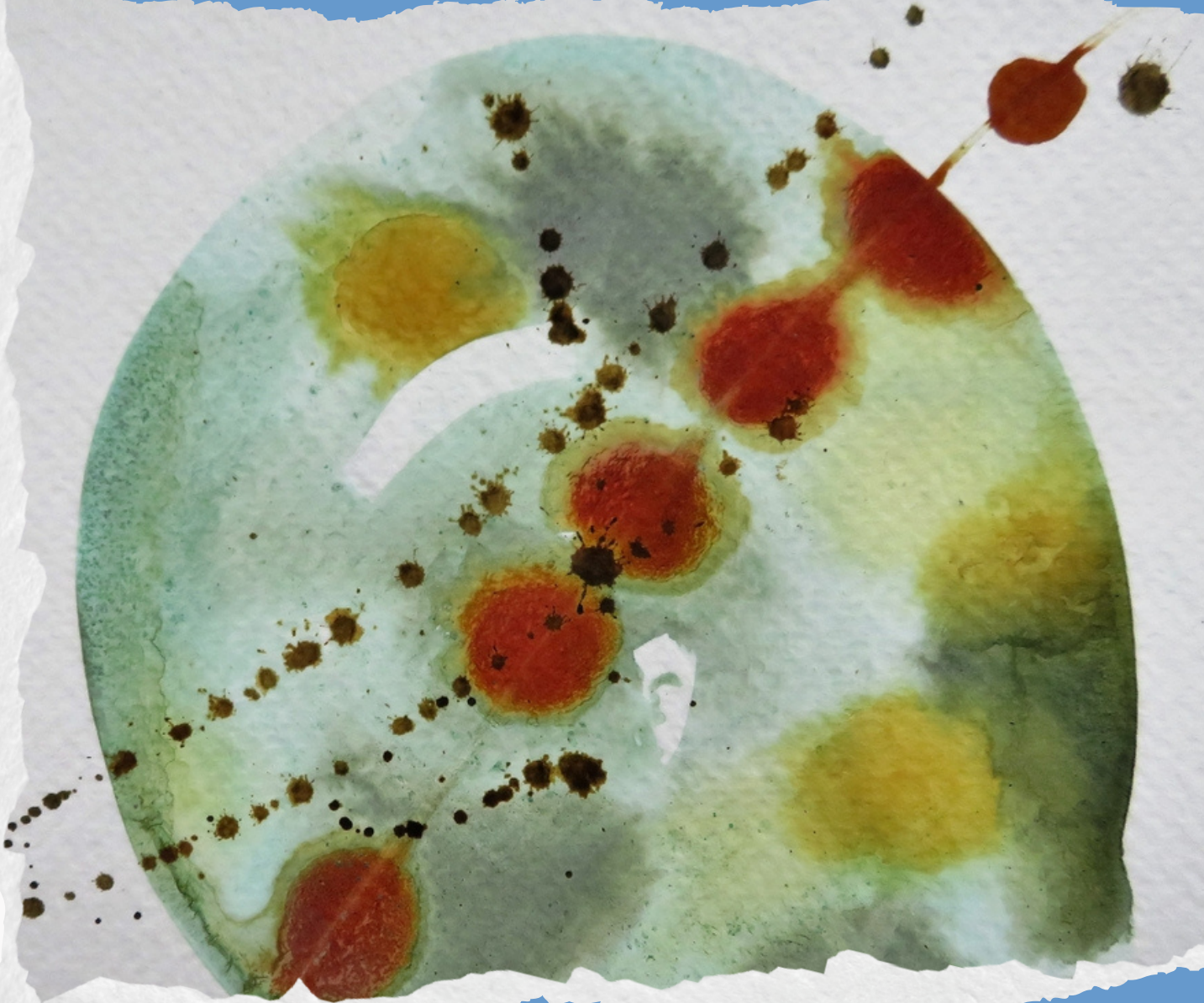


QUARTER 2/ JUL – SEPT 22

hoot
creative arts

OUT OF
THE BLUE
&
BREATHING
SPACE



Credit: work by Mandy

Being creative
makes you feel good

Highlights

This quarter we celebrated together at Summer Gatherings in Huddersfield and Dewsbury.

