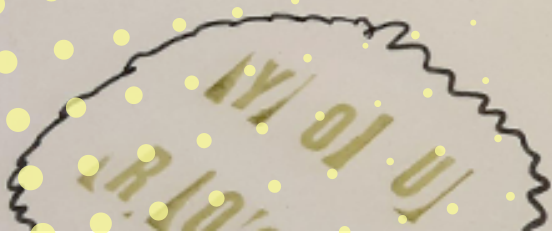


OUT OF THE BLUE & BREATHING SPACE

# Annual Report

2022/23





Being  
creative  
makes you  
feel good

# Introduction

**hoot creative arts** is one of the leading Creative Health charities in England and one of very few Arts Council England (ACE) National Portfolio Organisations to receive a significant uplift in funding for 2023–26. Being based in an ACE 'Priority Place' means we have the opportunity to build a more robust Creative Health sector in Kirklees. We continue to work with VCSE colleagues across Kirklees and West Yorkshire Combined Authority (WYCA), Universities and other cultural sector organisations to offer varied and high-quality creative engagement and progression for participants at **hoot**.

Our commissioned service comprises of 2 distinct strands of activity:

**Out of the Blue** is for those aged 18+ living in Kirklees with a mental health condition or wanting to support their well-being. This programme offers a wealth of creative groups and activities plus one-to-ones with experienced Creative Support Workers.

**Breathing Space** offers creative opportunities for people living with dementia to enhance their well-being.

Both strands of activity facilitate progression to greater independence and resilience, and support participants to live more enriched lives through their engagement with creative arts.



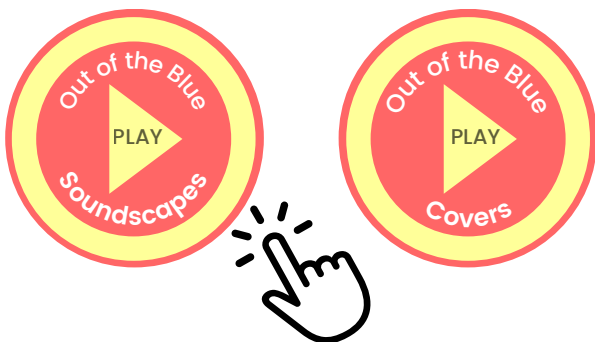


# Highlights

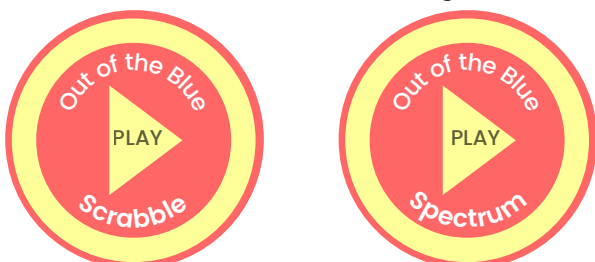
A combination of online and in-person groups has diversified our offer and artforms even further.

This year we delivered Indian singing; digital jamming; songwriting; cover versions; marionette puppet making; tote bags; silk painting; 3D landscapes; 'zine making; creative writing; sea shanties; mosaic and collage. Guest artists included poet Rose Condo, writing artists Emma Decent and Rachel Newsome, musicians Jess Baker, Satnam Galsian and Dave Jordan and visual artists Vic Cruz and Musarat Raza.

We held regular volunteer peer support sessions with our team of volunteers and checked in with them as the landscape around safe delivery continued to evolve.



click the play button to listen to the recordings



## hoot ON RADIO LEEDS



In-house musician Rob was a guest on Radio Leeds talking about the work hoot does as well as writing sea shanties with the presenter live on air

## EID CELEBRATION



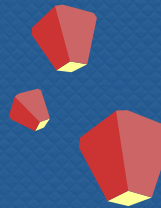
hoot visual artist Sally led lively workshops at a partnership EID event. 2 people signed up for hoot there and then!

## NEW PROMO KITS



Activity sheets, mindful-colouring pages and a new promotional pack including branded stickers, pencils and luxury teabags

## WORLD MENTAL HEALTH DAY



hoot ran a music making workshop at this wonderful event run by the Working Together Better Partnership [Watch the video](#)

## THE BIG DRAW FESTIVAL



A public event for a national festival at West Yorkshire Print Workshop drew in 53 attendees to create a large scale piece of art

## PROGRESS VISUAL ARTS



Based on demand we brought back our Progress group for those hoot participants keen to work more independently

## PARTNERS PRESENTATIONS



The Working Together Better Partnership delivered information sessions to all Kirklees Mental Health Teams increasing awareness of our community offer

# Challenges & solutions

From April 2022 the Out of the Blue service offered in-person sessions as well as an online platform - **hoot** from home developed during Covid lockdown.

