entrepreneurship.

Our Mission

We are on a mission to make Dundee the Recovery Capital of Europe using Craft and Design. We believe that craft offers a quiet safe space and a platform for the truest expression of the self to emerge and provides the perfect conditions and foundations for beginning the recovery journey.

“To overcome the anxieties and depressions of contemporary life, individuals must become independent of the social environment to the degree that they no longer respond exclusively in terms of its rewards and punishments. To achieve such autonomy, a person has to learn to provide rewards to herself. She has to develop the ability to find enjoyment and purpose regardless of external circumstances.” – Mihaly Csikszentmihalyi

Natla
Jewellery
Studio



Photography by Lydia Smith,

Our Core Values

- Authenticity – We value authenticity as we acknowledge the strength it takes to be yourself.
- Integrity – We value integrity because we believe that openness, honesty, mutual trust and respect are the foundations for successful recovery.
- Empowerment – We value empowerment because we believe that through empowerment that individuals can take control of their own mind and life.
- Community – We value community because we recognise the importance of human connection on the recovery journey.
- Inclusivity – We value inclusivity because we believe that no voice should go left unheard, as often those with the quiet voices often have the loudest minds.



V&A Private Saw Piercing Workshop with Lochee Hub

“A psychoneurosis must be understood, ultimately, as the suffering of a soul which has not discovered its meaning” – Carl Jung

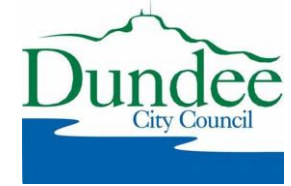
Funding

We are a More Than Profit Organisation, meaning that we generate our income through trading activities and any income generated is reinvested back into the business.

We generate income through our commercial range of products which can be found in; Dundee Contemporary Arts, Doc Street Studios, The Windsor Gallery and HAYM Carnoustie, through our bespoke 'memento mori' service and through our 'make your own talisman' course.

To date, we have sold 52 pairs of our earrings from our commercial range and have delivered 6 'Make your own talisman' courses across different community centre's across Dundee.

This wouldn't of been possible without our funders and customers and so to everyone who has supported us, we can't thank you enough, without you, we wouldn't be able to operate in the way we do. We hope that in reading this social impact report, you can see where your investments and belief in our vision has taken us.



Our Social Impact

Through teaching and making Jewellery, we are able to tell the stories of those who engage with our services and in doing so, give voice to those who would otherwise go left unheard.

“Craft-centered education creates a balance between theory and monotonous learning through creative stimulation and self-expression. It helps in reducing discrimination between manual and intellectual skills and overcoming prejudices through respect for socially meaningful work that meets the needs of urban and rural Indians. It makes one feel proud about earning a decent livelihood through sustainable sources of income and community initiatives that result in cooperative societies and micro enterprises.” (Dubey, M. 2017)



St Mary's Jewellery, made in St Mary's community centre and in the V&A Dundee during a make 'your own talisman course' in January/February 2022. Photography by Lydia Smith



St Mary's first jewellery exhibition at double door studio, ward road.

St Mary's Social Impact Data

- 50% of St Mary's community have continued to stay engaged over the last 6 months
- 100% of those who have stayed fully engaged have said that through learning how to make Jewellery that they feel as if their mental health has improved.
- 33% of those who stayed fully engaged have said that since starting learning how to make Jewellery that they have started to look after their physical health more.
- 100% of those who stayed fully engaged have said that they felt less socially isolated and without the group that they would feel housebound.
- 100% of those who stayed fully engaged have said that since engaging with Natla Jewellery Studio, that they felt that they had made new friends and have formed positive connections.

Stories from St Mary's

'La Lune Heureuse'

The artist and maker of 'La Lune Heureuse' has been engaging with Natla Jewellery Studio's services since January 2022. Since engaging with us, he has started to take steps towards addressing his mental health barriers. Since engaging with us, he has considered the possibility of returning to college. The community artist says "the last 2 years have been the hardest years of my life, with deaths and with mental illness, yet every Tuesday I force myself up and out to the jewellery class, it's such a calm environment and Natla is a great teacher and listener, she has inspired me to return to education and to feel better about myself". The maker has attended every Jewellery making class since Natla started its business operations and has begun to take the steps towards addressing his mental health barriers.

