

Over to you is the umbrella project funded by Arts Council South West. It includes My Time My Space, the original project, and Over to You, the extension of the project to progression groups. It covers a wider group than the original project but sustains the original project. My Time My Space offers arts activity to women experiencing post-natal depression in an innovative partnership with the Health Visitors and Health Promotion.

AIMS

1. To Sustain the My Time My Space project which supports women experiencing post-natal depression in B&NES through quality arts activity
2. To vary the My Time My Space project model to test and demonstrate what works best
3. To encourage women to learn and try out different art forms
4. To provide participants with training in arts project management to provide progression groups (ongoing and sustained activity)
5. To create a more visible profile for the project
6. To disseminate outcomes and methodologies

Goals	Outcomes	Added Value/Notes
<p>1. Sustain My Time My Space project which supports women experiencing post-natal depression in B&NES through quality arts activity</p>	<p>Sustained course delivery:</p> <ul style="list-style-type: none"> • 1x 12week course Keynsham • 1x12week course Bath • 1x7week course Radstock <p>(Each week consisted of a 2hrs session with a professional artist facilitator, health visitor and professional crèche)</p> <p>Sustained partnerships: with Health visitors and PCT Health promotion, Hazelwood Family Centre</p> <p>New Partnerships:</p>	<ul style="list-style-type: none"> • 1 extra course of 7 weeks in Radstock course enabled by added funding from Sperring Trust and Norton Radstock Town Council • Training for Steering Group by professional evaluator, Annabel Jackson to enable reflection on current and new models of evaluation • Promoting MTMS model of

	<ul style="list-style-type: none"> • 2 new Health visitors in Bath, • Venue at St. Martins Garden Children’s Centre, Bath • Percy Community Centre, Bath venue, developing progression group with nesa and proposing future partnership working through Local Area Forum focusing on Early Years parent/child support and Engaging local parents and residents. • Health Promotion provided Mental Health Awareness training for artists and progression group members • Links with Keynsham Music Festival – Blossom exhibited Banners July 07 • University of the West of England (UWE) approached for consideration of longer term research and support for funding research • Funding - NESTA applied for but unsuccessful • Arts Council bid Creative Communities applied for • New Funding streams identified – <p>Participant Evaluation</p> <ul style="list-style-type: none"> • 29 sessions; 24 enrolled women; • 146 admissions: 61.3% attendance throughout • 44% of women responded to end of course evaluation • 70% of women who responded to 	<p>working to Health and community professionals who have visited MTMS, including community nurse, student health visitors and family centre staff</p> <ul style="list-style-type: none"> • A new group has started in Bath and is being supported by nesa with 4 sessions in a centrally located venue. The participants have been given info on setting up as a group and have been offered exhibiting opportunities. • Keynsham progression group Blossom successfully fundraised from the Lottery and Keynsham Town Council. They have run art sessions for a year and have been supported by a health visitor. • A Blossom member has successfully set up her own arts ceramic painting business • Links with current research: Bath University undertook research with Philippa on arts and Health programme • Two new artists recruited and trained in Mental Health
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	<p>evaluations and were satisfied or very satisfied with the course</p> <ul style="list-style-type: none"> • Low recording of EPDS scores due to health visitor case load • Health benefits: MTMS strengthens relationships with women suffering postnatal depression and allows a forum to discuss personal and family issues 'I have witnessed a huge change in women who have attended MTMS and I think that there are many factors; separating from their baby is a big milestone and knowing that they are not alone in their feelings. A sense of a safe place and the ability to cut off from worries is a regular comment.' Health Visitor Keynsham <p>Benefits have included: 'Made me feel like I'd achieved something' (Having) 'A person to speak to' 'To be able to talk about it (PND) more.' 'It has given me the confidence to hand my notice in and set up my own business.' 'Really enjoyed it as it was peaceful and fulfilling' MTMS participants.</p>	<p>Awareness Training</p> <p>New Evaluation Methods trialled</p> <ul style="list-style-type: none"> • Women preferred to contribute to a group diary anonymously rather than keep a private diary about health & well being • Quantitative evaluation methods of collecting data gave statistics but missed substantial qualitative information • Evaluation feedback no.s poor due to absence from course • Post Evaluation: 88 post evaluation questionnaires sent to past MTMS participants to evaluate long term effects. 18 respondents. = approx 22% rate • We have found that evaluating mental health projects it is difficult to get a response because of the mental health problems and fluctuating attendance rate. Even the post course questionnaires only produced a 22% response rate. • It was a big learning curve in setting evaluation questions. The questions asked led to method of
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		<p>collecting quantitative data but in so doing we lost some of the qualitative data that has been so expressive of the success of this course. Future evaluations will amalgamate questions from both methods.</p>
<p>2. Vary the My Time My Space project model to test and demonstrate what works best</p>	<p>New Models of working:</p> <ul style="list-style-type: none"> • 2 new artists were recruited for MTMS for the Bath, Keynsham and Radstock sessions. They brought with them art skills we had not previously used before and also incorporated art skills that had been used before as a palette of art forms. This experience allowed nesa to evaluate the art experience and have discovered that visual art activity, when facilitated in a calm and relaxed, non-pressurised way helps some women to relax for some time from their current concerns and have pleasure creating and learning new skills. • New venue at St. Martin’s Garden Children’s Centre, Bath • PND Course offered by Keynsham health visitors and family centre to women finishing MTMS Keynsham • Local enterprise: 3 MTMS women enterprisingly had a stall locally and sold their art works • Art Tour in Bath June 07 for current and 	<ul style="list-style-type: none"> • Out of the Blue progression group offer a wide range of support to a wide geographic area of women through art workshops, exhibiting and coffee mornings. Women come through MTMS or hear about the group through advertising and feel supported by the art sessions. • Blossom offered arts sessions to progress on to from MTMS Keynsham. They currently have very low numbers and are considering their future. The low numbers is partly due to the fact that we have only run two MTMS courses in Keynsham so have not had as many people to refer in to the group from the initial MTMS group. This may be different from the Radstock OOTB group which initially supported it’s set up with people from 7 MTMS sessions previously run in the area. They

