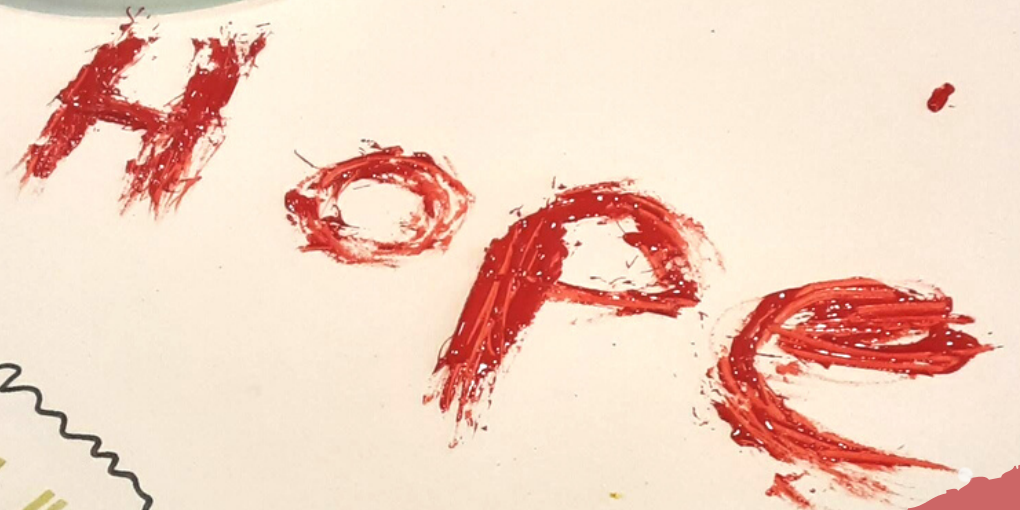


QUARTER 3/ OCT - DEC 22.

OUT OF  
THE BLUE  
&  
BREATHING  
SPACE



Being creative  
makes you feel good

# Highlights

Through the autumn quarter we built up group numbers, delivered a number of community outreach events and worked towards our Winter Warmer parties.

Our community events this quarter included the Lantern Parade and The Big Draw: both events involved working in partnership with others, engaging members of the public and letting people experience first hand the benefits of creativity for wellbeing.

Whilst group numbers are going up we continue with a booking system for covid safety. Many participants have been unwell with cold and flu back in force this winter and we have a cautious approach designed to keep everyone safe.

We worked with the [Karma Dance company](#) to offer 2 free tasters to hoot participants. These were so successful that Karma Dance will return to hoot to deliver a run of dance sessions as part of our weekly programme.

Another programme change was moving online singing to an evening slot as a step towards providing activities for those not able to attend in daytimes. We hope to build this base in the new year by a targeted marketing campaign.

Social media continued to be an effective tool for awareness raising: Facebook reached 2734 people, Twitter reach was 12,527 and our Instagram account reached over 488 people.

## The Big Draw

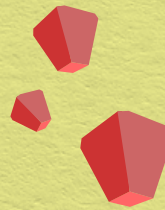


Based out of the West Yorkshire Print Workshop on the Piazza, 53 members of the public and hoot participants contributed to a large scale drawing using natural inks. A wonderful community event creating a beautiful artwork.



## WINTER WARMERS

The Winter Warmers came back in-person with a bang! We held one at our base in Dewsbury and one at the Mission in Huddersfield. They were wonderful days – group singing, music, food and togetherness started people's Christmas in a positive fashion.



## LANTERN PARADE

This fantastic partnership event was soundtracked by the song that participants made with the hoot music team. [Watch the video here](#)



## NHS STAFF WELLBEING DAY

hoot delivered at a large event for 38 GP practice staff working in the Tolson PCN. We ran 3 back to back music workshops as well as a group-sing and the benefits were dual – staff benefited from a day of self-care as well as feeling more confident about signposting patients to hoot.



