



JOY
in numbers

joy
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“There is ~~power~~ in numbers and
joy
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there is ~~power~~ in unity”

– Martin Luther King (ish)

What we're doing

The Joy in Numbers project is dedicated to finding new ways to bring joy to communities, especially during this lock-down phase. Through collaboration and engagement, this project has created an interactive space for local talents and businesses to host tutorials and workshops free of charge to the general public. Throughout this project we aim to host a series of live workshops/tutorials, post videos and upload pre-made DIY packages on our Instagram platform for the general public to access. Thus, creating a space that brings people together and forms a feeling of community spirit and generosity - and most importantly, joy.



Why it's important

During the lock-down phase, it's easy for people to quickly begin to feel the wrath of isolation, lose routine and begin to feel a decrease in the motivation they have to carry out everyday tasks. The rates in depression and anxiety are ever increasing and there is a constant reel of seemingly bad news coming from the media. During these times it's incredibly important to try and stay positive and find joy in as many moments as possible.

After conducting some research into how the brain creates and stores positive experiences – we found that we have to actively work our minds to pay attention to the good that is within the world as

we instinctively emphasise negative experiences over positive ones. With this in mind, we formed the Joy in Numbers project idea – as this would allow us to try and find a way to showcase the joy that can be found within the everyday. By hosting and showing a range of activities that the general public could partake in from home, we hope that this will highlight the good that lies within the moment - creating positive and long-lasting effects.

“Alone, we can do so little;
together, we can do so much”

– Helen Keller

Who it's for

As Fresh Perspective was originally formed to test new ways to represent younger voices within Skipton and surrounding areas, our primary audience are locally based and between the ages of 16-25. However, this project will be available to all and we would encourage people to spread the word so that this project can help as many people as possible.

This project has been created with the idea of creating a win-win situation, by bringing in local businesses and talents, they are able to showcase their craft to an entirely new audience, promoting their business and encouraging the general public to visit them/get in touch once the lock-down is over. Whilst simultaneously, the general public will be offered a welcoming and safe space to visit, learn and enjoy once a week free of charge.



How we're doing it

We will be hosting live videos on the Fresh Perspective Instagram every Sunday, open for anyone to join. These sessions will primarily consist of one skilled person/group that is demonstrating as well as one Fresh Perspective member following along. The reason for this is to set anyone involved at ease and allow the viewers to get to know the Fresh Perspective group on a personal level as they watch them work (or rather, stumble) through the tutorial/workshop.



How to get involved

There are multiple ways you can get involved in Joy in Numbers, for example:

- **Volunteer yourself or your group to host a live workshop/demonstration**
- **Create a DIY pack of a craft of your choosing for us to share to our audience**
- **Video yourself demonstrating your craft and send it for us to edit and share**
- **Share photos/tag us in challenges that we can try and do**

If you're interested in taking part in our project, we would love to hear from you! Please drop us an email telling us what you would like to do and what your availability is at sian@freshperspective.org.uk.



FRESH PERSPECTIVE