

QUARTER 3 / OCT - DEC 23



OUT OF
THE BLUE
&
BREATHING
SPACE

Credit: Lucy G



Being creative
makes you feel good

Highlights

This quarter the groups enjoyed creating work to exhibit and showcase to others at [the Winter Warmer events](#).

We are proud to have achieved Level 2 [Quality 4 Health and Wellbeing](#) accreditation this quarter. Participants and volunteers met the assessor and gave fulsome feedback which fed into the process and result.

We paused the online music group due to low attendance and we are currently undertaking a piece of work to develop ideas on how to relaunch in the Spring with a time and offer that attracts more participants.

hoot continued to work closely with the Working Together Better partners – delivering an awareness raising session to the Mental Health Providers Forum. We also featured in both the [Autumn and Winter editions of the Your Voice in Kirklees newsletter](#).

We opened [volunteer recruitment](#) this quarter and we expect to welcome new volunteers to the creative groups in quarter 4.

Our social media saw continued growth across platforms We particularly saw a sustained increase in followers and engagement on Facebook and Instagram.



Try The Trains

hoot partnered with Northern Rail to go out and about on the railways in this project to increase confidence in travelling independently.



Winter Warmer



Our annual festive party and showcase events were as warming and wonderful as ever. Groups sang, played music, exhibited art and got creative together all whilst enjoying warm drinks and mince pies in a welcoming and celebratory atmosphere.



The Big Draw

We participated again in this annual nationwide event to get people drawing. hoot ran a workshop in partnership with the West Yorkshire Print Workshop attracting over 30 visitors all enjoying exploring the theme of 'Drawing With Senses'.



Pop up art sales!

Earlier this year hoot partnered with Learn Create Sell (LCS) to offer laser cutting/ product creation workshops. Before Christmas, 3 participants took part in LCS' pop up art shop in Huddersfield town centre and successfully sold their products there.



Social media engagement

We reached 1000 followers on Instagram and our Facebook engagement went up by 39%. With so many new workstreams and projects at hoot we have lots to shout about online.

“ Love it all! The company, the chat, laughter and of course the SINGING - challenging, fun, [...] uplifting, encouraging. ”

Out of the Blue activities



MUSIC

In a first for **hoot**, the music groups focussed on Soul Music – taking inspiration from Motown and classic soul tracks to create their own. This led to an album of original soul compositions from both the Huddersfield and Dewsbury groups with songs performed or recordings played at the Winter Warmers. [Click here to listen.](#) ✨

The Progress group work more independently and they have been jamming and rehearsing and are now developing their first album: Mindbender.

The digital music group has branded this quarters' theme as 'The Playground' and have used Ableton to learn more about beat programming, melody and bassline creation, and loop functionality. Their tracks were played at the Winter Warmer.

VISUAL ARTS

Sally led sessions designing and painting on ceramic plates. Participants created beautiful and unique designs in response to original patterned plates sourced from charity shops. They experimented with tracing and carbon paper, ceramic paints and permanent sharpie pens. The plates were showcased at both Winter Warmer events.

SINGING

Jess returned to running in person sessions for **hoot** – extracting beautiful sounds from a mixed group with harmonies and songs from around the world. Online singing hosted Tembre De Carteret with a wide variety of songs. The singing group performed at the Winter Warmer in Huddersfield.

CREATIVE WRITING

The group worked with artist Rachel to explore the theme of 'Winter Magic' through a series of playful writing exercises that included writing from life, poetry and short stories in order to create their own Winter tales. Participants had the opportunity to read out their work at the Winter Warmer and join in a writing exercise.



Credit: Mandy

“ I wanted to find a new challenge so I got my guitar back after years to try to remember how to play. This music group is perfect. I am a full-time carer and work so this group really supports my mental health and sense of wellbeing.

”

In-person activity



WELCOME!

