



real arts workshops

Working with



&



Consultation with user group 2019 SOCIAL VALUE FINDINGS



Alex (RAW tutor) on the left with some of the RAW - LOW HILL HUB ART CLUB participants.

R.A.W. VALUES

**COLLABORATION • CREATIVITY
PARTNERSHIPS • INCLUSION**

This report prepared by RAW in association with Social Impact Research

Links in [blue](#) are live and can be clicked throughout this document when it is view in Acrobat Reader®.

Introduction

This report sets out the social value **Real Arts Workshops (RAW)**¹ creates while providing high-quality innovative art and music workshops on behalf of **HeadStart Wolverhampton**.

The group generally comprises of **12 young people** between the ages of **10 to 16 years** (Key Stages 2-4) inclusively. The young people that benefit from attending **Real Arts Workshops** encourage each other in **educational, creative** and **recreational** activities; including **art, craft, music, song** and **British Sign Language**.

RAW activities are designed to support **self-confidence** in young people's creative abilities. A desire to participate in creative activities towards positive ends, and a **sense of achieving** what they desire as a group. Also, the understanding that each individual can achieve anything they set their hearts and mind towards achieving.

The overriding message is; **“all people matter, all must be included, all have something of positive worth to contribute. No matter the issue, it can be overcome. Much is bound by our perception, and all relies upon a positive perspective. What matters to you, matters to me. Together we can make it happen; solve problems and overcome ill”**.

Real Arts Workshops have been delivered as out of school-term activities and weekly on Friday evenings since the Summer of 2018. Activities have been delivered from **Big Venture Centre; Low Hill Hub; Stratton Street Community Centre** and **Aladdin's Education Park Village Tuition and Youth Centre**.

Due to the social value we are creating and the ways our young people are benefitting we hope to attain repeat funding for activities to continue throughout 2020.



We deliver a wide range of creative activities out of school term-time between 10.00am and 3.00pm. Weekly workshops are delivered on Friday evenings between 4.00pm and 6.00pm. Headstart/RAW sessions have included:

- Honesty Portraits (painting true feelings and emotions on a 3d mask)
- 'Deaf awareness and communication' British Sign Language (BSL)
- Song Writing "Out of Darkness" composition
- Sign Language Song public performance Bushbury 'EMB Summer Festival'
- Wild Animal Art Creation
- Halloween Crafts
- Wolves in Wolves' - Wolf Sculpture Design
- Remembrance Day Poppies Design
- Freestyle Drawing Sessions
- 'Five ways to Mental Well-Being' poster design
- Christmas Crafts
- 3D Item Decorating
- Canvas Art Project 'The Big Link Up'
- Self Portrait Stencils
- Low Hill Hub 'Logo Design Competition'
- Mood Board Collage Creation
- Deep 3D Frame Creation
- Red Nose Day Creative Activities
- Mosaic Pictures
- Dream Catchers Creation
- Jewellery Making



- Hama Beads Pictures
- Easter Crafts
- Plant Pot Decorating and Planting
- Rock Painting
- Clay Creativity
- Cardboard 3D Sculpture Creation
- Cardboard Robot Creation
- Painting Outside Picnic Benches and Chairs
- Large Canvas Painting - Team Building Exercise
- Storytelling
- Mask Making
- Sugar Skull Design
- Musical Instrument Creation, Guitars and Ukuleles
- Greeting Cards Creation
- Aspiration Rockets "Where will I go... how will I get there?"
- Poster Design for Summer Fayre
- Knife Crime Prevention, Creative Workshop
- "Messy Nature Art" - Outdoors Summer Activities
- Wolverhampton Art Gallery Day Out
- Mayors Parlour Visit - Meeting the Mayor of Wolverhampton
- "Support Life Sculpture" Day Out at Wolverhampton University
- Arts Awards 'Visiting Artist Workshop'
- Pantomime Scenery - Design and Creation



Context and Social Value

Real Arts Workshops (RAW) are delivered in collaboration with **HeadStart**¹; an organisation which “supports young people to develop their resilience and raises awareness of the significance of their own mental health, and that of their peers.” **HeadStart** works towards supporting young people’s ability for lifelong mental well-beingness. **RAW** delivers activities which meet with this directive.

