

Being an expert

As part of the participatory art project *While we belong to ourselves, a little bit of us belongs to everyone*, artist Caitlin Griffiths is seeking experts across a number of fields:

- SCIENCE: Psychologists. Neuroscientists. Quantum Consciousness. Experts in how we 'think' - how we create ourselves through recognised and evidenced processes
- EXPERIENCE: Clairvoyants, [Tulpamancers](#), Writers. Those who manifest separate identities in their head
- PERFORMANCE: Impersonators. Impressionists. Those who use and imitate other people's identities to change the way they act externally.

(Please read the full project proposal for more details).

What would an expert have to do?

As an expert you would be required to be respectful, curious, and open-hearted toward each other. Experts would need to attend 3 days of activity in Autumn 2017 as outlined below, undertake a 1-1 interview conducted by either Andrew or Caitlin (via Skype or in person) and be available for some additional email communication.

29th September 2017 - Project Launch at ... conference Wellcome Trust, London

Alongside Caitlin, each of the experts would present for around 5-6 minutes (possibly [Pechu Kucha](#) style). Caitlin would start the presentation by outlining the project, followed by the experts individually presenting around a single theme (e.g. what have you learned about yourself from listening to others?)

Presentation expert Andrew Lightheart may be available to support your preparation for this event.

Date tbc October 2017 - Facilitated group day, London

Bringing all the experts together, Caitlin and Andrew would facilitate a day of discussions and create space for conversations. The aim of this day is for each expert to share their own knowledge and personal experiences and to contribute to a collection of processes for understanding the self. *Experts would be required to be respectful, curious, and open-hearted toward each other at all times.*

Date tbc October 2017 - Trial workshop day, London

Following the Facilitated group day Caitlin and Andrew will design the workshop and creative activities that will be delivered to 100 Young People. This day is a chance for us to trial-run these workshops with you, the experts.

15th February 2018 - Exhibition Private View, Swiss Cottage Gallery, London

Experts are warmly invited to attend the opening of *While we belong to ourselves, a little bit of us belongs to everyone*, an exhibition of new work by Caitlin Griffiths, which will run until end of March 2018.

What's in it for me?

We hope that this project is unique and exciting enough for you to commit to being involved. Funding is currently being sought and decision are expected at the end of August. Our hope is to support each expert financially for their involvement, to cover travel and accommodation requirements and your usual day rates for up to 3 days.

For academics, Caitlin is happy to support any application you are able to make to cover these costs yourself - via your institutions public engagement funds.

I'm in! What next?

Please contact Caitlin - info@caitlingriffiths.com. Let her know a little bit about yourself and why you would like to be involved. She's really looking forward to hearing from you.

www.caitlingriffiths.com

Andrew Lighthead (Facilitation expert)



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I am a leadership development specialist, presentation coach and bestselling author of Presentation Now. I work with individuals, teams and organisations who know it's time to evolve their leadership.

Dr Daniel Fulton (Neuroscientist)



Birmingham Fellow, Institute of Inflammation and Ageing, University of Birmingham

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<http://www.birmingham.ac.uk/staff/profiles/inflammation-ageing/fulton-daniel.aspx>

Daniel obtained his PhD in Neuroscience at the University of Sussex in 2003 where his thesis focused on the cellular mechanisms of learning and memory. Following his PhD he pursued postdoctoral research at the University of California Los Angeles (UCLA) where he continued to work on synaptic plasticity and learning and memory. In 2007 he joined the lab of Anthony Campagnoni (also at UCLA) where he began his work on the physiology of oligodendrocytes, the cells that generate the insulating myelin sheath that covers nerve fibres in the brain and spinal cord.

In 2010 Daniel was awarded a Senior Fellowship with the Science City Research Alliance and in 2011 he obtained a Marie Curie Career Integration Grant. Using these fellowships Daniel returned to the UK to pursue independent work at the University of Warwick investigating the role of neuronal activity oligodendrocyte development and myelin formation. In July 2013 Daniel moved to the

University of Birmingham to take up a Birmingham Fellowship with which he established the Oligodendrocyte and Myelin Research Group within the Institute of Inflammation and Ageing. In addition to continuing work on activity-dependent mechanisms controlling myelin formation and repair, the group has established a number of new lines of work. This include the identification of novel signalling pathways controlling oligodendrocytes injury, the development of new approaches to image the response of myelin proteins during inflammatory and excitotoxic injury, and the development of new stem-cell based models of oligodendrocyte cells.