People came together from all groups to enjoy food, music and art and the sense of community and belonging was almost tangible in the air.

We focussed on outreach and awareness raising. As well as partnership events, we attended the CHART networking event in North Kirklees and the LAB Project Celebration in Huddersfield.

Whilst group numbers are going up we continue with a booking system for covid safety; we are still grappling with balancing this with the unpredictability in attendance that health issues can generate.

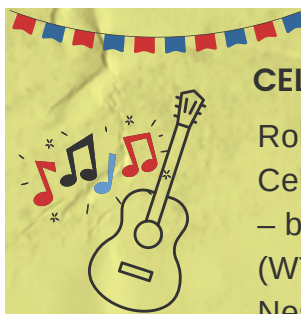
Social media was effective with our posts reaching over 3000 people. Alongside our posts sharing creative opportunities we included more resources for people around the cost of living and support for maintaining wellbeing. We also included an acknowledgement on how Queen Elizabeth's death might affect people. We completed two one-to-one Kirklees Volunteer Profiles as part of Third Sector Leader's Kirklees initiative. Volunteers now have a record of their time with **hoot** – and skills and qualities gained - to take forward to future education, volunteering, or employment opportunities.



hoot ON THE RADIO

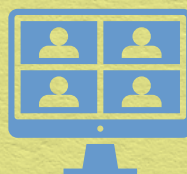
Musician Rob Crisp was a guest on Radio Leeds and wowed the presenter with some simple songwriting exercises that demonstrated that she – and her studio team – could themselves create a song within minutes.

Listen here until 26/10/22



CELEBRATING WITH PARTNERS

Rob attended the Carer's Celebration and the Summer Bash – both Working Together Better (WTB) partnership events in Crow Nest Park – and got everyone singing, clapping and tapping!



WTB PRESENTATIONS TO MH TEAMS

We have presented to 3 Statutory Mental Health Teams this quarter. The WTB presentation got great feedback, the partners were a cohesive whole and team members were fully engaged.



PARTICIPANT PROGRESSION

Participants have told us of their achievements and how **hoot** has helped: one person went on holiday for the first time in 10 years and felt very proud, another spoke of how **hoot** was her foundation to recovery and she is now taking a Counselling qualification.

Out of the Blue activities



MUSIC

In July, the Music groups created soundscapes based on sounds found in their environments. Participants listened to sounds in and around their homes and captured them in whatever method worked best. One participant even recorded a stream near their house by placing an old phone in a watertight bag and dipping it in! These compositions were arranged and structured as a group.

▶ [Click here to listen](#)

In our summer sessions both groups took inspiration from the visual art that was being created, using natural objects to inspire lyrics around the theme of nature. September has seen the groups begin a new series of workshops on randomly generated song techniques – in particular using Scrabble tiles to inspire lyrics and music.

In digital music the novelty of 'jamming' through computers remains fun so the group have continued with this, their ability to create tuneful pieces increasing as they gain confidence with the format.

VISUAL ARTS

The visual arts groups remain popular and busy. across the groups we have seen a variety of techniques: mosaics, glass cutting and grouting; using OS maps as inspiration and canvases to build artworks onto; paper pulp sculptures; marionette puppet making with paper and collage.

SINGING

Singing is currently being led by Satnam Galsiam, who is delivering sessions in South Asian classical singing. The group are enjoying engaging with singing in this style, which is quite new to most of the members.

"Good to learn a different tradition of singing, expands your mind a bit"

CREATIVE WRITING

As well as continuing their work on 'zines the group have been working with an artist new to **hoot** – Rachel Newsome – who has been focussing on very different writing techniques each week (eg cut up poetry, surrealism).



