



COMMUNITY INTEREST COMPANY

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Front Cover

Mindful Photography UK®

WORKING WITH ORGANISATIONS TO OFFER
THERAPEUTIC PHOTOGRAPHY WORKSHOPS,
NURTURING SELF-ESTEEM AND CONFIDENCE.



Mindful Photography UK® is a non-profit organisation.

Registered as a Community Interest Company limited by guarantee in England and Wales: 14227508



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Anyone can try it



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What is Mindful Photography?

Mindful Photography involves taking a moment to observe the world around you. We focus on building awareness within ourselves and our surroundings by appreciating details without judgement. It's not about being a photography expert or having expensive camera equipment.



Read more about why we use photography



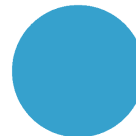
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Why we link mindfulness and photography?

We often hear from people who have tried mindfulness activities but encounter challenges and may even feel increased anxiety. Many individuals have a camera on their mobile phone. We help participants explore their surroundings by using their phone cameras, or we could provide a camera for the session to ensure everyone can fully participate in the activity.



How can photography help?

We find that by pausing to observe and reflect on a common theme, we can nurture our own self-awareness and well-being. Our focus is on supporting you as you compose your photos, without judgement or skill level. Together, we explore different perspectives and share our images, fostering connection, patience and learning.

“I wanted to try a new form of mindful activity to increase calmness in my mind. I have always had an interest in photography and have some experience and thought I would enjoy it as it is different”

November 2023





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Therapeutic Photography

Mindful Photography is part of a wider process known as Therapeutic Photography. Whether you're facing personal hurdles, exploring self-awareness, or just seeking a supportive environment, our workshops aim to support you on your path.

Join us to explore a new perspective, one centered on learning, acceptance, connection, and self-discovery.

[Read more about your facilitator](#)



Who are we?

Rebecca Rowan

Founding Director and Facilitator

Rebecca has been integrating photography and well-being since 2009. With a distinction in the first-ever post-graduate qualification in Therapeutic Photography, her project management background, tutoring in adult and family learning, and training in participatory photography technique via *PhotoVoice*, she brings a unique aspect to her sessions. Rebecca has overcome personal challenges over the years and now uses this experience to support others.

Mindful Photography
UK CIC



Mindful Photography UK CIC was set up in July 2022 with the aim of providing therapeutic photography sessions to participants both face to face and online. The company is made up of a board of Non-Executive Directors who have been selected for their personal qualities, experience and specialist knowledge.

Who we work with



The COVID-19 pandemic brought about additional obstacles, intensifying feelings of social isolation. Our commitment to supporting these communities has led us to reach out to those experiencing difficulty. We engage with individuals in various situations, including those navigating the criminal justice system, unpaid carers, those seeking employment, survivors of domestic abuse, and individuals facing mental health challenges.





Our core values



We honour our partnerships and the individuals we collaborate with. Embracing new ideas and building connections is at our core. Recognising neurodiversity especially, and its influence upon self-esteem is essential. Our goal is to eliminate judgement and make our workshops accessible to all.



Vision & Mission

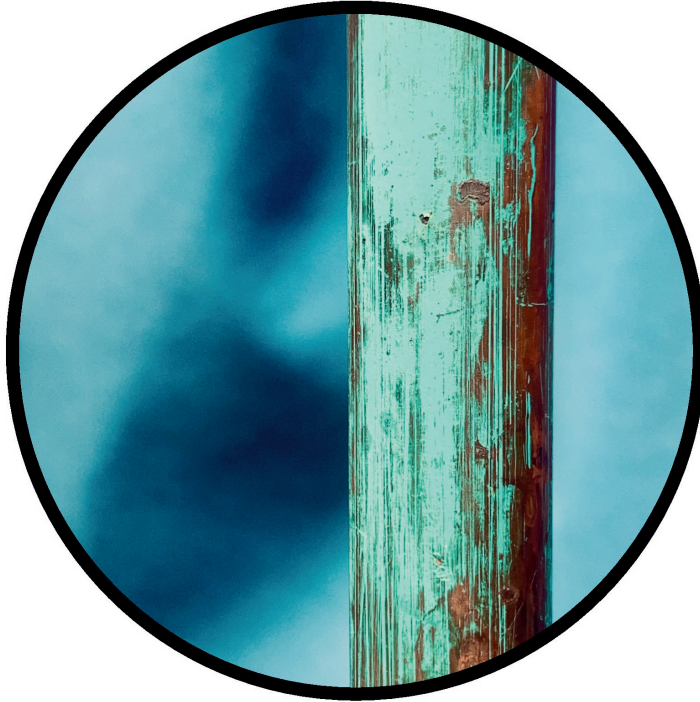
Nurturing awareness through photography

Vision

Our belief is that all individuals deserve a safe environment to discover, connect, and develop, irrespective of their circumstances. We hold every individual's narrative in high regard and treat it with respect.

Mission

Our therapeutic photography workshops are designed to offer just that; a nurturing environment where individuals from all walks of life can come together to rest, find connection and self-expression through the powerful medium of photography.



**"I DEFINITELY FEEL MORE
EMPOWERED BY THERAPEUTIC
PHOTOGRAPHY AND IT TAKES MY
MIND AWAY FROM ANXIOUS
THOUGHTS.**

**IT GETS ME OUT OF MY HEAD AND
FEELS LIKE A SECRET POWER I CAN USE
WHEN I NEED IT".**

BETH, 2024.



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Our communities

Let's start sharing happiness and inspire people.