“



*'La Lune Heureuse' 2022, Made with enamel, copper and silver,
Photographed by Lydia Smith*



'Worthy Petal' 2022, Enamel, Copper and Silver photographed by Lydia Smith

Worthy Petal

Since engaging with Natla Jewellery Studios services, the community artist and maker behind 'Worthy Petal' has felt empowered enough to engage more with her community and put herself forward for volunteer roles. Worth Petal has recently started to add to her CV after they came to a few markets with Natla Jewellery Studio and has found the drive and confidence to start to want to look for a job. The maker has started to look at courses in animal care at college.

'The Secret Garden'

The maker of the secret garden is in recovery from PTSD and has been engaging with Jewellery making workshops since we began our business operations 6 months ago. The maker has reported reduced social isolation and says that the group has helped get his creative juices flowing. He says that he looks forward to coming to Jewellery making classes every week.



The Secret Garden 2022, Enamel, Copper and Silver photographed by Lydia Smith



Picture taken during V&A Workshop by Lydia Smith

Lochee Social Impact Data

- 63% of participants have continued their engagement with our services since beginning operations in 2021.
- 100% of those who continued to engage with services reported feeling an improvement to their mental health.
- 87% of those who stayed engaged said they wanted more variety of techniques, more materials and more tools.
- 100% of those who stayed engaged have reported that it reduced social isolation and attendance gave them a sense of purpose and fulfilment in their lives.
- 100% of participants said that they felt as though through engaging with the group that they felt as if they had been given a voice in a society that has silenced them.
- 80% said that they felt like it was an educational experience for them and that they enjoyed this group because they were getting to learn practical skills.
- :Lochee currently has a waiting list for our services.

Stories From Lochee

‘June Broom and Her Button Moon’

June has been engaging with Natla Jewellery Studio’s services since we began operating in 2021. June says she feels as though she has been seen and heard since she started creating and making. June has expressed that she feels as if society has silenced her over the years. June has made a silver bangle and a wonky star pendant that she has never taken off since she made them. June says “when I come here I feel like I’m allowed to be myself without judgement, it feels like we’re all part of a family and on the same journey. It has helped my recovery loads, I don’t know where I would be without it, Steph is my favourite techie in the whole world and I’m the teachers pet.” June also added “There’s no hierarchy with Steph because she’s one of us.” June is continuing to engage in the mental health services in Dundee and is making steps in the right direction towards her recovery.





‘The Enterprise’ (a work in progress)

The maker of ‘The Enterprise’ is in recovery from trauma and had been actively engaging with Natla Jewellery Studio since our early days. The maker says that through engaging with our services that he feels as if “being creative and learning skills helps quiet the mind, it’s relaxing and it helps you focus.” The maker has been given the responsibility of running his own walking group and has recently taken up volunteering roles and has looked at going back into education to further his understanding of mental health and trauma.

'Bird and Moon' (work in progress)

The artist and maker behind this piece has been engaging with Natla Jewellery Studio since she heard through word of mouth.+

They say that "having autism and ADHD has it's challenges so I just want to find something that I'm good at and be left to get on with it. I'm good at craft, I'm good at being creative and I wish I had more of an outlet for that where it can make a difference. 20 years ago you used to get stuff like this as occupational therapy but that's all gone now, the NHS has to outsource patients to the third sector. It's awful."

The artist went on to say "having stuff like this out in the community is really important because all of the arts funding seems to be concentrated into the city centre. Some of us don't venture out there, it's important these communities aren't forgotten about." The artist is thriving in the group and excelling in all areas and had found attending the group beneficial for her mental health and socialisation.



Copper and Enamel Bird and Moon (work in progress), 2022



Enamel Samples, 2022

A Work in Progress

The maker of the samples to the left said that he really enjoys the process of enamelling and that he finds it therapeutic. The maker has expressed that he enjoys coming to the group to learn new skills. Over the last few weeks, the maker has started teaching other group members how he was able to achieve some of the gradients effects he got through his enamelling technique.

Whitfield Social Impact Data

- 42% of participants continuously engaged with services
- 100% of the group participants who continuously engaged reported that they felt as if their mental health and improved and their anxiety has reduced as a result of engaging with services.
- 100% of group attendees said that they felt as if having projects they can work and focus on helped with their recovery because it helped them focus their mind and escape from their problems.
- 100% said that they felt as if coming to the group helped with social isolation
- 33% of the group have gone on to start their own business venture with knitting.