As part of project delivery **RAW** collaborates with Wolverhampton **Community Action & Training Services (CAATS)**² and works closely with **Compass Community Partnerships – Chris Allen**, a representative for the Local Trust’s ‘**Big Local**’.³ This collaborative practice serves to ensure **HeadStart/RAW** activities are publicly well presented, widely accessible and well attended.

RAW’s delivery ensures that young people benefit from participating in art, craft and musical activity to enhance their sense of self and community; while giving them a medium for expressing their authentic selves without fear of retribution.

Finance to deliver **HeadStart Wolverhampton** programs; which includes **Real Arts Workshops**, is delivered in support of young people’s ‘mental health and sense of well-beingness’ and is provided by the **Big Lottery Fund in conjunction with Wolverhampton City Council**.



Young artists receiving a joint prize for designing Low Hill Hub logo



Performing 'Song For Low Hill' at Bushbury EMB Festival
Watch the video here: <https://www.youtube.com/watch?v=t2kbH571A8>

RAW’s education, welfare and recreation activities: when viewed in relation to the indices of income deprivation affecting the effects on ‘children in low-income families’ covering 2014; **30.2% of Wolverhampton’s dependent children were living in poverty**. The said figure is considerably in excess of the national average, which is **19.9%**.⁴

In keeping with public need, **HeadStart/RAW** deliver Art, Craft and Music activities once weekly, **every Friday evening 4.00 - 6.00 pm** from Low Hill Hub which serves the residents of Low Hill, The Scotlands and Bushbury. **Our out of term-time activities are generally delivered 10.00 am to 3.00 pm**.

HeadStart/RAW are **consistently monitored via a digital resource** that is implemented by a social impact research service. The service manages our feedback information and ensures our ability to acknowledge the social value and social impact **RAW** creates. Participants therefore have opportunity to feedback their experience of attending and engaging with the provided activities comprehensively. Also to express their ideas about the workshops value and offer detail about the activities they would like to do, which in turn informs our service delivery.

¹HeadStart web url: <https://www.facebook.com/HeadStartFM/> provides resources which support young people in maintaining a sense of positive mental well beingness through life.

²CAATS web url: <https://www.caatservicesltd.co.uk> works with local people to tackle local issues, providing outreach and engagement services, supporting individuals and communities to build the capacity of their own community

³Big Local web url: <https://localtrust.org.uk/big-local/> a project delivered by Local Trust to support and fund empowered and sustainable community activities

⁴ Official statistics web url: https://www.wolverhampton.gov.uk/sites/default/files/pdf/Wolverhampton_City.pdf
Wolverhampton City statistics, Section 5. Poverty and Deprivation

RAW's delivery of education, and crafts, music and sign-language activities impact upon young people's skills and abilities.

It is a joy to see young people who usually experience difficulty expressing themselves in social settings, working together creatively towards positive ends; and to acknowledge the difference creative expression is making for them as individuals.

“Our young people which attend the HeadStart/RAW sessions are beautifully unique.”

Due to the impact of income poverty that is experienced by families living in the area where **HeadStart/RAW** workshops are delivered, there are considerably felt affects to our young people and their ability to learn new skills and meet with their individual potential:

“Children in workless families are almost twice as likely to fail at all stages of their education”¹

Ongoing experience of delivery is highlighting that some of our young people struggle in formal education settings. Consequently the young people we are working with are not currently participating in formal education for reasons such as difficulties with social, emotional and mental health (SEMH) and special educational needs and disabilities (SEND).



