

Creative Links End Of Year project Report 05 06

1. Project Outline

History of the Creative Links Project

During 2001, **nesa**, Rethink, Bath and North East Somerset Social Services and the Avon and Wiltshire Mental Health Partnership, NHS Trust ran a successful project called 'Sounding Out'. Freelance musicians were contracted to run various musical workshops for people with mental health challenges.

The response from the project's participants was very encouraging and led to discussions with the newly formed Bath and North East Somerset Community Mental Health Network, regarding future arts opportunities within this field.

It became evident that what was needed was an arts programme that encapsulated the ability for individuals to progress – offering a stepping stone to support individuals, who were well enough, back into local education/arts provision.

April 2002, National Institute of Adult Continuing Education (NIACE) funded the first 'Creative Links' project, with an investment of £60,000 from its Adult and Community Learning Fund, over a two year period.

Following the success of the first Creative Links Project, **nesa** embarked on seeking further funding to run a Creative Links II with a more flexible structure, which would allow it to meet the varying needs of its participants. Despite applications to several appropriate funds, **nesa** did not secure the level of funding to sustain the project at its previous scale.

An initial £6,293 was invested by Bath and North East Somerset's, Social and Housing Services. With which, the steering group decided to deliver a series of arts workshops to three groups over the summer 2004. Information, Advice and Guidance (IAG) work, was to be focused on one of these groups, a ceramics group based in a local Community/Youth Arts Venue.

Bath and North East Somerset's, Social and Housing Services have continued to fund the Creative Links project in 2005 and 2006. The following report outlines the projects that took place in the period April 2005 to March 2006

2. Context

Partners

- **nesa**
- City of Bath College;
- Avon and Wiltshire Mental Health Partnership, NHS Trust;
- Bath and North East Somerset Social and Housing Services;
- Rethink.

Participant profile

The Creative Links projects include people who have mental health needs and who have been or are supported by the mental health Services in Bath and North East Somerset.

Creative Links 0506 Overview

Creative Links is an arts based learning programme for people with mental health challenges in Bath & North East Somerset. Experienced professional artists work with participants to support their progression from workshops within the safe environment of a mental healthcare setting, to their active involvement in arts projects and courses within local colleges and arts/community venues. Through partnerships with Education, Health, Employment, the Voluntary Service and the Arts, the project promotes independence and improves quality of life for the projects participants.

Participants have opportunities to learn new skills, giving them confidence, self-esteem, stimulating social interaction, promoting independence and improving the quality of life of the participants.

Addressing social exclusion through local community involvement in this supported and structured way can assist in more effectively maintaining participant's independence and promote relapse prevention.

The Creative Links Steering group developed a programme of arts activities based on feedback and consultation with participants which have contributed to the projects engagement and progression courses throughout the year.

The project ran 55 workshops in total during 0506 which included the following art forms: Sculpture and Model Making, Ambling and Digital photography, Ceramics for Beginners and Intermediate Ceramics. Taster courses in Creative Sculpture, Felt making and Creative Music making.

Support for the sessions has been shared between Social and Housing Services Mental Health Team and RETHINK. Two of the taster sessions have been held at the Genesis Centre, Green Park, Bath

Many participants contributed their work to the successful World Mental Health day Exhibition in October 2005 which was viewed by over 200 people.

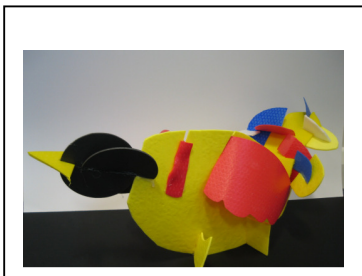
Participants quotes:

'A real sense of achievement also a great sense of community.'

'It was very beneficial for meeting people and communication.'

'I feel creative work is a wonderful outlet and helps people express their inner feelings.'

100% of students said that that they were very satisfied with the Creative Links course



Creative Links aims to provide:

- Progressive arts learning experiences for people with mental health needs throughout Bath and North East Somerset
- Support to move people from discreet provision within the safe and known environments of mental health care settings to participation in arts projects and courses located in local colleges, arts and community venues
- Opportunities to learn new skills, giving the participants confidence and self-esteem
- Stimulating social interaction promoting independence and improving the quality of life of the participants

Process of development

Stage 1

- The Project would run 'taster workshops' with the user groups to identify specific arts interests and aspirations;
- Courses would be designed by artists, and chosen and developed by the users of mental health care services and the service providers;
- The Network would train freelance arts workers in how to teach people with mental health difficulties, and use them to deliver the courses; and
- A summer showcase would exhibit the work produced in the taster workshops and introduce information about local arts/educational opportunities.