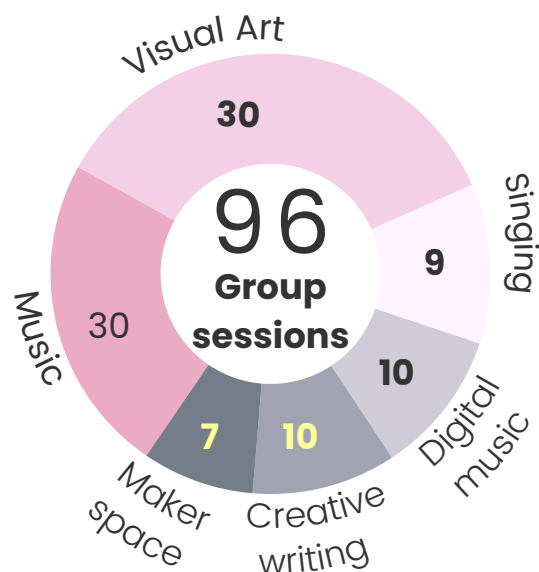
46

individuals at
welcome sessions



124

attendees at activities

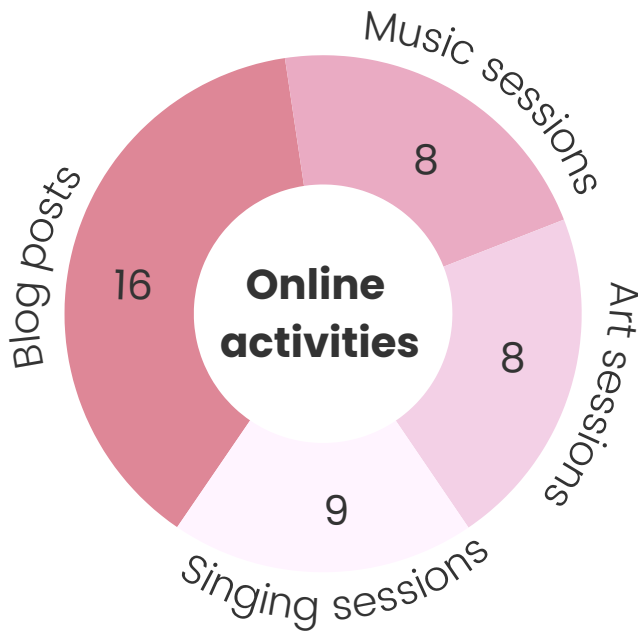


Photos from Winter Warmer



“ I really enjoy coming to **hoot**, It gets me out of the house and gives me a chance to talk to other people which I otherwise don't do often. I feel like it is a really inclusive space where we feel welcomed and supported. The activities that we do are great, and I love having something to work towards while allowing creative ideas out. All of this put together really helps me improve my mental health. ”

hoot from home activity



29 participants took part in online activities



460 hours of contact with participants online



10 hours

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

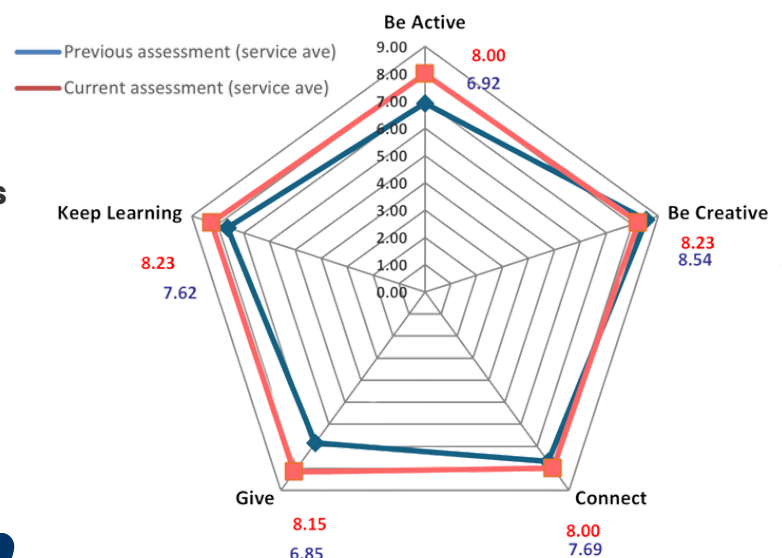
42 new posts

219 visits to the site

Outcomes

The trend in Outcomes measured this quarter was for an increase in most Ways to Wellbeing scores with a particular rise in the 'Give' measure once again.

“ Fun sessions, great being social with other peers in the group. The sessions are creative, and I get immersed in it. ”



Added value

The Creative Pathways Project delivering creative groups for people with learning disabilities – continued delivery with sessions in Enfield Down and Laurel Court. There were 11 sessions, 33 attendances and 66 contact hours.

hoot's Health & Wellbeing programme for Kirklees Year of Music 2023 delivered 36 sessions including library sessions, Speak our Music events, industry artist wellbeing training and a club night for people with learning disabilities. There were 116 attendances totalling 232 contact hours.

Building confidence in train travel – Try the Trains project

This quarter we worked in partnership with Northern Rail and Community Rail Lancashire to offer tailored sessions to enable people to feel more confident and enjoy the social, economic, artistic and health benefits that our rail network can offer. CRL has invested in building accessibility and one approach was to develop a training series that could be transferred onto different rail companies and to different cohorts of people.

Our resident musician Rob Crisp had undertaken this training as a freelancer and was approved by CRL as a lead trainer. He then worked with Northern Rail (who funded this project in the Kirklees/Calderdale area) to deliver the programme to groups of homeless and young people, exploring scenarios through interactive workshops, resource sharing and graded exposure on the railways all in a safe, emotionally supportive environment.