By March 2023 this dual offer has settled into a robust and inclusive programme of activities. The simultaneous provision of online activities alongside in-person groups has given the best of both worlds for accessibility and person-centred support.

This year has seen a phased approach to returning to 'normal' and any changes we make are always in consultation with people using the service. We are aware that people may have health vulnerabilities so we started the year with restricted group numbers, 2m distancing, masks encouraged, hand sanitising requested and a HEPA filter in every creative space. The balance of using a booking system whilst allowing for non-attendance has been tricky but our Creative Support Worker team have been sensitive and responsive to maximise both numbers accessing the service and safety in the groups for participants and **hoot** staff.

As we start the year 23-24 we have flexible Covid protocols supporting safe service delivery: we have an established online platform to deliver remotely whenever needed but will deliver in person groups safely to increasing numbers of people when possible.

Credit: work by Mandy

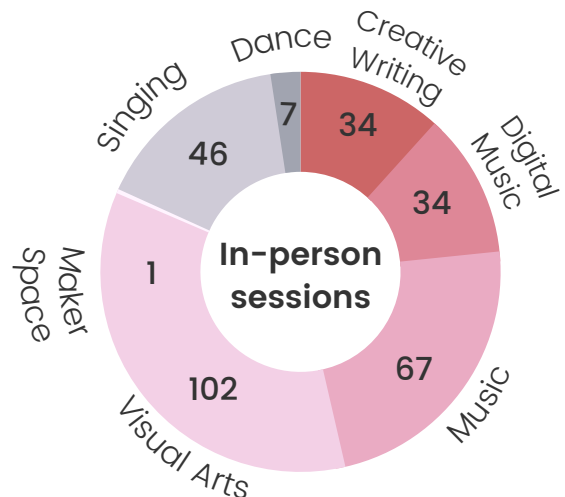


Credit: work by Janine



# 250

people accessed the Out of the Blue service



1253 participant phone calls

50 welcome sessions

18 outreach events

28 awareness raising events

5 volunteer trainings



# hoot from home



68 Live Chats  
34 Music  
34 Visual Arts

34 Music  
34 Visual Arts  
34 Singing



## Working Together Better Partnership Development

The Partnership comprises seven voluntary sector organisations: Carers Count, CLEAR, **hoot creative arts**, Richmond Fellowship, S2R, Touchstone and WomenCentre; commissioned by Kirklees Council and NHS West Yorkshire Integrated Care Board.

We are Working Together Better to:

- Improve community mental health services for people & with people
- Ensure services are accessible to all
- Increase positive outcomes
- Enable independence and resilience
- Increase prevention & early intervention

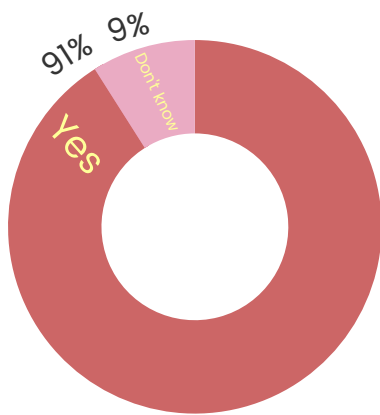
As a partnership we meet monthly to progress these aims. Some areas of work we have focused on this year are:

- We worked with the council to develop the 'Open up' web page on the [Live Well Kirklees website](#).
- We have published quarterly Your voice in Kirklees newsletter. [Click to view](#).
- We developed a Working Together Better presentation detailing the work we do together and as individual services. We used this to promote at several statutory and 3rd sector services in Kirklees. Overall reaching 80+ referral partners.
- We delivered a number of events in the community together such as Lantern Parade for World Mental Health Day, Pride, and Shine – an event celebrating creativity in mental health. All with a view to raising awareness and reducing stigma around mental health.
- We offered the BIH app free of charge to our clients across the partnership.

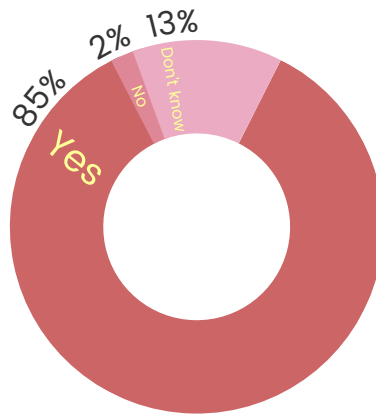
# KPI highlights

An annual survey was completed by participants in order to measure the Key Performance Indicator's outlined in the service specification. The questions asked directly relate to well-being, community, connection and mental health with the answers being resoundly positive about the impact of **hoot**.