	<p>past members of MTMS at the Bath Fringe and Out of The Blue's exhibition at the Guildhall. A social event that brought together women from different groups in a social and artistic atmosphere with their children to meet and exchange ideas.</p> <ul style="list-style-type: none">• Coffee morning: St. Martins Garden Children's Centre invited MTMS Bath women to continue meeting at their venue, free of charge after the MTMS course had finished to give them space and time to think about future possibilities for the group. Health visitor supported• Bath Art progression group for women, current and past MTMS participants supported by nesa to enable group development and peer support• Promoting Blossom who visited women at Keynsham MTMS to encourage progression onto group and invited them to join.• Promoting Out of the Blue: Women at Radstock MTMS invited to join OOTB art sessions, family art sessions, coffee mornings and exhibitions• Advertising events: Out Of The Blue's newsletter promoting activities and events distributed through health networks and MTMS participants	<p>felt that their sessions were in competition with other courses put on by the family centre. They felt that their location might have put people off and would liked to have remained within the Family Centre. The Family Centre was unable to offer this with an already heavy use of limited room space and crèche.</p> <ul style="list-style-type: none">• If numbers do not increase Blossom are considering leaving a lasting legacy /piece of artwork in a Dr's surgery or other public place. nesa is supporting them in this proposal.
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	<ul style="list-style-type: none"> • A shorter 7 week course delivered in Radstock • Out of the Blue showcase their art work to Bath MTMS women inspiring women as to what is possible. 	
<p>3. Encourage women to learn and try out different art forms</p>	<ul style="list-style-type: none"> • Two new artists were recruited to the MTMS programme. They were interviewed by past members of MTMS and the Arts and Health development worker who all have knowledge of the MTMS course. • New art forms included: glass fusing, clay earthenware and stoneware ceramics, pastels, jewellery making, quilting that hadn't been used before • Progression group, 'Blossom' worked with 5 new artists over the year • Art Tour gave the opportunity to look at different art forms and discuss them 	<ul style="list-style-type: none"> • Art works showcased at <ul style="list-style-type: none"> - Keynsham Victorian evening – Nov 06 - Keynsham Music Festival – July 07 - Artworks – Radstock Festival – Sept 07 - World Mental Health Day – Oct 07
<p>4. Provide women with training in arts project management to enable progression routes</p>	<p>Progression groups: Blossom, Keynsham progression group</p> <ul style="list-style-type: none"> • Newly formed 'Blossom' constituted in 2006 received funding from Keynsham Town Council and Awards for All for project delivery • Mentored in putting out a call for artists; selection; interviewing and recruiting; supporting artist; writing a contract; hiring a crèche; • Supported through phone calls, visits and email, including up-to-date bulletins 	<p>Notes: Blossom initially was well supported by women in the first few months. Interest tailed off over the months coming down to a core 4 people attending the sessions. Meetings have been held with local family centre and health visitor to try and recruit more women but this has not been very successful. Those that have taken part have enjoyed their time but it is felt that women from this project have moved on and there is not enough interest to</p>