Stage 2

- Stage 2 activities would be designed for those participants of Stage 1 who were able and willing to progress to new skill levels and to gradually move from their mental health setting to a more formal learning environment;
- A longer set of workshops would be run in an art form chosen by the group, utilising specialist equipment in arts/educational venues;
- Continuity and support was to be provided by the arts workers and support workers accompanying participants to the new arts/education venues; and
- The product of the workshops was to be showcased at a World Mental Health Day Exhibition in Bath.

Stage 3

- Working with the mental health groups, the Project would individually assess participants to identify and encourage those able to take part in the final stage of progression; and
- Stage 2 participants would be supported (with Information, Advice and Guidance, as well as practical and financial support) in progressing to courses/arts activity based entirely at a college or arts venue.

Project management/responsibilities

nesa

- To increase the quantity and quality of creative opportunities for people with mental health challenges
- To promote the arts as a means of supporting the progression of people with mental health needs back into the wider community
- To promote the arts as a means of enhancing and developing a sense of well being in people with mental health needs
 - To gain training for local artists to work in the field of mental health
 - To strengthen links between mental health care projects and mainstream arts and education provision
- To ensure that the project supports long term development in this field
- To consider the sustainability of the project and look for further funding to continue providing creative opportunities to people with mental health challenges

City of Bath College

- To increase participation in learning by people with mental health needs
- To support the progression of people with mental health needs back into mainstream education and training
- To promote arts based learning as a means of enhancing and developing a sense of well being in people with mental health needs
 - To access training opportunities for tutors in working with people with mental health needs
 - To strengthen links between mental health care projects and mainstream education provision
- To ensure that the project supports long term development in this field
- To consider the sustainability of the project and look for further funding to continue providing creative opportunities to people with mental health challenges

Avon and Wiltshire Mental Health Partnership, NHS Trust

- To increase artistic activity within the field of mental health
- To enhance and develop a sense of well being for participants
 - To strengthen links between mental health care projects and mainstream arts and education provision
 - To increase access to artists and tutors who have undergone training in a basic understanding of mental health
 - To strengthen links between mental health care projects and mainstream arts and education provision
 - To ensure that the project supports long term development in this field
- To consider the sustainability of the project and look for further funding to continue providing creative opportunities to people with mental health challenges

Rethink

- To increase artistic activity within the field of mental health
- To enhance and develop a sense of well being for participants
- To strengthen links between mental health care projects and mainstream arts and education provision

- To increase access to artists and tutors who have undergone training in a basic understanding of mental health
- To ensure that the project supports long term development in this field
- To consider the sustainability of the project and look for further funding to continue providing creative opportunities to people with mental health challenges

B&NES Social and Housing Services

- To increase artistic activity within the field of mental health
- To enhance and develop a sense of well being for participants
- To strengthen links between mental health care projects and mainstream arts and education provision
- To have access to artists and tutors who have undergone training in a basic understanding of mental health
- To ensure that the project supports long term development in this field
- To consider the sustainability of the project and look for further funding to continue providing creative opportunities to people with mental health challenges

Steering Group Meetings

The Creative Links Steering group meets approximately every three months. Their role covers financial management and allocation, review of evaluations and implicating recommendations from projects into the development of new projects. They also seek to find progression routes for participants to continue on to after finishing arts courses. Participants of Creative Links have been invited to steering group meetings to input on future course planning and where possible have attended.

Marketing

nesa is responsible for compiling an advertising poster which is distributed to the Mental Health Network. The projects are discrete arts so there is no wider marketing for the recruitment of participants onto the courses currently. Participant's work is shown at the annual showcase of World Mental Health day in October. This event, which is jointly run by members of the mental health network is an opportunity for the teams to promote Mental Health to the wider community, raise the profile of mental health issues and advertise the support networks that are available.

3. Specific Outcomes, Targets/Measures of Success for 2005- 2006

The objectives below were set to be delivered within the scope of the Bath and North East Somerset Grant of £6793. These have been applied across the project to encompass the work being done within other supporting funding streams.