Saw piercing workshop in Whitfield 2022



Saw Piercing Process

Stories From Whitfield

A Work in Progress

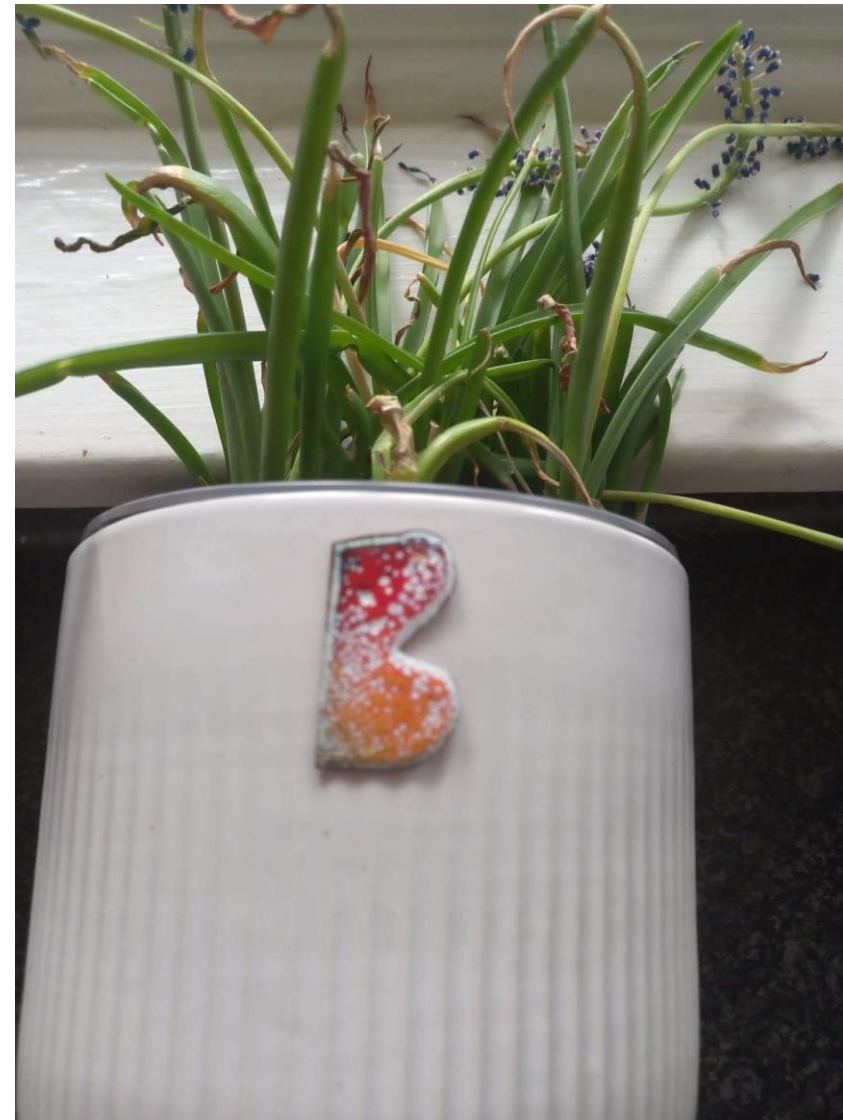
Although Whitfield has not fully completed their course of workshops with us yet, we have still managed to curate a few stories to be told during some of our saw piercing workshops. D came to us after being referred to us through We Are With You. Since engaging with Natla Jewellery Studio, D has said “I went into town on my own for the first time in a long time and I got my hair done. I look forward to coming here every week, I wish there was more materials, techniques and tools.”