	<p>on funding, voluntary arts network support, BANA newsletter, volunteer courses, training and opportunities</p> <p>Bath progression group</p> <ul style="list-style-type: none"> • Supporting group development bringing together 2 groups of MTMS women through arts tour and 4 arts activity sessions (2 in July and 2 in September) at new central Bath location with crèche and artist. <p>Out of the Blue, Radstock progression group</p> <ul style="list-style-type: none"> • Regularly updated by email of funding advice, arts networks information, training available to voluntary groups, mental health training, meetings • Invited to take part in Artworks and World Mental Health Day exhibitions 	<p>sustain a group in this area.</p> <p>Out of the Blue</p> <ul style="list-style-type: none"> • Women from OOTB continue links with Victoria Art Gallery and take part in the 'People's Choice' exhibition • OOTB secure funding for a wider range of activity including a wide range of arts activity for women and families in the locality and an exhibition programme • OOTB invited by Mayor to exhibit at the Guildhall, Bath
<p>5. Create a more visible profile for the project</p>	<ul style="list-style-type: none"> • nesa presents talk and power point show with 'Out Of The Blue' at Arts and Health South West - Feb 07 • Arts and Health website show MTMS evaluation and project details • Article written by Jo Lewitt, Health Promotion PCT for national NMHI Mental Health Promotion magazine on the evaluation process of MTMS - November 06 • Radio: Janet Weeks, health visitor Radstock promotes MTMS on radio Bristol April /May 07 • nesa press release with photographs to community newsletters and local 	

	<p>press in response to national news bulletin on PND - April 07</p> <ul style="list-style-type: none"> • Presentation of MTMS at Creative Links Review of mental health provision in B&NES to health professionals, artists and voluntary organisations. • Knowledge sharing of project with Dorset and Frome health visitors • Professional photographer documents MTMS in process • nesa website showcases reports and overall project aims of MTMS • DVD films made throughout the project delivery sent to professionals working in the health sector, funders and progression groups • Marketing support – nesa Arts & Health information leaflets distributed to partners and participants • Other marketing tools: Development worker attends Social Marketing training, Keynsham July 07 and Arts and Health South West Partnership Event, Gloucester July 07 	
<p>6. Disseminate outcomes and methodologies</p>	<ul style="list-style-type: none"> • Showcase DVD Over To You toolkit at Artworks, Radstock festival 22nd September to partners, participants, and interested agencies • Showcase MTMS at World Mental Health Day 10th October 07 	<p>Partners from Creative Links, B&NES Mental Health Network, interested in linking in with the MTMS project and using this model for work with women within the mental health service</p>

	<ul style="list-style-type: none"> • DVD Toolkit sent out to professionals working in the health sector, funders and progression groups 	

‘Over To You’ Summary and Recommendations

- MTMS supports women with short term postnatal depression to overcome their illness and feel more at ease with their condition by meeting others in a similar situation whilst raising self esteem and confidence through the teaching of new skills.
- There is still a need for continued support or progression (Over To You) as the average time span for recovery is 6 months and a follow up group or referral is ideal so that women do not feel abandoned.
- MTMS offers some key elements that aid recovery: separation from baby, knowing that they are not alone in their feelings, a sense of a safe place, the ability to cut off from worries through arts activity
- Adopt a closed group policy after week 4 as it is difficult to introduce new women to the course as this can upset the dynamic of relationships within the group
- Involved artists benefit from an awareness of PND and /or Mental Health Awareness Training as these women have low self esteem and are easily overwhelmed if given to complex a task. H.V.'s could work with artists prior to course on knowledge about PND issues
- A showcase or exhibitions raises self esteem of participants and promotes awareness of PND
- Running a follow on progression group takes a lot of time and energy and requires individuals to be in a good place or have a designated individual with time to devote to the project development. Progression could be friendship and support amongst women if setting up a group initially is not appropriate
- Progression groups found that working jointly on a piece of art work brought them together as a group and this could be tried with women on MTMS
- The crèche ideally should be out of hearing range as this has put some women off and two women dropped out because of hearing the children
- Clinical testing trail needs to be reviewed by H.V”s involved
- A comments book worked well as an evaluation tool rather than personal diaries
- The new group in Bath will need continued support in setting up and fundraising.

- Blossom need continued development support with their exit strategy of producing a piece of community art or development restructuring their recruitment to the group to encourage new members
- Health Visitors in the three areas where MTMS was delivered this year would like to offer further MTMS projects to offer support to their case load of postnatal depressed women, continued fundraising to enable project delivery.
- Continue to link with the Bath Area Forum who are keen to address and support families in and around the area.
- Develop a model for a pilot 'Arts on Prescription' in Keynsham or Radstock where women could be referred into an arts project by their doctor
- New Family Centres could provide a future venues and ongoing crèche will be important for those that continue with progression groups as we have seen that a change in venue or crèche can put people off attending.
- My Time My Space could be rolled out as a national project which promotes partnership working amongst agencies and peer support. This could take the format of a road show with presentations to Health Professionals, Early Years Professionals and artists training
- Research with UWE would enable the MTMS model to link with other bodies of research, provide validated evidence, authority, cost consequences, clinical outcomes, evaluate what's effective about the arts process and track long term effectiveness of project.
- Food art could, exercise and relaxation could all combine with the arts to provide an all round approach to MTMS
- MTMS could be profiled on the radio, perhaps Women's Hour
- A website blog and website support page could continue to link women from MTMS and Progression groups
- Other PND support agencies could link with MTMS including Parentline Plus, NCT, Mothers To Mothers.