Daniel also lectures on neuroscience and pharmacology at the University of Birmingham, and enjoys channelling his experiences of neuroscience through public engagement / science communication events. Daniel recently worked with Caitlin Griffiths and We are Frilly on the Fun & Brains neuroscience themed events at the Library of Birmingham. Here Daniel organised neuroscience themed talks aimed at primary school (How does my brain work?) and adult audiences (Ageing and Mindfulness), and also acted as scientific advisor and script writer for Build a Brain, where children and adults learnt basic principles of neural circuits and function through construction and play activities.

Dr Andy Powell (Neuroscientist)



Senior Lecturer in Physiology at Birmingham City University
Department of Life Sciences.

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https://www.researchgate.net/profile/Andrew_Powell

My research interests are focussed around how individual neurones co-ordinate to produce neuronal networks that are capable of synchronous activity, which can then produce behaviours. Recent work includes examining how alterations in neuronal function may provide plausible mechanisms to explain the origins of genetically acquired learning disabilities. I am also interested in how epileptic activity is generated, with a particular emphasis on what triggers the transition from normal neuronal activity to the epileptic state.

Dr Charlie Howard (Clinical Psychologist)



<https://www.drcharliehoward.com/>

Dr. Charlie Howard is a Clinical Psychologist, social entrepreneur, strategic advisor and keynote speaker. She is invested in accelerating change across mental health services through visionary concepts that inspire collaboration.

Charlie has worked as a Clinical Psychologist in the NHS, private and community sectors for over 12 years. She is passionate about making mental health support accessible to everyone and particularly enjoys working with young people.

Charlie's latest venture is the Owls Organisation, or Owls for short, where she is a Director. Owls was established to gather and test new ideas driven by people to find solutions to enable mental wellbeing.

Charlie practises as a Consultant Clinical Psychologist in Camden and Islington NHS Foundation Trust. Charlie is also a Big Lottery England Committee Member and an Ashoka Fellow. Ashoka is the largest network of social entrepreneurs worldwide.

Charlie founded MAC-UK in 2008, a charity which is revolutionising the way mental health services are delivered to young people who offend. Charlie was CEO of MAC-UK until May 2014 and continues to be involved in an Ambassadorial capacity.

Charlie was awarded the inaugural Catch22 Fellowship in May 2014. The Fellowship was established to support outstanding individuals who have already demonstrated success in tackling a social problem, and who are now looking for support to take their ideas to scale. Charlie used her Fellowship to do direct clinical work with young people leaving care, to advise local and central

government on mental health and to establish The Integrate Movement (TIM), to disseminate the principles of MAC-UK's Integrate approach.

Charlie is regularly asked to comment in the media on young people's mental health, and has been appeared on Sky News, Radio 4, BBC News and been featured in the Guardian.

Grant Gillespie (Writer)



<https://grantgillespie.com/>

Grant Gillespie is an actor, novelist and screenwriter in the dirty, beating heart of London's Soho.

As an actor he's represented by Sharon Henry Management, as a screenwriter by Casarotto Ramsay and as a novelist by United.

His début novel *The Cuckoo Boy* was published in 2010. The screenplay – of the same name – written with Kate Ashfield (writer of CH4's *Born to Kill* and actor in *Shaun of the Dead*, *Byzantium*, *Nymphomaniac*) is now available from their agents at Casarotto, as is their thriller/vampire horror film/series, *Kensington Gore*.

Other screen projects include a horror-thriller, *Forsaking All Others*, *Good to be God*, based on Tibor Fischer's novel of the same name, and *Portland Place*, a Katherine Mansfield adaptation. Grant is also co-writing a sitcom with actor Preeya Kalidas (*Bend it like Beckham*, *Four Lions*, *Eastenders*) called *Skin Deep*, about a Gujarati family who run a beauty salon.

Having finished his second novel, *We are like Ghosts*, Grant is embarking on his next, while concurrently writing several TV and film screenplays and treatments.

Clairvoyant



Tulpamancer



Impressionist



We are Frilly (Evaluation)



www.wearefrilly.com/evaluation/

Kirsty Hillyer and Adrienne Frances are We are Frilly, established in 2010 through our passion for developing and delivering high quality participatory arts practice. We're great at working with people, and we have a diverse range of artforms we can share with those we work with. Our practice has roots in community development, involving participant engagement throughout, and recently has focused on using creative methods within evaluation in order to gain deeper insights into the experiences of project participants in an embedded way.