

QUARTER 1/ APR - JUN 22



OUT OF
THE BLUE
&
BREATHING
SPACE

Credit: work by Mandy

Being creative
makes you feel good

Highlights

This quarter our group numbers slowly rose as people who used to come to **hoot** regain their confidence to attend, as new referrals find **hoot**, and as people access a mix of online and in person groups.

We worked in partnership with Aspire Creating Communities to offer a series of music outreach sessions within their groups based around the Queen's Jubilee which were very well received and generated interest in **hoot**.

The partnership events at EID and Carers' Day were both wonderful events to be involved with and 2 people attending the EID event signed up there and then to attend our programme of activities.

Our social media posts reached over 12,000 people; reaching on average 150 people each post. We saw an increase in followers and engagement via Instagram. We teamed our commitment to outreach and partnership events with a complimentary social media presence and a rolling post schedule to make people aware that activities were running following the lifting of national Covid-19 restrictions.

READ ALL ABOUT IT!



Our Dewsbury singing group featured in the Dewsbury Reporter ([click here to read](#)) followed by a feature on our Breathing Space group in Batley ([click here to read](#))

ASPIRE JUBILEE CELEBRATIONS



We partnered with Aspire Creating Communities to deliver outreach sessions to their groups across Kirklees for those aged 55+. Our in-house musician Rob Crisp led 7 music sessions followed by a wonderful Celebration event.

MY MYCELIUM



Breathing Space participants made plaster cast mushrooms and coated wire mycelium as their contribution to the prestigious Holmfirth Arts Festival's Art in the Landscape. They wrote [this song](#) to accompany the work.

EID CELEBRATION



Our visual artist Sally Barker ran a 'micro drawing' workshop at this event: attendees chose small discs of wood and engraved and decorated them with pens to beautiful effect.

PARTICIPANT PROGRESSION



A participant who used to attend Out of the Blue let us know that since leaving hoot and starting an arts course she now has an exhibition of her work. Her experience at hoot boosted her confidence and skill level and we are delighted to see her flourish.

Out of the Blue activities



MUSIC

Through the quarter our music groups – Huddersfield, Dewsbury and online - have all worked together on collaborative projects, taking inspiration from the idea of Spectrums. The online group created compositions using specific musical terms and vocabulary, which were then performed by the in-person groups. Online participants attended the Huddersfield group virtually, allowing them to contribute and comment on the pieces. This generated several pieces all on the same theme. The following half term we took this collaborative approach in a different direction, with each group writing a song, and then the other group creating their own cover of it. All of these compositions will be collected together for the next album.

The music tech group have been exploring how to link together computers and interactively jam together; the outcome being a new and exciting way that lets the Techknow group enjoy the communal music-making the way other groups do.

VISUAL ARTS

Art forms included mod-roc sculptures and casting plaster molds of natural materials. The groups also covered Mosaic making which involved learning technical skills around tile cutting and applying grout. A third visual arts group worked with artist Vic Cruz on using paper pulp, collage & stencilling to create small scenes that describe themselves.

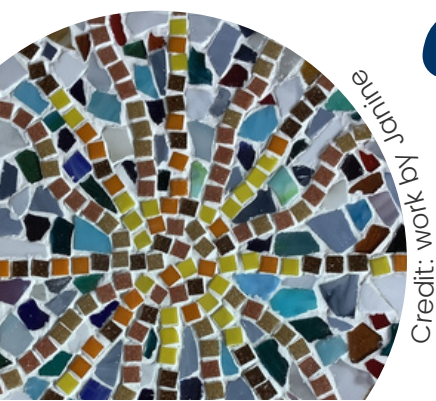
SINGING

The Huddersfield group explored songwriting: their take on topical **hoot** issues has been memorable and novel: 'Free the Kettle' was their protest song to bring back hot drinks that were flask-only due to Covid! The online group explored songs of the sea with space for improvisation and composition.

CREATIVE WRITING

The writing group have worked with Rose Condo to create their own personalised 'zines – a small, fold out piece of work featuring their writing that has been professionally printed for them to keep.

The group also looked at works by British poets as a starting point for inspiration.



I am so glad i have found hoot as i have grown so much from coming to hoot and getting the support from the staff [...] Now I'm putting hoot first before other things in my life as hoot has really helped me in lots of ways. Building up my confidence, building relationships, being creative.