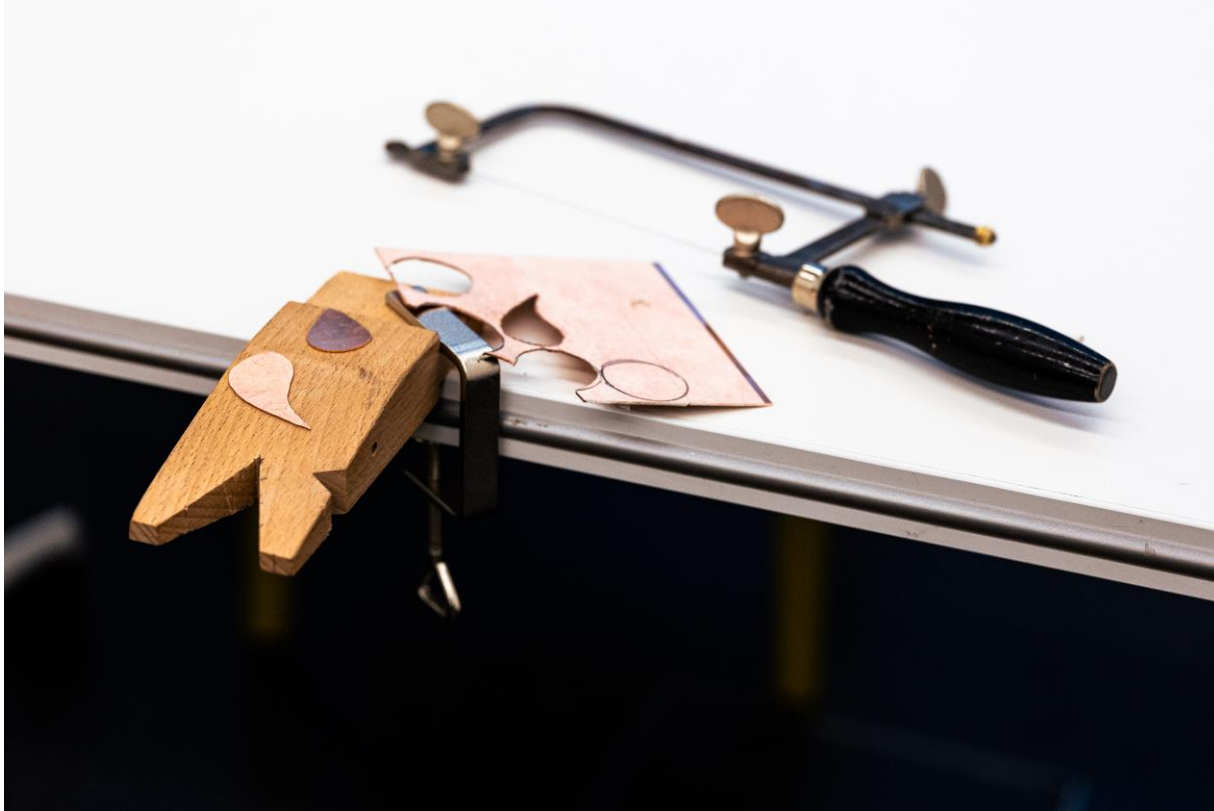
New Beginnings

Words from the Artist:

“Just like the plant, we are all capable of surviving when we’re given the right environment to grow in.”

B has been coming to Jewellery making classes since we parked our bench in Whitfield in January 2022. B says “I enjoy coming here because I feel like I have a voice and I am seen as a human being. Seeing someone else with the lived experience go off and do their own thing has inspired me to do the same. There’s no hierarchy with Steph and I truly feel like an equal, she inspires and motivates me to become the best version of myself.” B is continuing to fill his time with finding new adventures and uses the knowledge gained from engaging with our services in other aspects of his life. B carries his copper and enamel recovery token titled “New Beginnings” with him where-ever he goes as a reminder of his journey.





Saw Piercing Process

S had been sober from alcohol for over a year and has been putting a great deal of effort into her recovery. Over lockdown, S started to use knitting as a coping strategy saying that knitting saved her life and helped keep her mind focused. S has been participating in the jewellery making since we started operating in Whitfield and has said “I enjoy jewellery making but prefer knitting. Steph took me to a stall over Christmas and since then, I have gone on to do 3 different stalls at other Markets on my own with my knitting work.”



Dundee Central Area (Just Bee Productions) Social Impact Report

- 80% of all participants have stayed fully engaged since we started delivering our services with Just Bee Productions.
- 100% of all participants said that they felt as if their mental health had improved.
- 100% of all participants say that they feel less socially isolated as a result of engaging with services.