## FUNDING SUCCESS

We were delighted to receive the news that not only were we successful in continuing to hold National Portfolio Organisation status from Arts Council England but that we had received a funding uplift for the next 3 years.



# Out of the Blue activities



## MUSIC

The 3 music groups – Huddersfield, Dewsbury & online – all worked on the theme of creating songs using Scrabble letters as a starting point. [▶ Click here to listen](#)

Following that, the groups worked with djembe drummer Lou Houghton learning rhythms and patterns and jamming together as a group. This was a wonderful callback to **hoot**'s early days but also gave new participants the chance to experience the benefits of community drumming. The Online group also used rhythm to compose, first by suggesting multi-rhythmic parts, recording themselves at home and putting them all together in the live chats, but also by using online tools to compose individual pieces.

In Digital Music the group numbers expanded as we returned to having 2 people work on the same computer (with covid precautions in place). As well as allowing more people to attend, the benefits of this approach include peer support and collaborative music pieces.

## VISUAL ARTS

Our popular visual arts groups covered a number of areas this quarter: using maps in art; creating 3D landscapes that appear as sculptures; designing and making character puppets. This work was on display at both Winter Warmers generating a lot of well-deserved pride from group members.

## SINGING

The group worked with 3 different artists, enjoying the different styles and flavours this offered. At the Winter Warmer Moira led the group – and the full hall in the Mission – in singing beautiful winter songs together. Online singing moved to an evening slot before Christmas and we are excited for the possibilities this offers in 2023.

## CREATIVE WRITING

The group had 2 different writing artists this quarter – both well-received – and we were thrilled to hear group members perform some of their writing live at the Winter Warmer.



Credit: work by Morfy



I've been coming for years. The group is part of my routine, I gain new skills and learn a lot of things here. I enjoy our community. We chat about the world. I feel safe and relaxed.



# In-person activity

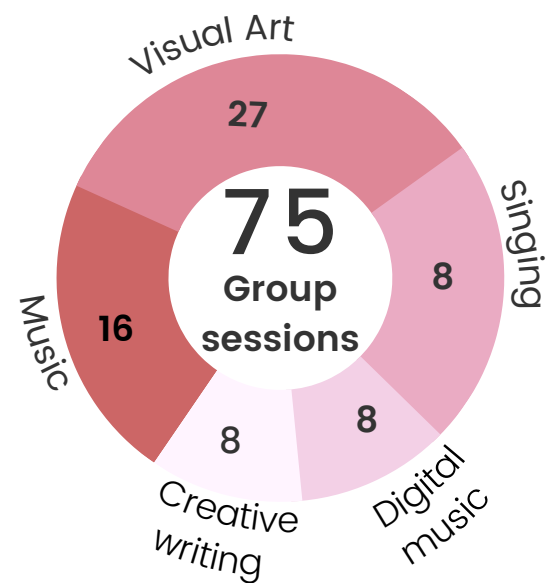


**51** individuals at welcome sessions

135 attendees at activities

1167 hours of activities with participants

2 new dance sessions trialled



“

I was in a low mood the other week and just thought I would give it a miss for once. My friend rang me and said that I had better come as this is what hoot do, creativity to make you feel good. Do you know I was pleased I did in the end because I felt a lot better by the time I was going home.

”

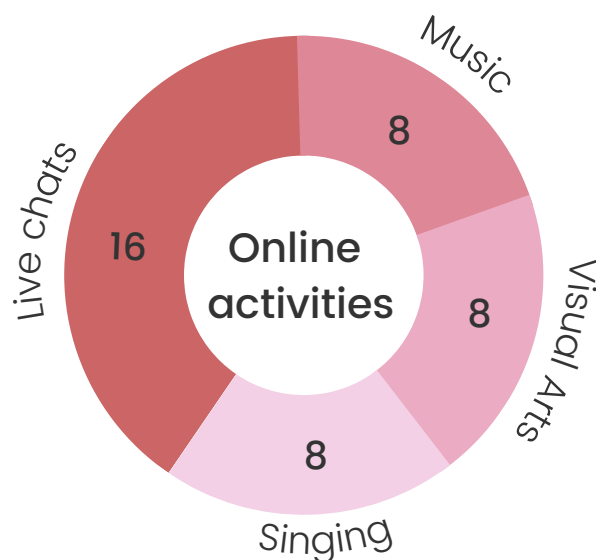
Credit: photos from hoot's Winter Warmer celebrations

