



CREATIVE TRANSITIONS

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

CASE STUDY

**OUTCOMES FROM A 12-WEEK ART JOURNAL PROJECT
WITH YOUNG CARERS**

TORBAY CULTURE

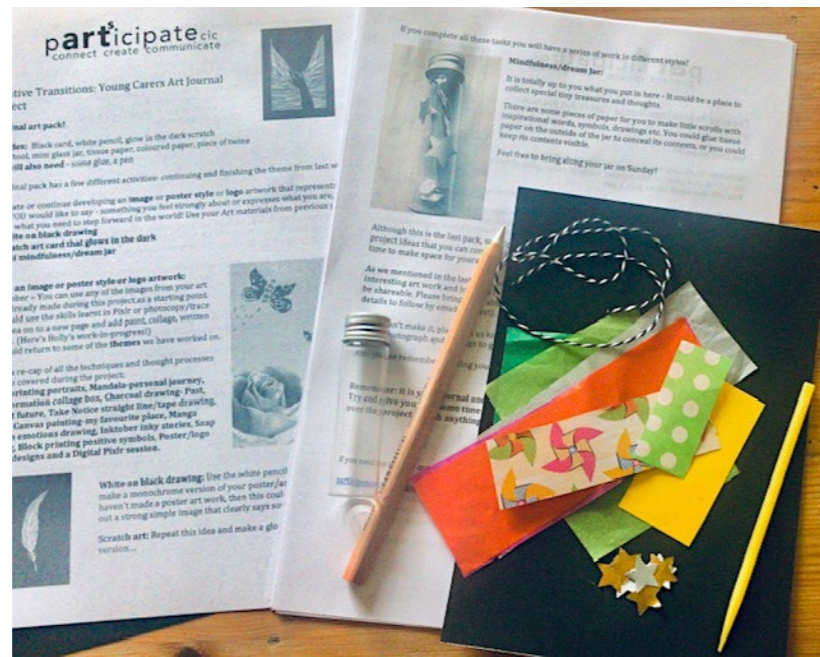
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CREATIVE TRANSITIONS: YOUNG CARERS

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. Participate Arts worked via Zoom (last session in person) over a 12-week period with eight young carers, two of whom did not attend sessions but continued to receive the art packs linked to the Five Ways to Wellbeing. Two young people's attendance was 100%; others mostly provided a reason for any absence. Participants enjoyed the activities; grew in confidence; bonded as a group; learnt new skills; felt listened to; took time for themselves; and reported a greater sense of wellbeing.



Case study detail

Participants received a Journal at the start and weekly art packs with materials, ideas and activities linked to the Five Ways to Wellbeing (Connect, Be Active, Keep Learning, Give and Take Notice) and snacks.

Evaluation comprised participant setting and review of personal goals; reflection time; artist telephone calls; mid and end of project questionnaire; artists' report; attendance data; commissioner facilitated conversation with host and artists; conversation with some participants facilitated by an young artist external to the project; conversations held by the external evaluator with partner commissioners and artists, along with a project documentation review.

Two people did not attend any sessions, despite contact attempts by the host, school and artists. Two had 100% attendance; mostly others gave absence reasons related to caring demands and mental health, with some experiencing technical difficulties. For one participant, 'hate'

of Zoom was a reason. However, one parent reported 'M is loving this project...she absolutely hates Zoom. This is the only Zoom session she has agreed to participate in...' and another participant moved from invisibility to visibility on screen. Participants were excited to receive the packs ('It felt like Christmas') and appreciated being able to build up supplies for future use.

They enjoyed the activities; increased their confidence and social interaction with each other; found new creative ways to express feelings; gave and received valued peer feedback and support; and one participant in particular self-regulated his emotions by 'having a creative focus that mitigated the anxieties in their life, as they approach adulthood' (artist). All reported a greater sense of wellbeing from participation, with making time for themselves key.

Key aspects contributing to intervention success were:

- Good communications between artists and host, with active participation and support of the young people in sessions
- Varied, high quality art resources 'It showed they care about us' to keep as well as use
- Artists being encouraging, motivating and enabling, so all voices were heard

"Its really hard for me to get excited about anything in my life, but I get really excited about this project. It's kind of pure - everything in my life always seems to come with worries and anxieties, but this project comes with no worries at all AND its something that is just for me and makes me have times for myself. So much of what I do is about other people."

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: including mono-printing and block printing, collage 3D, charcoal drawing, acrylics, cartoons, stencils, digital manipulation
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	Participate Arts
Participants	Eight young carers from the Torbay Young Carers Service
Location	Zoom plus one in person session at Artizan Gallery, Torquay
Dates	12 weekly sessions from 12 August to 25 October 2020
Outcomes	Enjoyment; increased confidence and social interaction; finding new creative ways to express feelings; greater sense of wellbeing; and making time for themselves.
Evaluation	In session participant setting and review of personal goals; end of session reflection time; artist telephone calls (five participants); mid and end of project questionnaire; artists' report; attendance data; commissioner facilitated conversation with College staff member and artists; evaluation conversations held by the external evaluator with each of the partner commissioners and the artist, along with a review of all project documentation.
Cost	£5000
Outputs	11 Zoom sessions plus 2 extra Zoom sessions with a digital art specialist 1 in person session Online gallery of work Podcast of participants talking about their experience of the project
Quality Indicators	High level of engagement between host and artist; high quality art resources; artist's adaptability to participants' interests and needs; continuity of provision over the project period
Keywords	Young carers Transition

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CREDITS

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



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