Credit: work by Jorjie

In-person activity

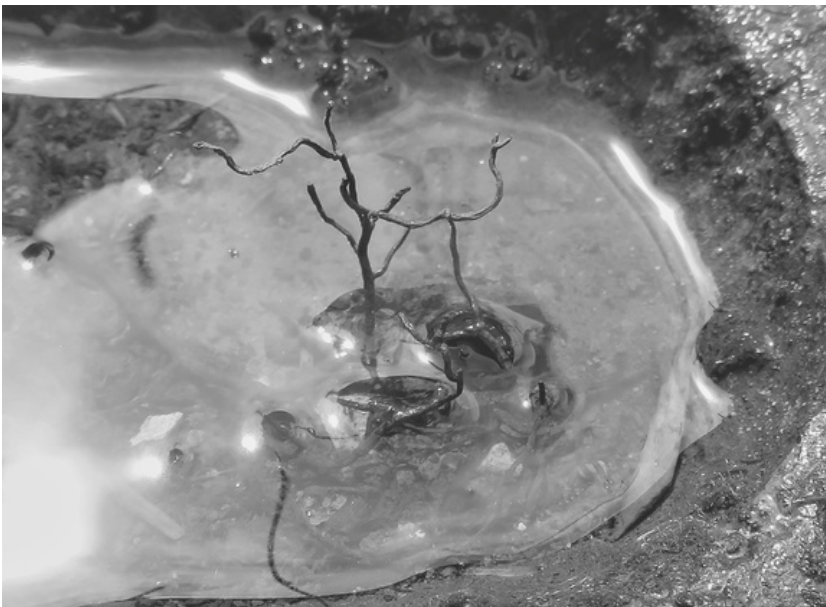
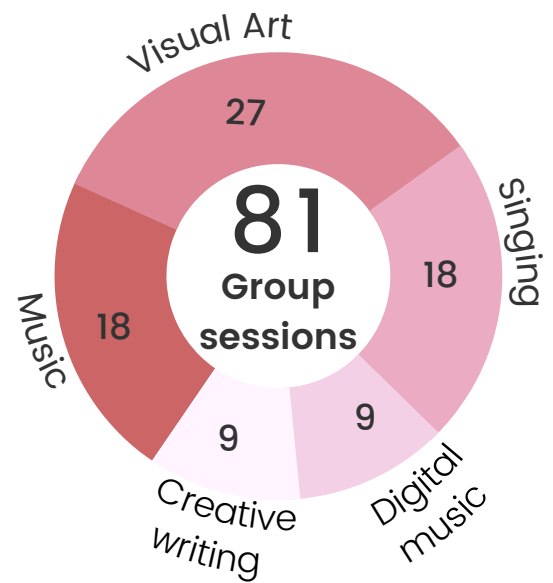


31 people received 1-1 welcome phone calls

91 attendees to in-person activities

898 hours of contact with participants

13 welcome sessions



Credit: work by Mandy

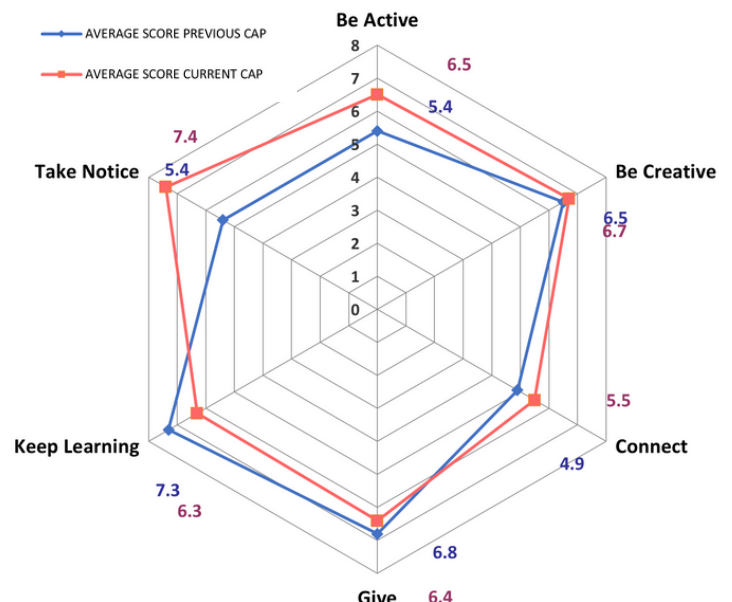


I love coming to this group, we have been welcomed by staff and the group. We have been so creative while we have been here. We have learned all sort of techniques and skills which we have never done before. We are regulars now as we like it a lot.