Stories from Dundee City Centre

Isobel's Story

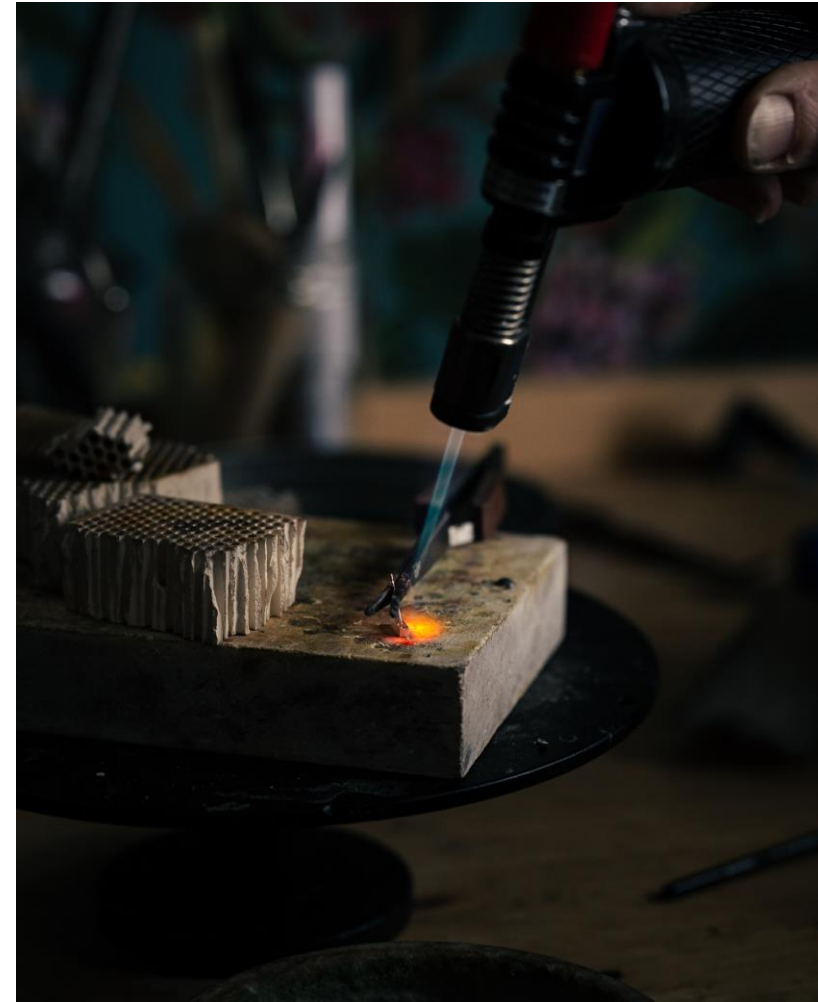
Isobel says that coming to the group has given her a social opportunities because she was previously isolated, I get to learn new things and produce pretty pieces of art work, I enjoy learning and getting the chance to learn. It opens up new avenues and opportunities.



Enamelling Process – Photography by Studio QN (Holly Quinn)

Jenny's Story

Jenny says that coming here has “uplifts her mood and helps with my confidence”. Jenny has expressed that she enjoys the fact that she gets to learn a practical skill and enjoys the sense of achievement she gets at the end of the day when she has made something”



Soldering Process



Enamel and Copper Earrings made by Stephen and Isobel

Stephen's Story

Stephen has been attending Natla Jewellery Studios services since we began our operations in Dundee City Centre in Partnership with Just Bee Productions at the start of 2022. Since attending, Stephen has made several pieces of Jewellery for his friends and family. Stephen says that he finds Jewellery making beneficial because: "often in recovery groups you just sit and talk about everything you've been through and it's the same chat over and over again, that's not usually what people want, they want focus and a way of moving forward. Coming here there's always a goal and a next stage so you're actually moving forward. You're learning new things and there's a sense of achievement." He went on to say "I get the chance to meet new people and socialise in a different which helps my recovery, I get on with everyone really well and have made new friends. It makes me happy. "

Going Forward

Going forward, we are listening to what our customers want and adapting accordingly, we will be moving into trading under Dundee Community Craft CIC under a new legal structure starting July 2022.

In the next 12 months we are scaling up. We are currently in 4 different community centres in Dundee, by 2023, we want to be in 12.

We will be developing a website where you will be able to purchase the work of craft objects which have been hand made by Dundee's recovering communities.

On our website, we intend to have sponsorship options so you can follow and get updates about your sponsor.



Memento-Mori Commission 2022



We would like to say a special thank you to the combined effort of workers on the ground in Police Scotland, Dundee City Council, Just Bee Productions, The Circle CIC, Uppertunity CIC, We Are With You, Dundee Volunteer and Voluntary Action, Figure 8 Consultancy, the V&A Dundee, The University of Dundee Centre of Entrepreneurship, the DJCAD craft and design department, the Dundee Parish Nurses and the Royal Bank of Scotland Accelerator programme for providing us with support, funding, advice and endless amounts of love and belief in our vision, without you this wouldn't be possible.

All of the finished pieces will be on display in the V&A Dundee on June 18th & 19th .

We are looking forward to delivering another social impact report in 6 months time under our new venture 'Dundee Community Craft CIC'.

Thank you, Peace and Love.