Young people visit University of Wolverhampton



Young artist drawing the 'Support Life' wolf by RAW's Alex Vann at University of Wolverhampton



'Messy Nature Art' session

Therefore, we recognize that young people come to us with poor life skills, low confidence and self-esteem, under-developed social skills for self-expression and difficulty participating in group activities; and struggle to feel appreciated for their talents and gifts and forge a positive sense of self in relation to others. This said some of our young people have high potential which we seek to support them towards realizing.

“Evidence shows that taking part in creative activities has a positive impact on people's mental health.”²

As tutors we acknowledge our young people express a strong sense of community identity. As such, we have recognized as part of our delivery that there is a strong enrichment and citizenship element to our work.

¹ Government policy document web url: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621364/improving-lives-helping-workless-families-web-version.pdf Improving Lives: Helping Workless Families (2017) Understanding Society Survey 2014/15

² Arts and Minds, Cambridge 'Arts on Prescription Project' web url: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621364/improving-lives-helping-workless-families-web-version.pdf Impact Evaluation Study evidence

We have many years of experience working with young people and we have bonded with this group. We can happily say the young people we currently work with as part of delivering HeadStart - Real Arts Workshops **feel safe**, and able to trust us whilst **learning and freely expressing their creativity**

Art and creative expression is at the heart of everything we do. While our young people have complex needs alongside creative talents which need developing; providing a nurturing and caring learning environment is paramount to our success. We consistently adapt and innovate to keep interest high and believe our impact upon the lives of the young people we support is positively felt.

Our work often crosses over into other subject areas (**e.g. numeracy, literacy, geography and history**) because we seek to meet with our young people's expressed needs. We actively develop our lesson plans and weekly activities to be in keeping with whatever those needs suggest alongside the expressed ideas people feedback.



Young people from Low Hill receive Arts Award certificates

Our young people work towards and attain the **Ofqual Arts Awards**.¹ This gives them a goal to attain, and recognizes what they have personally achieved through their creative endeavour.



Our volunteers Jackie and Sandra

Headstart/RAW's delivery is supported by two graduate artists attached to the **Santander Workplace Scheme**, and **3 casual volunteers**. This includes a 16 year old student from Moreton School. Her experience supporting RAW's delivery is used as work experience and towards attaining her Ofqual "Gold" **Arts Award** accredited qualification to demonstrate that she is attaining the highest standard of personal application.



¹Ofqual Arts Awards, Trinity College London web url: <https://www.artsaward.org.uk> RAW progressively delivers Arts Awards Discover, Explore, Bronze, Silver.

How our project meets with its objectives

We are pleased to report that our young people have engaged well with weekly sessions. Generally the group's behavior is good. Young people attend voluntarily having been referred to the Headstart project. The lack of obligation to attend can lead to ad-hoc attendance, depending upon how the young person feels or what other activity they would like to do instead. On the whole we are pleased with the commitment most of our young people have shown to attending, and to the group of people they work alongside.

We see the level of enjoyment in the activities and the ways they inspire participants creative expression and ideas. We see new relationships being formed and increased confidence in people's artistic abilities. The regularity of the group has promoted a sense of community, belonging and a sense of pride in the groups achievements.

There have been some personally felt breakthroughs. For example, creating **'Honesty Portraits'** promoted one young person to express a situation of being bullied. The piece of work (with the young person's permission) was used as evidence to enable a referral and ensure their ability to receive professional help and support to overcome the problem.

One of our young people was experiencing feelings of isolation due to her inability to hear. Gary (**RAW** tutor, also deaf) gave her one-to-one support. She had opportunity to use sign-language with music and song and we captured her performance on video. Further, **Big Local** voted her performance **'video of the month'**. She now attends **RAW's** weekly sessions. Her mother fed back that attending **Headstart/RAW** has supported her daughter's mental health and feelings of self-worth:



'Honesty Portraits'



Watch the video here:

https://www.youtube.com/watch?v=NnzrrtHk50&feature=emb_logo



#BigInkUp art project at Stratton Street Community Centre





Young people from Low Hill on a day trip to Wolverhampton Art Gallery where they had a guided tour

“My daughter’s confidence and attention has changed immensely since attending Real Arts Workshops. Alex and Gary are both amazing and I can’t thank them enough for all their hard work, and for making my daughter feel like she believes in herself more”.