Objectives

1. To run 40 arts workshops
2. To support participants onto further arts/education provision
3. To the reduce amount of paperwork for participants
4. To experiment with data collection formats
5. To deliver an exhibition of work from Creative Links II and III
6. To seek further funds to enhance and expand delivery
7. To increase participant's independence
8. To increase participant's involvement with the local community
9. To increase participant's Motivation/Confidence
10. To increase participant's Competence
11. To increase participant's Social skills
12. To increase participant's Understanding of different art forms
13. To hold a World Mental Health Day Exhibition

Success Measures

1. To run 40 x 2hr workshops
2. To have supported 10% of participants onto further arts/education provision
3. To the reduce amount of paperwork for participants
4. To experiment with data collection formats
5. To have delivered an exhibition of work from Creative Links II and III
6. To have found funds to enhance and expand delivery
7. To have increased participant's independence
8. To have increased participant's involvement with the local community
9. To have increased participant's motivation/confidence
10. To have increased participant's competence
11. To have increased participant's social skills
12. To have increased participant's understanding of different art forms
13. To have held a World Mental Health Day Exhibition

4. Evaluation methods

Participant's ideas are incorporated in all the arts projects and artists seek to enable them to take control of their own learning and enable their own creativity. On a sessional basis artists track the progression of participants, supporting their creative and individual needs on a week to week basis. The mental health support workers are responsible for managing the health and well-being of the participants whilst they attend the course and can support this as and when necessary. This partnership working enables the smooth running of the course for the enjoyment of all that take part. It also enables the professionals involved to reflect together on the arts practice and pick up progression needs regularly.

At the end of the course the participants are asked to fill out an evaluation form for which there is support from mental health support worker, artists and development worker if needed. The aim of the evaluation is to identify strengths and weaknesses of the course for future projects and to enable participants to formally input into the evaluative process.

An example evaluation form

nesa Creative Links Visual Arts Evaluation Form

Name

1. How would you rate the course out of 6?

Poor

Excellent

1 2 3 4 5 6 (please circle)

Comments:

2. How would you rate the tutor out of 6

Poor

Excellent

1 2 3 4 5 6 (please circle)

Comments

3. What do you feel you learnt from the course and what benefits did it bring you?

4. How could the course be improved?

5. Would you be keen to do more of this activity?

6. On a scale of 1 to 3 (Key 1 : increased, 2 : the same, 3 : decreased)

How has this workshop affected:

Your confidence? 1 2 3

Your ability to get along with group members? 1 2 3

Your anxiety? 1 2 3

Your motivation? 1 2 3

Your understanding of art? 1 2 3

Your skill level of this art form? 1 2 3

7. From the taster art sessions that you have tried which activities would you like to continue with?

8. Are there any other particular activities you would like us to include if we were to continue next term?

9. What (if any) other art classes have you been involved with in the past

- Budget

Attach 0506 budget

5. Findings from the 2005 – 2006 evaluation

B&NES Community Mental Health Network have been able to deliver a series of arts workshops to local people with mental health challenges over the April 2005 to March 2006 period. The Creative Links Steering group developed the Sculpture course and a Digital Photography and Ambling project in response to requests by participants over the summer of 2005. During the autumn of 2005 they implemented a series of 5 week taster sessions for clients with the possibility of progression onto a longer course in 2006. Taster sessions were chosen on the strength of the popularity of previous arts workshops run by Creative Links over the 2004-2005 period. In September a beginners Ceramics course was run and developed into an Intermediate Ceramics course in the Spring of 2006.

Support for the sessions has been shared between Social and Housing Services Mental Health Team and RETHINK. Two of the taster sessions have been held at the Genesis Centre, Green Park, Bath. Genesis have offered the room hire free of charge and have referred some of their own clients into the Creative Links project. Where possible they have provided a support worker. The reports include:

Summary of courses run in Summer 2005:

Model Making and Scrap Sculpture

Ambling and Digital Photography

Summary of the 5 week Taster Sessions:

Creative Sculpture

Felt making

Creative Music Making

Summary of the Ceramics workshops:

Beginners Ceramics (12 weeks)

Creative Links exceeded the number of sessions expected for project delivery

10% of Participants progressed onto further education or arts courses

100% of students said that that they were very satisfied with the Creative Links course

100% of participants very satisfied with the arts facilitator

100% of participants satisfied with the venue

Total April 05 - March 06

Arts Workshops	55
Participants	59
Attendance	305
Artists Hours	110

Projects:

Sculpture and Model Making 8 weeks

Digital photography and Rambling 9 weeks

Ceramics Beginners 12 weeks

Ceramics Intermediate 11 weeks

Taster courses:

Creative Sculpture 5 weeks
Felt making 5 weeks
Creative Music making 5 weeks
World Mental Health day Exhibition 1 day

- Students were encouraged to fulfill their potential and completed a number of creative mixed media sculptural pieces.
- Participants were inspired and driven by making work for the World Mental health Day Exhibition

Positivity

'It was very beneficial for meeting people and communication.'