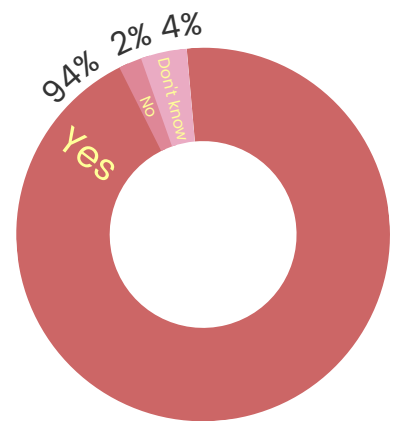
Has being involved with **hoot** this year had a positive impact on your overall health and well-being?



With **hoot** in your life, do you feel that you can cope better with your mental health issues /well-being?



Has being involved with **hoot** this year helped to reduce isolation?



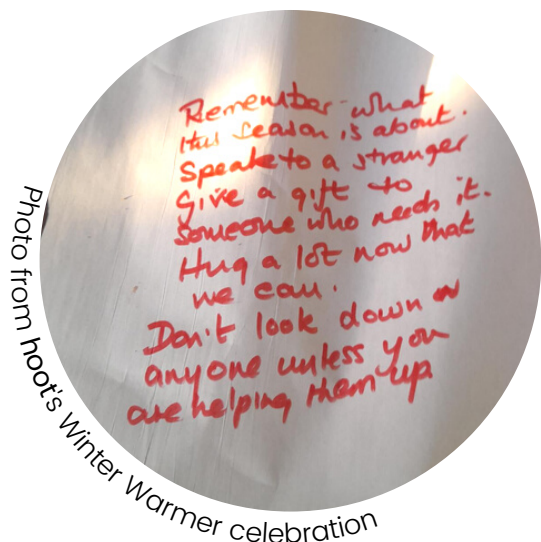
## Participant Voices

Participants continue to highlight how important the dual offer of online and in-person sessions is to them in providing varied ways of socialising and connecting with others. For many this has been a prolonged period of lockdowns, distancing and loneliness and participants recognise the additional benefits of a service like **hoot**'s and the support we offer outside of the creative activities.

**Jaya** said, "I'd have very little to go into the outside for without **hoot**, including the hoot from home site because it means it isn't something I do once a week on a Tuesday morning and that's it - it's there every day. I've

got social anxiety so need to confront it head on which includes getting there which is challenging and **hoot** enables me to mix with others. It's also a sanctuary where I feel welcome and safe and happy regardless of what's happening outside."

**Tim** said, "I live alone and do not have many people in my life so going to **hoot** makes me feel less isolated as it gives me the chance to spend time around other people which is really important to me"





For **Gill**, attending **hoot** has given her the information and guidance she needed to access different types of support for her mental health and well-being. “[**hoot** has] given me SPA [Single Point of Access, mental health crisis] number – Got me contacted with professional help and medication. Now they have put me in contact with a buddy service to travel to the singing group in Huddersfield.”

“It’s nice to know that I have the regular class to go to as it makes me feel less isolated, and sometimes there are extra events on different days so it’s always interesting as there will be new things and art skills to try every term,” **Mohammed** told us.