We consider that the positive impact felt to individuals due to attending Real Arts Workshops are considerable. **As tutors, we see people progress in their ability to support each other’s creative endeavors.**

We acknowledge personal growth, improved creative skills and ability to cooperate and work as a team. Learning **British Sign Language** is also something some individuals have never touched upon before joining the group. It has enhanced people’s understanding and equipped them with the means of communicating while accepting and respecting difference in others.

We see the level of enjoyment in the activities and the ways they inspire participants creative expression and ideas. We see new relationships being formed and increased confidence in people’s artistic abilities. The regularity of the group has promoted a **sense of community, belonging and a sense of pride in the group’s achievements.**

Should **Headstart/RAW** be allocated the necessary funding to continue delivering throughout 2020; our young people will have opportunity to further improve upon their creative abilities and attain the next level Ofqual Arts Award according to their level of attendance and the skills they successfully demonstrate.

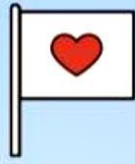
Receiving an **Ofqual Arts Award** says something unique about a young person and the skills they have gained in creativity, communication, leadership and art form development. Participants can include their Arts Award in their CV when presented with opportunity for training and employment as one of their achievements, demonstrating their ability to work alongside others towards achieving shared aims.

Some of our young people who struggle to engage in formal education do extremely well with **Real Arts Workshops** practical sessions such as designing and painting outdoor furniture. Participating in **Headstart/RAW** sessions provides them with positive social circumstance, to participate in worthwhile, progressive activities and dissuades from their social exclusion.

For us, our presence at Low Hill Hub is making a difference to the way our young people express themselves, supports their sense of personal identity and lends some care and consideration for their positively felt mental health towards living creative, fulfilling lives.



Headstart - RAW 2018 / 2019 'INFO GRAPHIC'



The Value of Creative Expression

The opportunity to participate in enjoyable and inspirational activities. in support of good mental health. Setting goals, recognising personal and group achievements



Promoting mutual understanding and respect

Group creative expression through music and song while learning British Sign Language. Fun to learn and use. Knowing how to use sign language broadens personal horizons and our ability to understand, cooperate with and respect difference in others



Inclusivity disuades from social isolation

Participants gain a sense of belonging to a community, make new friends and benefit from enhanced and meaningful relationships



Accredited activity

Headstart - RAW participants are awarded Arts Award 'Discover' certificate of achievement. Acknowledging their efforts and attainment in creativity. In the long term, Headstart - RAW participants will progressively attain higher level Arts Awards



Civic engagement

Headstart - Real Arts Workshops encourage civic engagement. In collaboration with the Mayors Office, participants engage with local community events and contribute to the good of the wider community

Identifiable social outcomes are related to the value of people coming together in shared social experience such as **HeadStart/RAW** are:

- Having fun;
- Making new friends;
- Learning new things;
- Sharing news and stories;
- Cooperating with people from differing age groups;
- Learning about other cultures;
- Being inclusive (and included) in social worthwhile activity;
- Form identity in relation to others.



Young people from Low Hill make their own 'Wolves in Wolves' wolf



Young people from Low Hill on a day trip to meet the Mayor of Wolverhampton



Giant Wolf painting at Stratton Street

Feedback and Outcomes:

- All participants recognize **Headstart/RAW** activities are “**Enjoyable**”
- All participants recognize **Headstart/RAW** activities are “**Inspirational**”
- All participants would recommend **Headstart/RAW** to others
- Participants say they “**love being creative**”

Watch a video showcasing our work at Low Hill Hub:
https://www.youtube.com/watch?v=buRr_QX6PU8&t=39s



Conclusion

Headstart/Real Arts Workshops are creating social value by delivering activities to young people who are experiencing difficulty engaging with mainstream education, alongside experiencing difficulties related to mental well beingness.