At **hoot** we utilised Rob's skills to offer this project to participants. There was a lot of interest in the project which suggested the depth of anxiety around travel and the subsequent opportunities that people feel they miss out on.

The project consisted of 6 sessions: 3 of them were at **hoot** – talking through barriers to travel, trying to lower anxiety ahead of the trips, planning the trips together – and 3 were out on the trains.

The trips were very much co-produced with group members working out how long they felt they could travel for, the timings of trains, connections etc Journeys included Halifax, Penistone and Hebden Bridge and the funding included a lunch allowance for participants so each trip involved a much needed sustenance rest!

Creativity was never far away with the group using small but significant artistic aides to lower their anxiety when travelling – drawing, playing ukelele, low volume singing etc.

The project was a success with people reporting increased confidence and assurance in their ability to travel as well as a real sense of community support emerging amongst the group.



Photos from the 'Try the Train' project

Breathing Space activities



Thursday Group

The new model of delivery with this group is going well. The participants are enjoying the varied range of activities and the volunteers are now on board with the new way that the group is run. We are confident that this model can be replicated with other similar groups across Kirklees and have begun identifying potential groups/organisations to develop an offer for via our introductory taster offer.

For this group we have reviewed how we will gain evaluation, as carers do not attend and there are too many people attending to have a 1:1 with. We have trialled a few evaluation techniques but have realised that it needs to be stripped back, as we need something quick due to limited time and focus. We will be trialling a scale prompt poster in the next month.

“ Thanks so much for running the sessions it makes a massive difference to people like me

- Thursday Group member



Salty Sea Dogs (*words by Thursday Group*)

When I was little I went to Filey,
and seagulls nicked my chips.
Fishing boats out to sea,
and it left my belly rumbling.
Salty, sea dog, taste the air.
Mussels and octopus, prawns and crabsticks
waiting for me there.

When I was little I went to Scarborough,
and seagulls nicked my chips.
Donkeys climbing up the cliffs,
and it left my belly rumbling.
Salty, sea dog, taste the air.
Mussels and octopus, prawns and crabsticks
waiting for me there.



Movement

The monthly chair yoga session is consistently well-received by group members. Despite initial grumbles, the intentionally challenging range of motion is adapted to each member's abilities. This not only allows volunteers to identify stiffness or changes in movement/concentration but also serves as an opportunity for a wellbeing check.

Photos from the Breathing Space Thursday Group



Visual Arts

The group have settled well with a regular artist who has been tailoring their sessions to meet the ability of the group in terms of the motor skills and has been challenging them to try to be bolder in their choices in terms of colour and application. Participants have been creating pieces to take home and for next year we will develop ideas together for collaborative pieces.



Music

Clashing schedules kept our artist Rob Crisp away until Autumn. The wait was worthwhile, as the entire group, including volunteers, were enthusiastically swept up by his sea shanty session. Together, we wrote lyrics inspired by childhood trips to the seaside against a live score of percussion, ukulele, a whistling solo and lots of laughter, our salty sea dogs had a whale of a time!



Trips



9 Nov 2023

Our first trip out was a chilly one! A November afternoon out to the Yorkshire Mining Museum including a guided walk through the underground pits. The group really enjoyed learning about the history of the mine and asking lots of questions. The cups of tea were well earned when we saw daylight again.



7 Dec 2023

The year closed with a Christmas meal, it was quite the squeeze as the whole group and volunteers attended. It was a touching reminder of how close the group are and the support that they give each other, For many members of the group this will be the only Christmas gathering that they will have.



People



183

people accessing
the services

Outreach: 31



34

new referrals to
the service

24



people under the age of 35

97



people over the age of 35



67

people who consider themselves
disabled



67

people with autism, dementia,
a learning disability, or other
hidden disability

What next?

New Ways of Partnership Working

We're evaluating our first-year partnership with Kirklees Dementia Hub. Successful recruitment of a new group facilitator positions us for a smoother second year. A co-designed program for the group's transition is set for development in February.

Developing Services

Communication halted with the Dalton Group due to a volunteer lead becoming unavailable. Consequently, we invited new groups for creative session tasters. Collaborating with the Royal Voluntary Service, we'll provide sessions for their groups in Kirklees and Gwennie's Getaways in Slaithwaite.

Training and Awareness around Creative Dementia Services

Volunteers at the Young Onset Thursday Group underwent 'Out of the Box' creative skills training in October. Led by Estelle and Sally, our in-house artist, this session enhanced group understanding of our creative methods. We aim to finalise activity card copy and overall resources by month-end. This pilot explores DIY/Progression for Breathing Space routes, updating our awareness training offer.



hoot creative arts

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