## Outcomes

This quarter the CAPs delivered were first CAPs for people new to service - some people on further CAPs cancelled due to ill health - and thus we have no pairs of scores to make a comparison with. We had a number of great stories of progression this quarter: one participant who has been so anxious she hadn't left her house in over a year came to hoot music groups and – with staff support – contacted SPA, saw her GP and felt her condition stabilise. Other achievements by different participants include: starting an IT course; volunteering in a school; entering an art competition; getting a job and feeling confident enough to attend a gig.



# hoot from home activity



**28** participants took part in online activities



**518** hours of contact with participants online



82 comments/replies

83 new posts

346 visits to the site

**>8 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 on behalf of the CAMHS service to under 18's at hoot Huddersfield and in Batley. 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. This quarter one of these attendees turned 18 and made a referral to OOB.

**22** sessions



**63** attendances



**189** contact hours



# Breathing Space



Vic Cruz continued delivering sessions this quarter and used a range of techniques such as inks and paints on various textures including cotton fabric and paper. Participants made flowers from paper and card and bundled their works with a piece of printed cotton they created in the earlier sessions.

Dance artist Janetta returned to Breathing Space and members moved to music both familiar and less known. Janetta incorporated the movements of individuals into a lightly choreographed piece.

In Batley, Musician Dom Moore continued the music sessions and participants relished creating music together using his collection of unusual instruments from around the world. Visual Artist Vic Cruz took over and offered a similar repertoire of activity as she had at the Huddersfield group. Participants enjoyed the variety and having a go at things they had not tried before.



**Breathing Space was paused as a project from November 2022 to allow time to identify challenges facing the sector and strategise around how to increase reach and engagement across Kirklees.**



**16**

creative sessions delivered



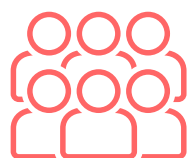
**> 85**

hours of contact with participants



**1**

new referral to the service



**14**

participants



A lot of fun and laughter for all.  
Very enjoyable for both of us.

- A Breathing Space participant





# Average impact of Breathing Space sessions



Data scores collected in Quarter 3 show continued positive outcomes for participants.

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.

“WOW!! M engaged throughout this session. She loves it.”  
– A support worker



Credit: photos from hoot's Winter Warmer celebrations

“J has engaged well. Also partnered with another member [who she'd never met before] and been great watching them together.”  
– A support worker



Credit: photo from the Big Draw Festival



Credit: photos from hoot's Winter Warmer celebrations

# People 😊 😊 😊



254

people accessing the services

*Outreach: 121*



121

people reached at Outreach events

29



people under the age of 35

*Unknown: 25*

114



people over the age of 35



42

people who consider themselves disabled



31

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

## What next?

We made the decision – with senior management – to increase the numbers in our digital music sessions as the requirement for a separate computer each was restricting attendance and generating a waiting list. We consulted current participants before doing this – to ensure they felt safe with more people coming – and kept all covid precautions in place. As well as reaching more people the creative benefits of collaboration are being enjoyed.

hoot had a high profile this quarter and we hope for subsequent referrals – we were present at the Lantern Parade, the Big Draw, the NHS Staff event and presented at 3 Working Together Better Mental Health Teams sessions.

hoot from home continues and has a steady turnout. Some of the participants in the live chats have never been to an in-person session and really appreciate the online offer as a way of being creative that suits their needs. We hope the online singing evening offer will generate referrals to hoot from new demographics.



## **hoot creative arts**

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Space are funded by