Attending **Headstart/RAW** out of school term time and once weekly is:

- **Supporting young people's ability to participate in socially and personally rewarding activities**
- **Supporting young people's ability to acknowledge the importance of good mental health in both themselves and others**
- **Supporting young people's capacity for lifelong mental well beingness**
- **Developing young people's ability to understand and relate to other people that live with deafness**
- **Supporting young people's life and self-care skills, civic engagement, sense of community and feelings of self-worth**
- **Supporting young people's ability to work as a member of a group towards shared goals and promoting a personal sense of achieving something worthwhile**
- **Supporting young people in realizing their potential for creative expression**

We would like to see our young people progressing with the **Ofqual regulated Arts Award 'Explore'** and support them in meeting with their individual potential throughout 2020.

Continued workshops will ensure the positive impact that has been achieved for the present cohort will continue. We would like to see more referrals for young people in need of the added support we can give them in forging their personal identity and becoming mentally resilient young adults.



Young people working with Alex Vann writing a song 'Out Of Darkness'.
Watch the video of the song here:
<https://www.youtube.com/watch?v=gY7xwBjW15E>

Examples of Direct Feedback 1

All participants say Headstart RAW's "meet with expectations" and there are "positive outcomes felt"

"It was a fun lesson. I want to come again. I loved it. I was so interested about all of the work"

Male, Age 11
Low Hill half-term activities

"I like RAW because it inspires younger kids to get involved and get your hands dirty"

Male, Age 11
Headstart – Aladdins

"It's a great place to learn craft ideas and join in with other people that you've never met before"

Male, Age 10
Low Hill half-term activities

"I have been coming here and my art has become even better from the first time. This place will teach you how to do magical and great things... you should come along and have fun... it's the best thing for you"

Female, Age 13
Low Hill Summer Sessions

"I loved this and I would like to go here more often"

Female, Age 11
Headstart - Aladdins

When asked if they will do creative activity outside of Headstart - RAW activities... participants say they "Love being creative" and "like doing art with other people rather than alone"

"I liked how we all worked as a team to collect leaves and nature equipment. We all enjoyed the lesson today and we wish for more like it"

Female, Age 12
Low Hill Summer Sessions

'Light box' drawing at Stratton Street



“This was great and I loved it”

Female, Age 11
Low Hill – Scenery Painting

“I positively think that RAW is a great project to engage with. I definitely recommend this to young people who would like to engage in Art”

Male, Age 12
Low Hill - Scenery Painting

“I loved this and I would like to go here more often”

Female, Age 11
Headstart - Aladdins

“This workshop is delivered to a great standard. I feel there is no improvement needed with these sessions. The staff are friendly and approachable. They work well with a vast variety of children and adults with all kinds of needs”

Female
Low Hill Staff

“I really like Art with RAW. They taught me the rainbow. I really want to do Art with RAW again”

Female, Age 11
Low Hill – Scenery Painting

“I liked working on the laptop. Canvas painting and Music writing. The tutors are really fun to work with”

Male, Child
Low Hill

“Enjoyable activities, fun for all”
Male, Child

“Fantastic session!”
Female, Child
Headstart – Low Hill

“RAW has helped me feel more confident about myself and has helped me become more open about my feelings and emotions”
Female, Age 10
Low Hill Summer Sessions

Benefits of the Arts on Communities and Individuals

Children and Young People	The '<u>RAW 7</u>' <ol style="list-style-type: none">1. Being excited, inspired and engaged2. Trying something new3. Having fun whilst learning4. Enabling personal expression5. Young people having ownership6. Developing confidence7. Creating positive energy and enthusiasm
Adult Groups	Improved mental and physical wellbeing
Inclusion of Marginalised People	<ul style="list-style-type: none">• No longer left behind• Feeling included• Feeling proud of themselves• Feeling listened to• Rehabilitation• Giving Hope• Relaxation and wellbeing

Thank you for reading.

You can contact Alex Vann and Gary O'Dowd at Real Arts Workshops

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