

Appendice 1:

**emPOWER Paulsgrove project:**

Week 1: Community Cuppa at the Community Centre with Jon Adams, neurodivergent advocate, Art Space artist, a biro workshop-

<https://www.facebook.com/SeekersCreate/videos/600556961970569>

Week 2: Adventure playground, 'Sandpark' with HLOWWT Engagement officer/Wildlife street artist in the making Andy Ames, paint and stencils

<https://www.facebook.com/SeekersCreate/videos/757279689400809>

Week 3: Adventure playground 'Sandpark' with Seekers and Karl Bailey, artist and photographer, collage with support from the History centre and archives

<https://www.facebook.com/SeekersCreate/videos/1555746628566561>

Week 4: Hillside and Wymering Youth centre giant doodle game with Connor Cleary

and team from Uni of Portsmouth [emPOWER Paulsgrove! Hillside Creative Community Voice Wk5 - YouTube](#)

Week 5: Community Centre, lunch time, with Karl Rudziak portrait artist

<https://www.facebook.com/SeekersCreate/videos/277135235035568>

Week 6: Victorious festival, Portsmouth Creates, Seekers, artists, everyone else

<https://www.facebook.com/photo?fbid=690065776497216&set=pcb.690066453163815>

<https://www.facebook.com/photo.php?fbid=688808389956288&set=pb.100064813985651.-2207520000&type=3>

<https://www.facebook.com/photo/?fbid=688808339956293&set=pb.100064813985651.-2207520000>