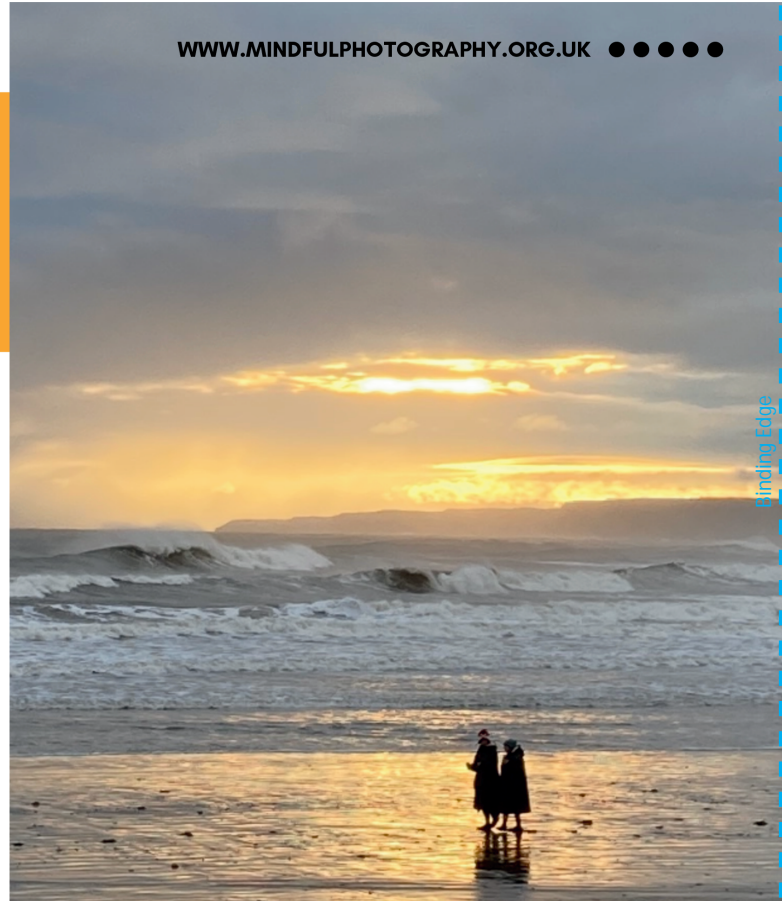
We are committed to serving the community through our work as a community interest company. We regularly involve our communities in affordable or no-cost sessions, participate and deliver presentations in conferences and events sharing our insights. Our experience allows us to authentically reflect the communities we serve and attentively address their needs. We always welcome donations to support our mission.

For further details on how you could support our work please contact

✉ rebecca@mindfulphotography.org.uk

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Blinding Edge



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What happens in a session?



Shared theme



Walk and take notice



Discussion and extension activity

We engage in activities and discussions to involve you in therapeutic photography. Although we are not therapists, the process can be therapeutic. We partner with organisations to offer complete assistance. Our approach emphasises inclusivity, empathy, curiosity, acceptance, learning, connection, trauma-informed practices, nurturing awareness, and gentle movement.

And remember to slow down...



How do we know it works?

Our Impact

We prioritise assessing our impact, which is vital for our achievements. Feedback supports us in refining our approach. Collaborating with our partners and sponsors, we guarantee that our engagement is ethical and well-documented. Participants are encouraged to fill out anonymous questionnaires upon joining and leaving our sessions. Moreover, we appreciate any personal stories and quotes shared to substantiate their progress. These narratives help us connect our initiatives to our goals and are gathered respectfully and with consent.



"I felt the sessions were very inclusive, because it felt like a safe environment, Rebecca is very calm as well.....the initial concept is very simple ...no expensive camera equipment is needed it can be done almost anywhere, it is very inclusive and that's one of the things that makes it so special"

Feedback from a participant who engaged in a project funded by the Community Mental Health Transformation Fund, *January 2024.*



Our impact within our community



Mindful Photography UK has previously received financial support from Sport England/North Yorkshire Sport, North Yorkshire Council, Tees, Esk and Wear Valley NHS, City of York Council Safer York Partnership, and See Change. Partners and referrals from Age UK, Next Steps, Mind, Directions (part of Inspire North), and Carers Plus Yorkshire were warmly welcomed.

Diversity

We prioritise diversity and inclusivity in our collaborations at Mindful Photography UK. It's important for us to engage with participants to ensure our language, processes, and approaches are inclusive of diverse minds and trauma-informed practices.



Environmental mission

Where possible we deliver online to reduce our carbon footprint. We are conscious of our printing impact and invite participants to join our online groups and exhibitions are often celebrated digitally. Through our walking based sessions and the creativity of our participants we endeavour to raise issues which are of environmental importance to us.



Celebrating outcomes

**Therapeutic Photography outcomes involve enhanced self-esteem, self-efficacy and empowerment.
Here is what our participants say about their experience at Mindful Photography UK.**

Self-esteem

"I definitely feel a lot more positive towards myself, I think that sharing experiences through photography gave me a feeling and permission to feel self-compassion. " January 2024

Self-efficacy

"Even in a short session, the process makes me think less and do more!" October 2023"

Empowerment

"It can involve light exercise and is frequently empowering. The sense of achievement and benefits are often felt quickly and you can continue doing it outside of the group, giving a greater sense of autonomy." February 2024



Contact Us

If you would like to get in touch and book a session please get in touch.

Pricing is available on our website
www.mindfulphotography.org.uk



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Back Cover

Sharing Photos and Sharing Smiles

Working with organisations to offer therapeutic photography workshops, nurturing self-esteem and confidence.



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