All names and identifying details have been changed



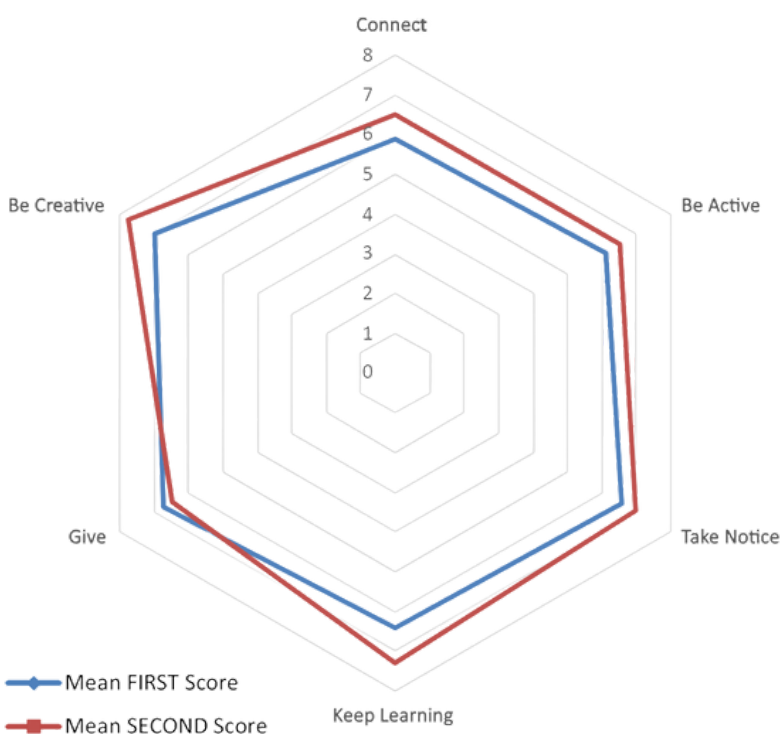
Credit: work by Janine



Photo taken by hoot during a group

# Outcomes

Participants co-produce a Creative Arts Plan (CAP) with a Creative Support Worker. This is a discussion around someone’s goals and achievements using the 6 Ways to Well-being as a framework (5 + Creativity). External evaluator Luminaire analysed all CAPs and the excerpts overleaf are from their report.





# Ways to well-being

## BE ACTIVE

Popular ways to be active were walking, yoga and gardening with one person sharing that coming to **hoot** encouraged them to get out more. Some people shared that pain and health problems are barriers to being active.

"I am getting about more now, coming here is motivational."

## BE CREATIVE

Be Creative was the area with the largest improvement in scores. There was a wide range of ways in which participants were creative including playing instruments, baking, painting and interior design.

"I've started to play music at home now, due to **hoot**."  
"**hoot** has encouraged me to do something constructive with my time and creativity."

## CONNECT

Although people have started to connect more post-pandemic, there has been a lasting impact for some with anxiety and cognitive challenges meaning people are not connecting as much as they would like. **hoot** online sessions continue to bridge the gap for people not ready to attend in person.

"Struggling. The only good steps I have taken are attending **hoot**'s online sessions & now I have managed to start coming back to **hoot**."

"I feel connected at **hoot**, it really makes me feel part of community."

## GIVE

Comments suggest that the cost-of-living crisis is having an impact on people's capacity to give, both financially and emotionally as people's mental health has been affected. Some people are finding ways to give by supporting others at **hoot** sessions, helping neighbours and in more formal voluntary roles.

"I observe people's work and give praise."

"I cannot give as I have nothing to give right now. I am clutching for help."

## KEEP LEARNING

People shared how being encouraged at **hoot** to give something different a try inspired them to go on to learn new skills ; these include song writing, musical instruments baking, cooking, photoshop and model making.

"I'm using **hoot** from home a lot and learning tons. I'm sharing my work on there also."

## TAKE NOTICE

People shared both the positive and negatives of noticing their surroundings. A positive was noticing an improvement in well-being following a **hoot** session and a negative was feeling anxious and overwhelmed by noticing too much.

"I take notice of myself before and after the sessions, I'm always very happy when I am leaving **hoot**."



# Breathing Space

Post-covid, it has been fantastic to move past our phone support service back to in-person delivery and for those that have been able to return it has been extremely beneficial in terms of reducing social isolation, returning to a supportive community and resuming a routine. Hoot have brought back together our team of highly experienced creative practitioners and have expanded to work with new artists that have responded inspiring to working with people with dementia.

Our programme for 2022/23 has again been richly programmed with regular visual arts and music sessions, plus additional opportunities for participants to creatively contribute to festivals and exhibitions. This has meant that people with dementia have been showcased positively as has the importance that engaging in creative activities has to enhance well-being and function.

Sessions in Batley and Huddersfield have covered a range of artforms and mediums, new artists have brought activities that participants have not tried before such as; dry point printing, tile design and choreographed dance. Unfortunately, numbers did not grow in the Batley group, and numbers dropped so low (due to health decline and death) in Huddersfield that the decision was made to pause all Breathing Space delivery and take time in the last Quarter to reflect and learn from the previous Quarters' delivery, re-focus and replan.

“ WOW!! M engaged throughout this session. She loves it. ”  
- Support Worker

## Highlights

### DEMENTIA ACTION WEEK 2022



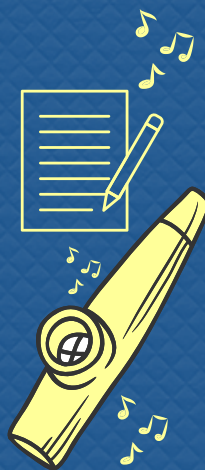
Breathing Space was part of the Dementia Roadshow and Wellness Bus that toured around Kirklees. Many people stopped by and chatted with us.

