

QUARTER 4/ JAN - MAR 23

OUT OF
THE BLUE
&
BREATHING
SPACE

hoot
creative arts

Credit: work by Janine



Being creative
makes you feel good

Highlights

We kicked off the new year with a new dance group and an evening online singing group.

The importance of creativity on wellbeing has been recognised by employers this quarter – **hoot** has been asked to deliver staff wellbeing sessions for 2 large organisations. We delivered an afternoon of creativity at the Mission for NHS practice staff from the Tolson Primary Care Network. This was our second of these events and both were warmly received and well attended. **hoot** also delivered 3 workshops at the Kirklees College staff wellbeing day – an event that saw us delivering to 190 staff over one afternoon!

At both events we found that staff were interested to know more about attending **hoot** for their own wellbeing and to signpost those that they work with and we received extremely positive feedback.

Our social media impact continued to grow and we saw a sustained increase in engagement on Facebook and Instagram: Facebook reached 3776 people (an increase of 42% from Q3), Instagram reached 720 people (an increase of 50% from Q3).

Alongside our usual posts sharing creative opportunities and news we started the new year promoting the new activities coming to Out Of The Blue. We also shared our recruitment for a number of new staff members for the **hoot** team.

PROGRESS VISUAL ARTS



Progress and Connect strands returned in Visual Arts. One group had organically grown to become more independent with people wanting to focus their skills and work more autonomously. This approach allows for a diversity of experience and encourages those who feel ready to progress within their journey at hoot.

KIRKLEES COLLEGE STAFF WELLBEING



Witnessing people who might have fallen out of touch with their creativity engage and excel at activities – song writing, poetry and visual art – served as a poignant reminder of the scope of creativity on wellbeing and a fresh motivator to raise awareness about the impact of hoot. The feedback from 190 staff members was unanimously positive.

DANCE GROUP REVISITED



This quarter we built on a taster session offered in Autumn and programmed dance into the weekly schedule – Indian dance followed by pilates-influenced Movement sessions. These sessions had a small but dedicated group of attendees.

PRESENTATIONS TO NHS TEAMS



Working Together Better partnership continued to work cohesively to organise and deliver presentations. This quarter we delivered to our biggest cohort yet: 49 staff from the Kirklees and Calderdale Community Care group with positive feedback received.

NEW PROMOTIONAL KIT



We have lots to shout about at hoot and we have expanded our promotional materials to include “How to make your own inks and paper” activity sheets, a hoot branded mindful-colouring page and a new promotional pack including branded stickers, pencils and luxury teabags!

Out of the Blue activities



MUSIC

The 3 music groups all delved closely into the art of Sea Shanties this quarter: exploring how certain songs have changed over time as well as the connections between shanties and the songs of people who were traded as slaves and how this has impacted on our culture as a whole. We used these songs of loss and separation to create our own songs, talking about our own feelings towards the sea. The online group once again recorded their ideas at home and uploaded them to **hoot** from home to be mixed together, whilst the in-person groups recorded live versions which were then overdubbed to ensure the lyrics and instruments both had the space they needed to be heard.

The Digital Music group worked in the new Ableton-supported collaborative style that is groundbreaking for community music technology: individuals in the room responding to each other musically allows for a blend of independence and team working.

▶ [Click here to listen](#)

Vocals, music & lyrics by Jamie and anonymous hoot participant

VISUAL ARTS

Groups worked with 3 artists, artforms included: tote bags; Spring-inspired painting ; free drawing from the unconscious; wall hangings; silk painting. The online group is attended by both online-only and in-person participants with the groups showing each other the work they have created.

SINGING

Singing was led both online and in-person by Jess Baker, singing a range of acapella songs reflecting the seasons, from snow songs to spring songs as the year got brighter. A taster session for the online group brought new people in, and we hope to retain these numbers by continuing to promote this out-of-hours group.

CREATIVE WRITING

We welcomed a new artist, Emma Decent, who ran the sessions this quarter. Initially she focussed on colour, places and faces: lots of free writing, acrostics and 'kennings' (poems about self). Followed by the theme of 'Beginnings': looking back to inspire writing and culminating in each writer creating their own pamphlet.



Credit: work by Manoly



I am glad I came to **hoot** as I have managed to escape my thoughts and feelings for the past couple of hours. Thank you for your support it means a lot.