- The group size meant that sessions were relaxed and sociable which seemed to be valued greatly by the group.

Evaluative Reports of Arts Sessions April 2005 –March 2006

Intermediate Ceramics, linked to 'Hidden Places' community art project (11 weeks)

Model making and Scrap Sculpture

Venue: Radstock Art Project

Dates: 16th May – 4th July 2005

Project outline:

The Creative Links Steering group were keen to implement a modelling and sculpture course based on participant feedback from previous courses. The course was funded by Adult & Community Education and Rethink.

Aim: to allow participants to explore sculptural techniques using a variety of materials including clay, mud roc, rattan, papier-mache, found objects and scrap materials to develop their confidence, creative skills and to establish whether this course or something similar would be enjoyed as a longer option. To increase confidence and self-esteem.

nesa's mental health artist was Eileen Haste and the support worker Maria Tozer from B&NES Social and Housing Services.

No. of sessions:	8
Participants:	5 people enrolled on the course
Attendance:	40
Total pieces made:	12
Satisfaction:	All the participants said the tutor was very good or excellent.
Venue:	All the participants said the venue was very good or excellent

Strengths:

- The atmosphere was conducive to an almost playful attitude towards the material, where participants felt free to experiment with materials and explore their creativity without pressure to produce.
- Students were encouraged to fulfill their potential and completed a number of creative mixed media sculptural pieces.
- Participants were inspired and driven by making work for the World Mental health Day Exhibition
- A huge sculpture of a bird made by the whole group created a feeling of positivity and team work.
- Participants were surprised by how much they learned and enjoyed the sculpture as initially they had been going to do a ceramics course before it was cancelled due to tutor cancellation.
- Everyone felt comfortable and at ease with the tutor, the venue and the group.
- The group size meant that sessions were relaxed and sociable which seemed to be valued greatly by the group.
- Many students said that they would like to continue with a longer course.
- Venue coordinator was very helpful and provided valuable safe storage.
- **nesa** support worker and RAP coordinator both very supportive of the course both practically and being very positive.
- The mental health support worker was very encouraging and very able to support the needs of the participants.
- Rethink were able to fund the last four sessions to enable participants to experience a longer course after the funding was withdrawn from adult & Community Education

Participants comments:

'I feel creative work is a wonderful outlet and helps people express their inner feelings.'

'I enjoyed being creative. The time went by too fast. It gave me something to think about.'

'It was very beneficial for meeting people and communication.'

'I found this a lovely course, something I had never done before. All in all a good experience.'

'Something to look forward to. Met new people.'

'The course raised my expectations of scrap sculpture.'

'My only criticism is the time went too quickly.'

Weaknesses:

- Small numbers attended the group which meant that Adult & Community Education had to withdraw their funding.
- The initial funding does not take into consideration that smaller group size can be beneficial for people with mental health issues.
- Participants were initially expecting a ceramics course which had to be cancelled due to the tutor being unavailable at short notice.

Opportunities:

- The participants would like the opportunity to continue with a longer course.
- If the course were renamed it might attract more participants as those who took part said that the title Creative Scrap Sculpture had put them off, but actually doing it was much better than they had expected and they gained a lot.

Recommendations:

- To develop a longer Sculpture course if the funding were available
- To rename the course 'Creative Sculpture'
- To exhibit work at an exhibition

Participants keen to do a longer course: 5

Progression:

7 participants progressed onto a Watercolour painting course run by Community & Adult Education at the Peasedown Community Resource Centre. They accessed their own transport to get there.

Ambling and Digital Photography, Bath

Venue: Bath Mind and Bath city centre and environs

Dates: Wednesdays 11.30am – 2.30pm, 6th, 13th, 27th July, 3rd, 10th, 17th August, 7th, 14th and 21st September 2005

Project outline:

The Creative Links Steering group were keen to implement a project combining photography and rambling following the success of the rambling sessions already being held in and around Bath & North East Somerset.

It was decided that the course be advertised as *Ambling* and digital photography to encourage newcomers to walking. The course was based at Bath MIND who offered the use of their day room and computers throughout the course. The recommendation of venue came from the artist who had previously run a digital course at Bath MIND.

Aim: To develop participants skills in digital photography and computer manipulation skills. To encourage walking as an enjoyable pursuit. To increase confidence and self-esteem.