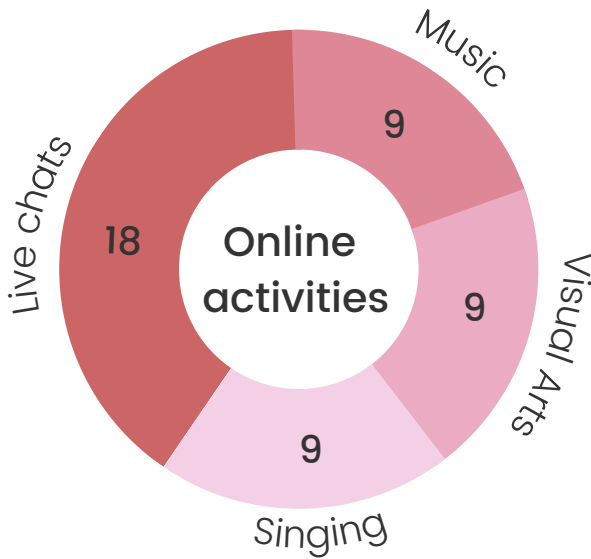


Outcomes

CAP scores were quite volatile this quarter. Keep Learning showed a fall but narrative feedback suggests that people did specify that they enjoyed learning new techniques but possibly people see the word 'learning' as formal and the beauty of **hoot** is that we ensure all techniques are taught in an accessible way that might be very far from people's experience of formal learning.



hoot from home activity



36 participants engaged online



584 hours of contact with participants online



81 comments/repies

150 new posts

465 visits to the site

>22 hours

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

Being creative at home

We spoke to 2 people who told us that the **hoot** from home website leads to them spending many hours offline being creative:

"Without **hoot** from home would you spend less time being creative?"

Brian: "Absolutely less time, probably to the point of no time at all. Main help has been providing a point of reference and provided some much missing motivation to be creative again. I have had a very difficult 10 years with both my physical and mental health. The desire to create had vanished from my being. The **hoot** "creative elements" have given me both motivation, support, and inspiration to rediscover."

Gemma: "Without **hoot** I would definitely do less creative work - several hours less - I'd probably just watch youtube videos and read books instead which I don't have anything to show for which has a bad effect on my mental health. The blogs give me the most inspiration because people can comment on my work, I can see others being constructive with their time and I can also get inspiration from them and have a brief conversation with someone if I want. The live chats and videos are really good"



People



197

people accessing the service

82 people from Outreach activities

310



calls made to 118 people

25



people under the age of 35

Unknown: 8

82



people over the age of 35



31

people who consider themselves disabled



35

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

What next?

Our priorities are around increasing group numbers. This delivery period covid levels were falling so we invited more people. The situation is ever-changing so we continue to be responsive to covid rates and participant safety.

The hoot from home platform has been well used – some people use it to complement in-person attendance, others use it as their main source of creative sessions. We encourage new referrals to access the online offer as a 'soft' first step if they are nervous about coming to hoot.

We are excited about the possibilities that having paid positions in WTB can bring to the offer. Developing these roles has been in process with the partnership collectively working on recruitment etc. We enjoyed partnership events for EID and Carers' Week.

Breathing Space

Breathing Space was again invited to contribute to Holmfirth Art Festival's Art in the Landscape which influenced the Huddersfield group activities this quarter. The theme was 'The ground beneath our feet' and artist Sally Barker worked with participants to create mushrooms and the connecting mycelium. Clay mushroom shaped molds were made & decorated with flowers and leaves, filled with plaster of Paris and a stick stalk inserted. Once the plaster dried the participants excitedly peeled away the clay and delighted in the revelation of their mushroom forms. Thin wire was threaded with lace or covered in paper and fabric to form the connecting mycelium.



Credit: work by Breathing Space participants

Photo by Sarah Branson

In Batley participants have enjoyed exploring a range of different visual art activities with artist Musarat Raza who is new to Breathing Space. Activities included embellishing ceramic tiles with alcohol inks, decorating keepsake boxes using decoupage, weaving on small cardboard looms and tie dying. Participants have enjoyed the variety of activity and having finished work to keep.



13

creative sessions delivered



96

hours of contact with participants



3 new referrals to the service



13

outreach and awareness raising sessions



Great session, everyone involved. You'd never imagine we'd be doing anything like this (weaving on cardboard looms). It was great that you (support worker) supported S to do the activity, it gave me a break – a breathing space.” (Spouse)



Average impact of Breathing Space sessions

Data scores collected in Quarter 1 continue to show positive outcomes for Breathing Space participants, consistently identifying relationship and benefits as the areas gaining most impact.

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
4.9	5.0	4.7	5.0

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



“
She enjoys coming and remembers every week and relays to family bits of what we have done.
(support worker)
”

“
She really enjoyed this session. She loves the company and doesn't feel a nuisance.
(support worker)
”



hoot creative arts

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