In-person activity

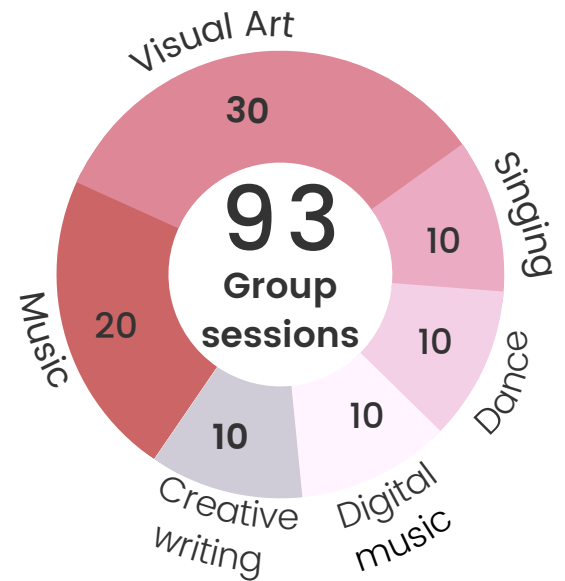


58 individuals at welcome sessions

92 attendees at activities

>1476 hours of activities with participants

1 maker space session trialled



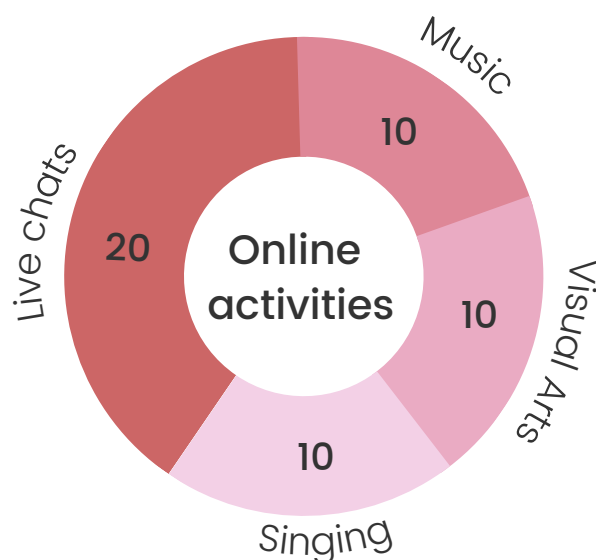
Credit: photos from hoot's Kirklees College wellbeing day

“ hoot's given me confidence, socially. I've fallen back in love with music again. hoot has had really positive impact on my lifestyle, really turned it around. I can't overstate how much of a good impact hoot has had.

Past participant and volunteer



hoot from home activity



31 participants took part in online activities



708 hours of contact with participants online



86 new posts

54 visits to the site

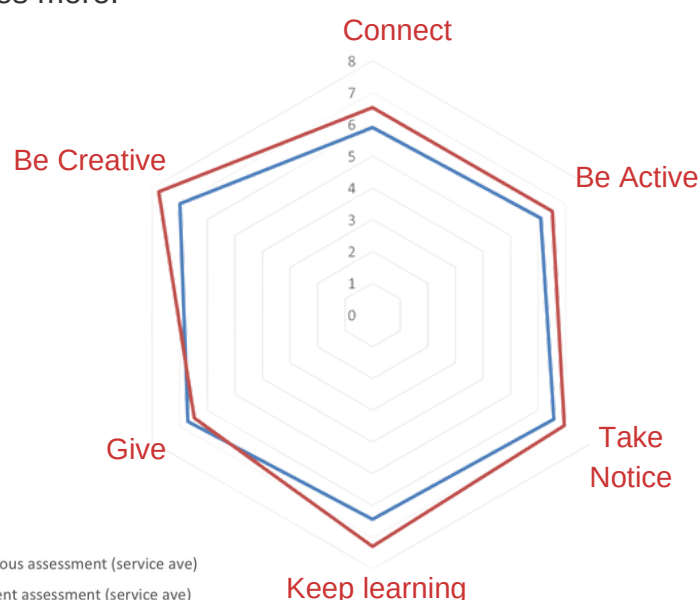
10 hours

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

Outcomes

The trend this quarter was for increased scores across all Ways to Wellbeing other than 'Give' which showed a slight fall. We are hearing about people still appreciating getting out after lockdowns, acclimatising to feeling safer and stretching themselves more.

Anecdotally people recognised some barriers and challenges that they still experience even whilst reporting an increase in their overall wellbeing which shows how much some people overcome to engage with a service like **hoot**. Comments included *"I am struggling with everything at the moment, attending **hoot** is the only good thing I do"* and *"I have a lot to get over before I can even get here. My anxiety is through the roof by the time i get here but it's worth it once i get down to doing the art work"*



Celebrating Participant Achievements

This quarter we are celebrating many achievements by participants: some might feel on a different scale to others but all were very significant to those involved.

One participant who had not left her house for a year post-covid and then in a significant step started coming to **hoot** last year now reports that after the **hoot** music session she felt so uplifted she decided to spontaneously travel to a nearby town – the first time she has left her local area in years. She told us that this was not without challenges – including a panic attack in a bathroom – but significantly she got home and felt immensely proud of herself:

"I DID IT!"

Someone else was delighted to share with us that her portrait was selected as one of the 'Portraits of Britain' winners – a poster campaign across bus stops in London that placed her in the company of people such as David Attenborough and Grayson Perry.

A **hoot** participant was a guest on the Jeremy Vine show talking about the Gender Recognition Act & another person has entered a visual arts competition.

A beautiful breakthrough came for one participant during the visual arts group, creating a piece of work they were very proud of -

"I have never felt this feeling before and it is lovely"

Added value

hoot has continued to deliver Creative Space sessions for young people on behalf of the NHS Children and Adolescent Mental Health Service (CAMHS). We delivered 14 sessions, with 41 attendances totaling 123 contact hours.

Breathing Space

An update: The Breathing Space groups are temporarily paused whilst a new manager comes into post and begins a strategic review of referral pathways and engagement patterns which will feed into a new programme. The new team member is starting on 11th April so we will have updates once they are onboarded and up to speed.



Credit: work by James S



People 😊 😊 😊



361

people accessing the services

Outreach: 233



233

people reached at Outreach events

24



people under the age of 35

Unknown: 11

93



people over the age of 35



36

people who consider themselves disabled



34

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

What next?

Our group numbers are climbing – we have increased the upper limit in each group whilst continuing with our other Covid-19 precautions around HEPA filters, ventilation and hand sanitizing. Our approach, similar to an ‘airline overbooking’ model, allows for the predictable gaps in attendance that occur due to issues out of peoples control such as health or anxieties. We still do require booking onto our sessions but the team are constantly monitoring this and adjusting available spaces accordingly. **hoot** from home continues to run alongside our in-person sessions and retains a dedicated band of attendees.

The Working Together Better partnership continues to work together closely – we gave 2 presentations to NHS mental health teams as well as forming a Strategic Steering group and an Operational group. These groups have different functions and we are currently bedding these in and developing a robust communication and link-up plan between the 2 groups with the outcome that this will maximise the impact of the partnership.

hoot creative arts

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