“ We are welcomed every week. They are kind and caring, the staff. We are pleased to have found this group. It is always something different and we make lovely work. They are always telling us about things that are going on around the area and they encourage us to go to different events. ”

In-person activity



42 individuals given a 1:1 welcome call

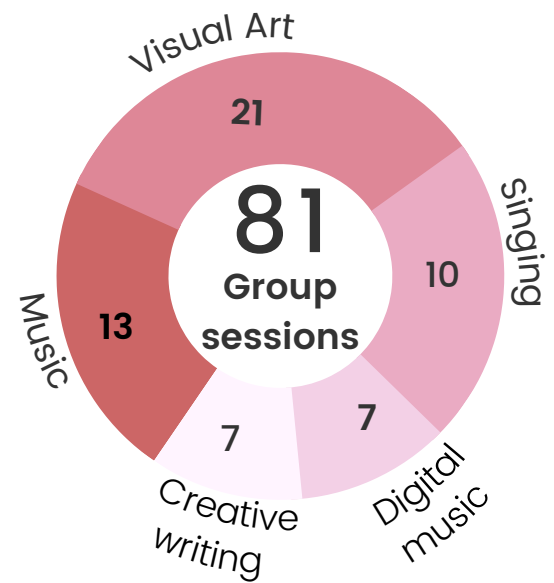
125 attendees at activities

>1137 hours of activities with participants

13 welcome sessions



Credit: work by Janine



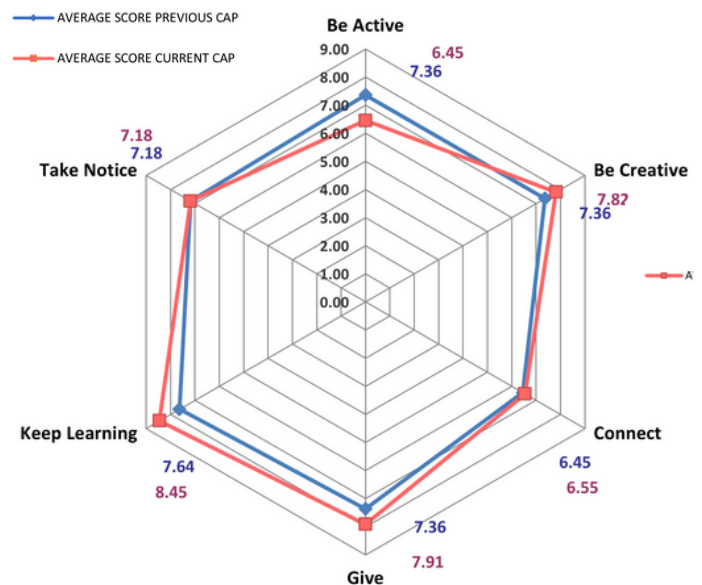
“

hoot introduces me to mediums I would consider and it gives me an introduction to these materials, process etc. hoot has encouraged me to do something constructive with my time and creativity

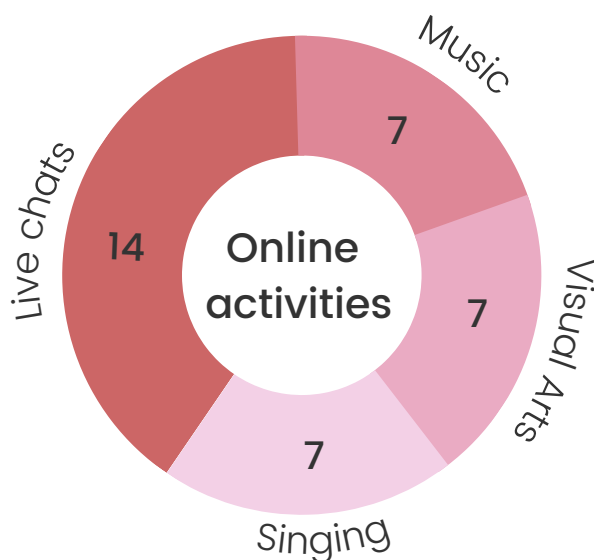
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Outcomes