Objectives: At least 12 images to be used in the World Mental Health Day Exhibition in October 2005 which is an annual feature in which the Creative Links project takes part. Each participant to have worked on an image for display that they can take away with them.

The artist was Stephen Horler and the project was supported by Ron Bevan from B&NES Social and Housing Services.

No. of sessions:	9
Participants:	11 people enrolled on the course with a core group of five continuing attending 3 or more of the 5 workshops.
Attendance:	
Total pieces made:	21
Satisfaction:	All the participants said the tutor was very good
Venue:	All the participants said the venue was very good

Strengths:

- Participants met Ron Bevan and Steven Horler, (artist) at the Bath MIND centre in York Street, central Bath, before going out on an ambling trip.
- Course had a flexible plan which consisted of either ambling and digital photography or working in the computer suite.
- Participants enjoyed 'going out and about'
- Participants explored hidden areas around Bath and heightened their interest in their surroundings.
- The ambling aspect to the course helped participants feel fitter
- Participants guided through the use of digital camera and photography skills on location.
- Participants had the possibility to develop their computer manipulation skills in the computer suite at Bath Mind.
- Participants achieved a sense of achievement from the photographs exhibited at World Mental Health Day.
- Team skills were developed in mounting and hanging work for WMHD exhibition
- Everyone felt comfortable and at ease with the tutor, the venue and the group.
- The atmosphere of the session was valuable for its informality and sociability.
- The mental health support worker was very encouraging and very able to support the needs of the participants.

Weaknesses:

- Once or twice cameras had to be shared so more cameras would have been helpful
- This setting did not lend itself to the quiet undisturbed space normally expected and participants were easily distracted to take part in other activities. The venue where the computers were based was also a drop-in centre, open at the same time as the course which meant students
- People not used to staying at one activity for any length of time
- At short notice Stephen Horler was unable to deliver the last two weeks in August. Service users were consulted about Stephens absence and agreed that this would be okay with them. The course therefore was suspended for 2 weeks and was started again 7th September for the remaining 3 weeks.
- Emphasis on the rambling, at the beginning of the course, with technical knowledge secondary to the course.
- Erratic attendance from participants

- Steering group were concerned about whether work would be ready for World Mental Health day.

Opportunities:

- To find a venue specifically for the course and not used by other groups at the same time so that students can concentrate
- The core participants would like the opportunity to continue with a longer course.
- Ron agreed to give artist feedback about aims and objectives and preparation of work for display at World Mental Health day.

Recommendations:

- A dedicated computer suite for this type of course. In the future Creative Links participants need to meet specifically for the purpose of coming to a tutored session in their own private room.
- Clearer aims and objectives to the course so that participants know what it is they have learned at the end of a session and a different technical aspect approached or built upon each week
- In future courses C.L. would like the emphasis to include more technical teaching.
- Philippa to give copy of contract and artists brief to partners on future courses, including a request of clear aims and objectives in the brief to be received prior to start of the course.

Creative Sculpture Taster

Venue: Peasedown-St-John Community Resource Centre

Dates: 16th Nov – 14th Dec 2005

Aim: to allow participants to explore sculptural techniques using a variety of materials including clay, mud roc, rattan, papier-mache, found objects and scrap materials to develop their creative skills and to establish whether this course or something similar would be enjoyed as a longer option. To increase confidence and self-esteem.

nesa's mental health artist was Eileen Haste and the support worker Maria Tozer from B&NES Social and Housing Services.

No. of sessions:	5
Participants:	11 people enrolled on the course with a core group of five continuing attending 3 or more of the 5 workshops.
Attendance:	28
Total pieces made:	21
Satisfaction:	All the participants said the tutor was very good or excellent.
Venue:	All the participants said the venue was very good or excellent

Strengths:

- Students were enthusiastic in exploring a wide methods and materials.
- Students were encouraged to fulfill their potential and completed a number of creative mixed media sculptural pieces.

- Everyone felt comfortable and at ease with the tutor, the venue and the group.
- The atmosphere of the session was valuable for its informality and sociability.
- Many students said that they would like to continue with a longer course.
- Venue coordinator was very helpful and provided valuable safe storage.
- **nesa** support worker was very supportive in setting up the pre-course meeting and attending the course to witness participants progress and the tutors experience.
- The mental health support worker was very encouraging and very able to support the needs of the participants.

Participants comments:

‘I learnt to be calm.’

‘I learnt I could be creative with all sorts of materials.’

