

A wooden floor with a blue mat, a xylophone, a maraca, and a panda mask.

# **CREATIVE TRANSITIONS**

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

## **CASE STUDY**

**OUTCOMES FROM A 12-WEEK MUSIC PROJECT  
WITH YOUNG PARENTS**

**TORBAY CULTURE**

BECAUSE IT MATTERS | EST. 2015

## CREATIVE TRANSITIONS: YOUNG PARENTS

## 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. Musician Laura Forster (We Need Music) worked via Zoom, Facebook and in person over a 12-week period with 12 young parents (in different groupings) and their babies and toddlers. Attendance was mixed due to baby and other life demands but communications via social media helped keep everyone in touch. Participants enjoyed the activities; built relationships with each other; became more confident interacting with their babies within the facilitated social and creative space; and were happily surprised they could write songs.



Attendance was mixed given baby and other demands, as well as College Covid-19 attendance rules, but reasons for absence were given. Participants enjoyed the activities; developed social interactions with each other including learning from each other's different parenting approaches; gained confidence in interacting with their babies and bonded more with them, noticing better their particular characteristics to use in personal lullabies; were much more driven in their learning; and were proud of what they achieved.

### Case Study Detail

Participants received a pack of high quality, age safe instruments to use at home and keep beyond the project, with the contents informed by their own ideas and requests. Interactive music making sessions were held via Zoom, videos on a closed Facebook group and in person, with participants writing individual and group songs for and about their babies. At the final session, participants received a project photo book and a pamper pack from the artist to acknowledge how their hard work would have a lasting impact on their babies' futures.

Evaluation included participant mid and end of project outcomes stars; artist's report; attendance data; commissioner facilitated conversation with host and artist; conversations held by the external evaluator with commissioners and artist, along with a project documentation review.

**'Given me and [baby] way more bonding ideas. [Baby] is giggling and smiling more.'** Participant

Key aspects contributing to intervention success were:

- Young people being on the interview panel to select the artist, who had excellent inclusive facilitation as well as musical skills
- A strong partnership between the artist and College, with the latter highly supportive and aware of how best to be involved, for instance, with creche workers withdrawing for sessions to enable participants to be more independent in caring for and interacting with their babies
- Providing participants with an experience they had never had before and would not feel confident in accessing elsewhere, for fear of feeling uncomfortable and judged by others

## 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	Music: Singing and songwriting
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	<a href="#">Laura Forster: We Need Music CIC</a>
Participants	12 young parents (all female) aged 17 to 20 (four across the whole project, four for first eight sessions, four for last five sessions) attending South Devon College and their babies and toddlers
Location	Zoom/Facebook and South Devon College
Dates	13 weekly sessions 5 August to 20 October 2020
Outcomes	Enjoyment; developed social interactions; increased confidence in interacting with their babies and bonding; more driven in their learning; and pride.
Evaluation	Participant mid and end of project outcomes stars; artist's report; attendance data; commissioner facilitated conversation with host and artist; conversations held by the external evaluator with commissioners and artist, along with a project documentation review.
Cost	£5000
Outputs	6 Zoom sessions and 7 sessions in person Celebration event Photo books including song lyrics MP3 recording
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 parents Transition



# TORBAY CULTURE

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## CREDITS

### ARTIST

Laura Forster, We Need Music CIC

### PARTNERS

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

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Independent Evaluation for Torbay Culture:  
Mary Schwarz

Executive Director for Torbay Culture:  
Martin Thomas

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**TORBAY COUNCIL**

