

Active Looking Principles for Community Health and Happiness

Training in Cyanotype and anothotype

Sustainable Darkroom Skills, cyanotype and anothotype | Tuesday 8th September | 9:30 - 15:00 | Tehidy

Working alongside trained artist-photographers, participants will use low-toxicity and plant based processes, cyanotype and anothotype to share with their community.

Using Active Looking Principles, participants will explore how sharing these skills with others creates positive actions that lift mood, strengthen relationships and nurture community connection.

Mitbers Active Looking Principles

- Looking is a deliberate act that shapes understanding, relationships and outcomes
- Looking is slow, allowing space for reflection, trust, connection and visibility
- Looking involves noticing what needs care, change or repair
- Looking is for everyone; there is no single right way to see

Cost

Training £120 per person (includes lunch)

Plus Active Looking principles and plant based darkroom manual £55



*If you are a Voluntary, Community or Social Enterprise (VCSE) organisation you may be eligible for a grant to cover the costs of the training. Funding may be available through VSF's Learning Academy, which offers training subsidies for people working or volunteering in the VCSE sector in Cornwall. Please contact lorna.phillips@cornwallvsf.org

Active Looking Principles for Community Health and Happiness

Training, measure your impact through The 5 pathways to Nature Connection

Exploring the Five Pathways to Nature Connection using the Make It Better Nature Connection Mat | 10 Sept | 9:30 - 15:00 | Tehidy

The Mitber Nature Connection Wheel Mat has been developed to help demonstrate the value of wider health pathways through the University of Derby's 5 pathways to a stronger connection to nature.

The pathways to nature connectedness provide a route for people to develop a new relationship with the natural world. This new relationship with nature can move beyond utility and control, beyond knowledge and identification. A new closer, healthier and more sustainable relationship with nature comes through noticing, feeling, beauty, celebration and care.

Our pathways are:

- Senses - tuning in to nature through the senses
- Emotion - feeling alive through the emotions and feelings nature brings
- Beauty - noticing nature's beauty
- Meaning - nature bringing meaning to our lives
- Compassion - caring and taking action for nature

University of Derby 2021

The mat is a practical tool that creates space for reflection and compassionate conversation.

From this mat you can create quantitative and qualitative data to demonstrate that your project supports individuals to live happy and healthy lives.

This training will enable you to use The Mitber Nature Connection Wheel Mat with your community. It will support you through preparation, practice and the presentation of your results.

Costs

Training £120 per person (includes lunch)

Plus Mitber Nature Connection Wheel Mat starter pack at £298.

The sustainable Wheel starter pack consists of a fabric wellbeing mat, 120 tokens, 5 Wellbeing action cards and prompts, diary and a results collation spreadsheet. Choose between a floor mat (198cm diameter) or a table mat (62cm diameter)

*If you are a Voluntary, Community or Social Enterprise (VCSE) organisation you may be eligible for a grant to cover the costs of the training. Funding may be available through VSF's Learning Academy, which offers training subsidies for people working or volunteering in the VCSE sector in Cornwall. Please contact lorna.phillips@cornwallvsf.org



Active Looking Principles for Community Health and Happiness

Training in making sustainable ink and charcoal.

[Sustainable Inks & Materials | Wednesday 16th September | 9:30 - 15:00 | Tehidy](#)

Working alongside trained artists, participants will learn how to make sustainable ink and charcoal using natural and reclaimed materials. Participants will take these skills and materials away to their own communities, supporting shared creative activity, environmental care and ongoing wellbeing.

With Active Looking Principles, participants will explore how slow, attentive making processes can support health, happiness and meaningful community connection.

Mitbers Active Looking Core Principles

- Looking is a deliberate act that shapes understanding, relationships and outcomes
- Looking is slow, allowing space for reflection, trust, connection and visibility
- Looking involves noticing what needs care, change or repair
- Looking is for everyone, there is no single right way to see

Cost

Training £120 per person (includes lunch)

Plus Active Looking principles, ink and charcoal making manual £55



*If you are a Voluntary, Community or Social Enterprise (VCSE) organisation you may be eligible for a grant to cover the costs of the training. Funding may be available through VSF's Learning Academy, which offers training subsidies for people working or volunteering in the VCSE sector in Cornwall. Please contact lorna.phillips@cornwallvsf.org

Active Looking Principles for Community Health and Happiness

Training in smartphone photography and nature connection

Smartphone Photography Workshop | Monday 21st September | 9:30 - 15:00 | Tehidy

Monday 21st September – Active Looking Smartphone Photography, principles for community health, happiness and digital inclusion.

Working with trained artist-photographers, develop your smartphone photography skills to notice and capture small creative moments in everyday life.

Using Active Looking Principles, participants will explore how sharing these skills with others creates positive actions that lift mood, strengthen relationships and nurture community connection.

Mitbers Active Looking Principles

- Looking is a deliberate act that shapes understanding, relationships and outcomes
- Looking is slow, allowing space for reflection, trust, connection and visibility
- Looking involves noticing what needs care, change or repair
- Looking is for everyone; there is no single right way to see

Costs

Training £120 per person (includes lunch)

Active Looking Smartphone Photography Toolkit, how to guide, photography tips and prompts, safeguarding, equity, diversity and inclusion £75 each



*If you are a Voluntary, Community or Social Enterprise (VCSE) organisation you may be eligible for a grant to cover the costs of the training. Funding may be available through VSF's Learning Academy, which offers training subsidies for people working or volunteering in the VCSE sector in Cornwall. Please contact lorna.phillips@cornwallvsf.org