‘The course taught me to try and start taking some things in life for what they are and not because they have to be practical.’

‘Given me something to do.’

Weaknesses:

- Commitment from one student not good and it was felt they used it as a drop in session.
- The venue although welcoming and light but was not a dedicated art room and so did not have convenient access to water and the floor was carpeted. This however did not have a major impact on the group.

Opportunities:

- The core participants would like the opportunity to continue with a longer course.

Recommendations:

- A dedicated art room would be better for this type of course practically and for engendering a sense of creativity of things that have gone on before and that getting messy is okay.
- To develop a longer Creative Sculpture course if the funding were available

Participants keen to do a longer course: 4

Interest in other courses: music making (2), willow work (1),

Felt making Taster

Venue: The Genesis Centre, Bath

Dates: 18th Jan – 15th Feb 2006

Aim: to allow participants to explore felt making techniques to develop their creative skills and to establish whether this course or something similar would be enjoyed as a longer option. To increase confidence and self-esteem.

nesa's mental health artist was Claire Diprose and the support worker Maria Tozer from B&NES Social and Housing Services.

No. of sessions: 5

Participants: 9 people enrolled on the course

Attendance: 28

Total pieces made: 30

Satisfaction: All the participants said the tutor was very good or excellent.

Venue: All the participants said the venue was very good or excellent

Strengths:

- Students were enthusiastic in exploring a wide methods and materials.
- Students were encouraged to fulfill their potential and completed a number of creative felt pieces.
- Everyone felt comfortable and at ease with the tutor, the venue and the group.
- A good social atmosphere as well as a creative and learning one.
- Pride taken in work some of which was given to friends as gifts.
- Genesis Centre was an accessible venue for participants and staff friendly and supportive.
- The atmosphere of the session was valuable for its informality and sociability.
- Many students said that they would like to continue with a longer course.
- Venue coordinator was very helpful and provided valuable large, safe storage for keeping and drying art equipment between sessions.
- The mental health support worker was very encouraging and very able to support the needs of the participants.

Participants comments:

'I feel more confident with the felt and have had pleasing results.'

'I feel I've accomplished something.'

'Confidence, achievement and socializing.'

'Learnt to be more adventurous in craft making.'

'Perhaps gentle soothing music in the background'

Weaknesses:

- No parking available
- The room was cold on arrival – a better heater was provided
- Erratic attendance by participants
- Sometimes people walked into the room unannounced
- No lock on store room door

- The venue although welcoming and light but was not a dedicated art room and so did not have convenient access to water and the floor was carpeted. This however did not have a major impact on the group.

Opportunities:

- Potential to make good links with Genesis
- The participants would like the opportunity to continue with a longer course.
- The participants can't necessarily cope with long courses or a formal setting, but these short sessions give structure, focus and creative fulfillment.

Recommendations:

- Put a sign on the door to let people know that a session is in progress
- A dedicated art room would be better for this type of course practically and for engendering a sense of creativity of things that have gone on before and that getting messy is okay.
- A sink in the bathroom that can be used for art purposes
- To develop a longer Felt making course if the funding were available

Participants keen to do more felt making: 4

(not all students present for final evaluation session)

Interest in other courses: creative ceramics (1), monoprinting (1), creative writing (1), watercolour painting (1), card making (1), painting and drawing (1)

Creative Music Making Taster

Venue: The Genesis Centre, Bath

Dates: 22nd Feb – 22nd March 2006

Aim: to allow participants to explore Creative Music Making techniques including percussion and singing to develop their creative music making skills and to establish whether this course or something similar would be enjoyed as a longer option. To increase confidence and self-esteem.

nesa's mental health artist was Cathy Jones and the support worker Maria Tozer from B&NES Social and Housing Services.

No. of sessions: 5

Participants: 12 people enrolled on the course

Attendance: 26

Total pieces made:

Satisfaction: All the participants said the tutor was very good or excellent.

Venue: All the participants said the venue was very good or excellent

Strengths:

- Students were enthusiastic, delighted and focused in exploring music making covering a wide variety of percussion instruments and understanding rhythm, timing, ensemble playing and singing
- Students keen to learn, so covered a lot of ground in music making and working together as a group promoted positive interaction
- Tutor explained use of musical instruments well and encouraged all to participate and feel at ease.
- Sessions were relaxed and fun, a very positive group which worked well.
- Students were encouraged to fulfil their potential
- Everyone felt comfortable and at ease with the tutor, the venue and the group.
- A good social atmosphere as well as a creative and learning one.
- Genesis Centre was an accessible venue for participants and staff friendly and supportive.
- Students said that they would like to continue with a longer course.
- Venue coordinator was very helpful and provided valuable large, safe storage for musical instruments between sessions.
- The mental health support worker was very positive about the project, very able to support the needs of the participants and got on very well with the tutor.

