



CREATIVE TRANSITIONS

**Supporting the wellbeing of young people
through co-designed cultural activity**

CASE STUDY

**OUTCOMES FROM A 12-WEEK VISUAL ARTS
PROJECT WITH YOUNG PEOPLE WHO HAVE
SPECIAL EDUCATIONAL NEEDS AND DISABILITIES
ATTENDING TORBAY PHAB CLUB**

TORBAY CULTURE

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CREATIVE TRANSITIONS: YOUNG PEOPLE WITH SEND

CASE STUDY

Summary

This was one of three Creative Transitions projects supporting vulnerable young people with particular challenges in their transition to adulthood, through creative activity. Visual artist Anna Boland worked with eight young people with learning disabilities from the Phab club (six females and two males, aged between 12 and 29 years old) via Zoom over a 12-week period. Attendance was high, with participants greatly enjoying the sessions. They developed trusting relationships with each other and the artist; confidence; social interaction skills; openness to feedback; and a sense of pride in their work, alongside creative skills and knowledge.



Attendance was high (three people in sessions 100%, two over 90% and no one below 75%). Participants enjoyed the activities and bonded very well as a group. They developed: trusting relationships with each other and the artist; confidence; social interaction skills; and a sense of pride in their work, alongside new creative skills and knowledge. Despite some Zoom challenges (e.g. the artist could not see everything the participants were doing) the Phab Coordinator commented, 'The art has allowed participants to take part in Zoom sessions' and so access other club provision. When one participant covered themselves in paint, this prompted conversation with them and their parents leading to an improvement in behaviour.

Phab is now keen to fundraise for a project with the wider club membership.

Key aspects contributing to intervention success were:

- Good communications between the artist and host, with active participation and support of the young people in sessions
- Group ground rules for interacting well on Zoom
- A range of art materials and methods to try
- Artist responsiveness to participants' interests and needs

Case Study Detail

Art packs were sent to participants in advance and parents, family members or carers were present during sessions to support facilitated activities. Ground rules were set (e.g. one person talking at a time, active listening and giving positive feedback). Activities covered a range of materials and techniques, with the artist consulting with participants about what they wanted to do.

Evaluation comprised in session feedback from participants (e.g. 'thumbs up or down' and key words on sticky notes responses); written comments from a placement volunteer; attendance data; artist's report; commissioner-facilitated conversation with the host and artist; evaluation conversation with some participants facilitated by a young artist external to the project; and conversations held by the external evaluator with each of the commissioners and with the artist, along with a project documentation review.

'At the beginning I wasn't that good at art but now I'm a great artist.'

Participant

FACT FILE

Purpose	To support vulnerable young people with challenges in their transition to adulthood, through creative activity
Aims	To provide a 'safe space' for young people To improve confidence and enjoyment of life amongst participants To increase skills, knowledge and confidence amongst participants to better manage their lives and transition to adulthood To increase social interaction and reduced loneliness in young people To ensure participants will feel as though they have had their say and been listened to To build strong, equal, trusting relationships between group participants to build resilience and provide support to one another To maintain or increase participants' attendance in training, education or other support open to them from partners and other agencies, statutory or otherwise To better understand among all partners the opportunities and barriers for embedding more collaborative arts and culture into prevention programmes
Artforms used	Visual arts: drawing, painting, using inks, clay making, paper cutting
Project Partners	Torbay Culture Public Health Torbay Imagine This...
Funders	Torbay Culture through the Great Place Scheme: Changing Lives supported by the National Lottery Heritage Fund and Arts Council England
Artists	Anna Boland
Participants	Eight young people with learning disabilities from the Phab club in Torquay aged between 12 and 29 years old, six females and two males
Location	Zoom
Dates	13 weekly sessions 10 August to 26 October 2020
Outcomes	Increased confidence and creativity; developed communication skills (including listening and awareness of others); sense of pride; feeling of positivity; reduced loneliness.
Evaluation	In session participant feedback; volunteer report; artist's report; attendance data; commissioner facilitated conversation with Phab Co-ordinator and artist; evaluation conversation with a number of participants facilitated by a young artist external to the project; evaluation conversations held by the external evaluator with each of the partner commissioners and with the artist, along with a review of all project documentation.
Cost	£5000
Outputs	12 Zoom sessions Video of the artwork produced Podcast of participants talking about their experience of the project
Quality Indicators	High level of engagement between host and artist; high quality music resources and facilitation; strong focus on individual and group development; artist's adaptability to participants' interests and needs; continuity of provision over the project period
Keywords	Young people Learning disabilities Transition

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One word to describe
the art project?

good

Fun

Creativ
tivity

Awesome

• extremely great

Loads
of art

ARTIST

Anna Boland

PARTNERS

Cat Radford, Torbay Culture
Susannah Ford, Public Health Torbay
Johanna Morrell, Imagine This...

Independent Evaluation for Torbay Culture:
Mary Schwarz

Executive Director for Torbay Culture:
Martin Thomas

Images that illustrate this document were provided by contracted creative practitioners documenting work by participating young people. Some artworks appear as fragments of larger works.