### HOLMFIRTH ARTS FESTIVAL

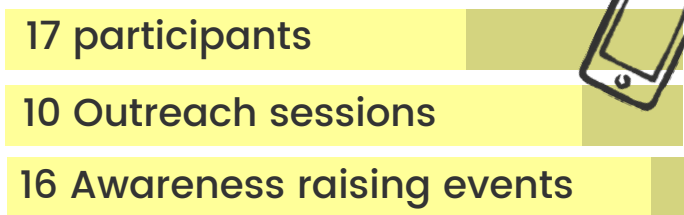


Breathing Space was invited to be a part of the programming for 'Arts in the Landscape; The Ground Beneath our Feet' which themed the Huddersfield Group's activity. A fruiting network of mycelium was created with plaster mushroom sculptures of all shapes and sizes.

### ORIGINAL SONGWRITING



In-house musician Rob led sessions in singing and songwriting on the theme of sleep and dreaming. Inspired by 'Dream a Little Dream', the group delighted in singing together and playing on homemade kazoos. They progressed to composing and performing their own dream themed song.



“Great session, everyone involved. You’d never imagine we’d be doing anything like this”  
- Carer

# Impact

Numbers of participants dropped this year and in Quarter 3 the decision was made to put delivery on hold. Those remaining Carers and participants did continue to identify a good level of impact for Breathing Space and shared that the sessions still had a significant impact across the four outcomes.

Carers completed a six-weekly feedback form, the table below indicates the degree of impact.

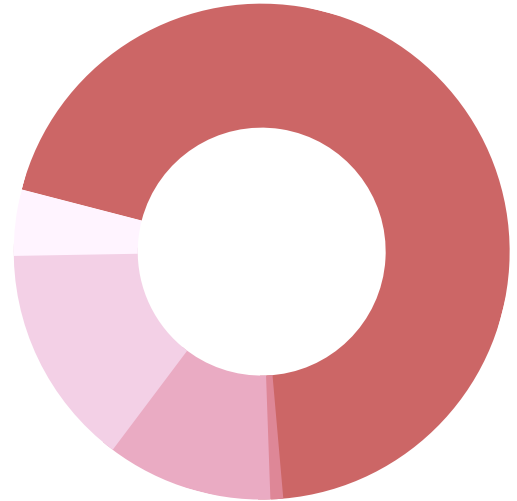
Average Impact of Breathing Space Sessions	No impact		Moderate impact		High impact	
	0	1	2	3	4	5
<b>Communication</b> between you and the person you care for						✓
<b>Relationships</b> between you and the person you care for						✓
<b>Involvement</b> how well the person you care for involved themselves					✓	
<b>Benefits</b> for the person you care for						✓

Data scores collected over Quarter 1, Quarter 2 and Quarter 3 (delivery paused for Quarter 4)



# Finance

Staffing costs (inc in house artists, other salaries & management)	65%
Overheads/General Running Costs	2%
Project costs (includes materials, equipment, Artists fees etc.)	13%
Premises (rates, rent, maintenance)	10%
Other staffing costs (travel, external supervision, training)	<1%



Kirklees Council	£175,059.92
NHS CCG/ICSS	£28,572.80
Underspend b/f from previous year	£30,293.61
<b>Total income available</b>	<b>£226,797.32</b>

# Vision

## New Ways of Partnership Working

Due to low numbers, our dementia service 'Breathing Space' has been on hold. During this time we have revisited our model of delivery and explored new ways of working. This final year of delivery will be one of piloting new ideas and new connections. From July onwards **hoot** will partner with Kirklees Dementia Hub in the adoption of 'Thursday Group', a young onset dementia group in Huddersfield. **hoot** will co-design and deliver a holistic creative programme that is flexible to meet the needs of the group and give volunteers the opportunity to develop creative skills to lead on activities.

## Developing Services




Taster sessions with new partners have been delivered in North and South Kirklees, with potential for regular sessions happening from late-Summer.

## Training and Awareness around Creative Dementia Services

We are developing 'Out of the Box' creative skills training for group leaders and volunteers to build confidence, develop skills and become more sustainable to lead on creative activities with groups. This training will also be available as an open workshop from March 2024, and will be an opportunity for VCSE, professionals and students to gain a better understanding of the application and impact of arts and creativity on health and care provision.

Out of the Blue & Breathing Space are funded by



   **hoot creative arts**  
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 01484 516224 | [www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)

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