'It's added texture to my life.' – Participant

Weaknesses:

- No parking available
- Occasionally the room was cold on arrival – a better heater was provided to use before session but had to be turned off when in session because of long leads
- Sometimes people walked into the room unannounced
- No lock on store room door
- **Opportunities:**
- Potential to make good links with Genesis
- Less time than anticipated for singing and guitar which could be developed in a longer course.
- The participants would like the opportunity to continue with a longer course.
- The participants can't necessarily cope with long courses or a formal setting, but these short sessions give structure, focus and creative fulfillment.

Recommendations:

- Put a sign on the door to let people know that a session is in progress
- For steering group to discuss the ICPA system and health & safety risk assessments for Genesis clients
- To develop a longer course
- For the next course to start as soon as possible so that participants retain the knowledge that they have learnt on previous course.

Ceramics - Beginners

Venue: Radstock Arts Project

Dates: 29th September – 15th December 2005

Aim: to allow participants to explore ceramic techniques using a variety of materials, to develop their creative skills and to establish whether this course or something similar would be enjoyed as a longer option. To increase confidence and self-esteem.

nesa's mental health artist was Andrew Eddlestone and the support worker Claire Hicks from Rethink.

No. of sessions: 12
Participants: 9 people enrolled on the course with a core group of five continuing attending 3 or more of the 5 workshops.
Attendance: 79
Total pieces made: 21
Satisfaction: All the participants said the tutor was very good or excellent.
Venue: All the participants said the venue was very good or excellent

Strengths:

- Clear lesson plans with good learning objectives
- Supportive, helpful, understanding artist
- Great selection of resources
- Venue close to parking and public transport facilities
- Students were enthusiastic in exploring a wide range of techniques
- Students were encouraged to fulfill their potential and completed a number of pieces.
- The atmosphere of the session was valuable for its informality and sociability.
- Many students said that they would like to continue with a longer course.
- Venue coordinator was very helpful and provided valuable safe storage.
- **nesa** support worker very accommodating.
- The mental health support worker was very encouraging and very able to support the needs of the participants.
- One student went on to Radstock college.

Participants comments:

'A real sense of achievement also a great sense of community.'

'Helped with concentration. A friendly group.'

'Learnt to try to do something in life for it's own sake. Met some nice people. Started to go to Radstock college.'

'We learnt some different techniques and met some lovely people.'

'Learnt some patience.'

'Have learnt to appreciate the art form in a different way.'

'New skills. Many friends.'

Weaknesses:

- Sometimes access to building was difficult due to building work being carried out.
- Heating not always adequate
- Chairs not all safe (one collapsed) but reported to RAP

Opportunities:

- Participants would like the opportunity to continue with a longer course.
- Two core members approached Bath City College about an OCN in Pottery but were too late to get a place. Helpful to know of other courses and start dates.

Recommendations:

- To develop a longer Pottery course if the funding were available, maybe an OCN

'We like a tea break.'

Participants keen to do a longer course or longer hours e.g. 3 hours: 5

'We would all like to continue with this ceramics course as there is still so much to learn and enjoy.'

Interest in other courses: any art/craft courses (1), using potters wheel other pottery techniques (5)

Ceramics – Intermediate

Linked to 'Hidden Places', community art project

Venue: Radstock Arts Project

Dates: 2nd March – 6th April 2006

Aim: The previous Ceramics course was so successful that Creative Links steering group decided to develop this course as an intermediate ceramics course. The aim was to further the techniques in ceramics and build confidence and self-esteem. The opportunity also arose to link participant's work into the community art project 'Hidden Places'. This project was devised to develop greater community identity and awareness of the many different local groups and their needs. Participants that took part were asked to create art work that celebrated their favourite 'hidden place/s' in the locality. This project will culminate in a large public exhibition of locally produced creative work in August 2006

nesa's mental health artist was Andrew Eddlestone and the support worker Helen Soloman from Rethink.