CAP scores were broadly positive across most indices. Keep Active dipped which is surprising over the summer. Anecdotally we heard from one participant that she had managed to control her diabetes through healthy eating and from another that the confidence boost **hoot** gave her led her to take back control of her life, culminating in her being awarded ‘Slimmer of the Year’ in her weight loss group.



hoot from home activity



33 participants took part in online activities



483 hours of contact with participants online



85 comments/replies

71 new posts

370 visits to the site

>16 hours

spent offline on average per person, continuing creative work independently through the quarter.

Connections and transitions

hoot has been delivering creative wellbeing activities in partnership with Northorpe Hall and on behalf of the CAMHS service to under 18's on site at **hoot**. Our OOB artists and freelance artists have been leading groups in music, singing and visual art. We see the added value this gives OOB as a smooth transition pathway for these young people when they are no longer able to access children's services.

11 sessions



36 attendances from **7** people



108 contact hours



People 😊 😊 😊



205

people accessing
the service

80 people from Outreach activities



212

people reached at
Outreach events

32



people under the age of 35

Unknown: 14

79



people over the age of 35



43

people who consider
themselves disabled



39

people with Autism,
Dementia, a learning
disability, or other
hidden disability

What next?

We continue to focus on increasing referrals, partly through a programme of outreach and awareness raising. We are hopeful that our presentations to the NHS mental health teams are the start of an ongoing and productive relationship. We are still using a booking system for Covid-19 safety and this can lead to a deflation of group numbers as attendance can be erratic. This is constantly under review.

hoot from home is still being used and the music group on there have almost morphed into a 'Progress' group and whilst they use the time on Zoom together to play music, they continue to create after the session and post, comment and interact through the online platform.

The partnership has been working closely together around the NHS mental health teams presentations and hoot has taken the chairing role a number of times.

Breathing Space

Musician Rob Crisp led the Huddersfield group in singing and group songwriting on the theme of sleep and dreaming; the song 'Dream a little dream' provided inspiration. The group delighted in singing the song together and playing along on kazoos made in sessions. They progressed to composing and singing their own dream themed song which can be heard here

 [Sweet Dreams by Breathing Space](#)

Visual artist Vic Cruz followed and introduced the group to using a range of different techniques such as using inks and paints on various textures including cotton fabric and paper.

In Batley participants continued exploring a range of different visual art activities with artist Musarat Raza. Activities included embellishing ceramic tiles with alcohol inks, decorating keepsake boxes using decoupage, weaving on small cardboard looms and tie dying. Musician Dom Moore took over and participants had a lot of fun creating music together using Dom's collection of unusual instruments from around the world.



14

creative sessions delivered



208

hours of contact with participants



4 new referrals to the service



15

participants

“

I love daubing. I could come here every day; it makes me so happy. This is intriguing (stenciling on fabric) I love it.

”

- A Breathing Space participant

Average impact of Breathing Space sessions



Data scores collected in Quarter 2 show positive outcomes for participants with Communication and Involvement being the areas showing the greatest increase from Quarter 1.

| Communication between you & the person you care for | Relationship between you & the person you care for | How well the person you care for involved themselves | Benefits for the person you care for |
|---|--|--|--------------------------------------|
| 5.0 | 5.0 | 5.0 | 5.0 |

1 = No Impact and 5 = High impact for each area.



“ We haven't seen her concentrate like that for ages [playing the glockenspiel], it's amazing. – Carer ”

“ Great session, everyone involved. You'd never imagine we'd be doing anything like this (weaving on cardboard looms). It's great that you support Anna, it gives me a break ”



hoot creative arts

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