No. of sessions:	11
Participants:	8 people enrolled on the course with a core group of 4 or 5 attending
Attendance:	41
Total pieces made:	20+
Satisfaction:	All the participants said the tutor was very good or excellent.
Venue:	All the participants said the venue was very good or excellent

Strengths:

- Having a structured programme to start with and being able to be flexible within it.
- A well equipped and pleasant studio space with a lot of resources and materials available so able to produce a wide range of work.
- Tutors choice of projects appropriate, clients free to experiment and did not feel intimidated by difficult techniques.
- Tutor had a gentle manner with the clients and created a productive, unpressured environment which the clients responded to well.
- Good inclusive environment
- Students were enthusiastic in exploring a wide range of methods and materials.
- Students were encouraged to fulfill their potential and completed a number of creative mixed media sculptural pieces.
- The atmosphere of the session was valuable for its informality and sociability.
- Many students said that they would like to continue with a longer course.
- Venue coordinator was very helpful and provided valuable safe storage.
- **nesa** support worker helpful and willing to help and accommodate.
- The mental health support workers were very encouraging and very able to support the needs of the participants.

Participants comments:

'Learnt loads about colour and texture on things. Different techniques got me through the winter and kept me cheerful. Made me think about the future.'

'Built on existing skills. Good to meet people, good to get out of the house and be busy.'

'Gives me something to look forward to each week.'

'I am pleased that Andrew let us choose what we wanted to do and design our own pieces.'

'The quality of the materials have been excellent.'

Benefits of course: 'Patience and creativity.' 'Making mugs, tiles, castles.' 'Relaxing.' 'Pleasure in creating nice pottery. Excelent colour choice of paints.'

Weaknesses:

- Trying to accommodate individual needs without losing the thread of the programme and running out of time.
- Lack of numbers in group made it seem like a wasted opportunity
- Erratic attendance by some individuals

Opportunities:

- Several keen participants would like the opportunity to go on to further pottery courses.
- To promote information about further courses

'More time to enable us to learn more techniques and learn more things.'

Recommendations:

- Need to make sure that further pottery courses/sessions would be a step forwards not a soft option.
- To develop a longer Creative Sculpture course if the funding were available

Participants keen to do a longer course or longer hours e.g. 3 hours: 6

Interest in other courses: pottery (6), any (1), stained glass (1), mosaic (1), photography (1)

Summary of responses out of 7 completed evaluations:

Has this workshop affected your:

	increased	the same	decreased
Confidence	100%		
Ability to get along with others	100%		
Anxiety	43%	28.5%	28.5%
Motivation	86%	14%	
Understanding of art	100%		
Skill level of this art form	100%		

'A fantastic course and amazing work produced.' – support worker

Funding Update:

J Paul Getty – unsuccessful
Lloyds TSB - unsuccessful
B&NES Social and Housing Services: lap top bid

Basil Wild BME group, Mosaic £3215 - application put in last week.

B&NES indicated to us that we would get about £7200 no confirmation until end of March.

The Bath and North East Somerset Grant of £6293. requirements _44 workshops, wmhd etc progression

Monitoring and evaluation of participants progress throughout the time that they attend a creative Links course is ongoing. Their social, health and well-being is monitored by the health professional in charge of supporting participants whilst attending the course. Everyone who attends a course is referred in by the care Coordinator. This referral comes with a risk assessment which enables the support worker to know the support needs of the individual. This is confidential information and is not shared. The artist is responsible for supporting and monitoring the progress of the participants in their skills learning throughout the course. The nesa development worker and the Creative Links Steering group are responsible for furthering the progression of participants once a course has come to the end.

- Monitoring and Evaluation materials designed and recorded on the Project Outline and administered at appropriate and agreed points during the project.

Example of evaluative questionnaire

- Minutes of Steering/Advisory Group Meetings, Artists Supervision sessions and participant evaluation sessions

Include in appendices

- Photographic documentation

Quotes collected throughout the project from end of course questionnaire

5. Overview of the Project/Programme [swot analysis]

6. Lessons learned from the evaluation: Conclusions and recommendations

- Use this Analysis to develop a conclusion about the success of the project, paying particular attention to whether or not the project has achieved the Outcomes set at the beginning of the project and explaining how and why. Refer back to Section 3, Aims, Outcomes etc.

Make recommendations about how the findings will influence future planning and project development.

7. Appendices

- C.V. of artists/arts organisation
- Project Outline
- Examples of monitoring and evaluation materials
- Details of collected evidence and its interpretation
- Quantitative and Qualitative figures, comments and assessments
 - Enrolment Form
 - Participant Evaluation Form [must include satisfaction levels]
 - Freelance Artists Evaluation
 - Participant quotes
 - photographs
- Marketing material
- Examples of work
- budget