

The background is a vibrant collage. It features several sheets of musical notation with notes and clefs. Overlaid on this are numerous blue and gold star-shaped cutouts of various sizes. There are also stylized, layered paper cutouts of leaves and flowers in shades of blue, gold, and brown. In the center, there is a large orange semi-circle containing text. At the bottom left, there is a black rectangular box with a white logo and text.

insideout  
community



The Art of Wellbeing

Project ID: 10305945

End of Year 1





# The Art of Well Being

The Art of Wellbeing is the name for a portfolio of arts and wellbeing courses Inside Out Community develops and delivers in the Ipswich & East Suffolk area, working mainly with people facing significant psychological challenges that have led in many instances to social isolation and a dislocation from the fabric of community life. Our **accessible courses**, which run throughout the year, offer opportunities for people to discover how participation in all of the arts - singing to sculpting, dancing to drawing, can lead to improved wellbeing and re-engagement in life.

Our project The Art of Wellbeing, which the Community Fund has been supporting, is allowing Inside Out **to continue and enhance these valued and needed programmes.**



As well as continuing to deliver in the Ipswich area; the Community is **reaching out with short courses into the rural towns** of East Suffolk (Stowmarket, Felixstowe etc). Whilst these courses are short, we want to engage people in our artistic community & support them in attending & participating in longer courses at our centre in Ipswich.

The Community Fund has also supported **Creative Mentoring** to enable the Community to reach out to individuals who cannot for whatever reason work in a group currently. This is by offering them an opportunity to benefit from involvement in the therapeutic arts through working one to one with an artist or volunteer.

We still believe – from our testimonial & evaluation of the efficacy of our own work - that the arts, particularly participatory arts, can be a **life enhancing force** in any community contributing significantly to individual, community healing & wellbeing.

## Key activities year 1:

The below diagram exemplifies the unique areas which Inside Out Community work within (which includes the four key activities we are looking at for the Art of Wellbeing Project):



At the end of year point we have made progress to complete our key activities for year one, as described below in the summary of each activity we committed to within the first year.

**Activity 1: Run 155 weekly arts and wellbeing workshops for 70 beneficiaries involving supporting & engaging participant members in a variety of therapeutic art activities.**

At the end of the year we have now run **158 workshops to a total of 139 individual participants**. We have come to the end of our Spring Programme now during which we ran 52 sessions and have planned our Summer workshops which will offer a further 52 workshops over the summer months.

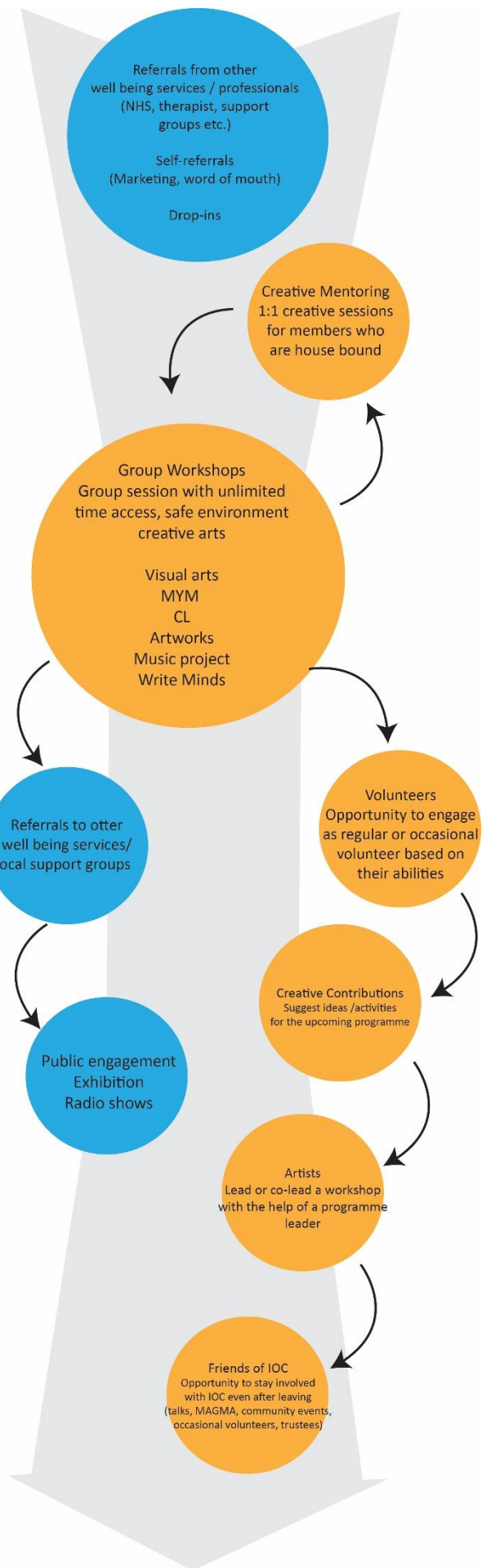
***We run three core workshops weekly in term time- Making Your Mark, Creative Lives and Artworks.***

Each of the workshops has a slightly different member focus. Making Your Mark is a series of creative activities aimed at supporting the wellbeing of young adults between the ages of 18 and 25. Creative Lives is a supportive creative group for those people over the age of 60 who may be experiencing the psychological challenges of later life. Finally, our Artworks group is an open workshop, allowing people of all ages groups to join in.

We have also experimented with additional days for these workshops including evenings and weekends, however, it has been found the most successful times to conduct these workshops have been week days during the day.



We envisage a path (see following page) through our workshops for members through which creativity and artworks support their wellbeing; this path has been developed by our Programme Leaders. Although, our core activity focuses of providing creative groups for our members, our ethos is not to 'hold on to them forever' but to empower them by providing opportunities for progress/ movement/development within our community or referring them to other groups/ organisations.





*The Write Minds course was part of these weekly groups and comprised of 20 x 2 hour creative writing sessions offering students an opportunity to experience a variety of prose fiction genres /styles along with an excursion into poetry.*

A central focus for the course was creative writing as a determinant of wellbeing and students were invited to explore how making writing part of their lives could work as a counterbalance to the emotional challenges & burdens of life. It was delivered between February & July in the meeting room of the Hub at the Central Library Ipswich. The course concluded with the publication of a self selected anthology of students writing entitled 'There is a fire at the heart of this city'.

Thirteen participants enrolled for the course and eight completed the 20 weeks. While the drop out rate was a little higher than we would have wished, the remaining core quickly settled into being a highly motivated and engaged group. Of the original starters: one was a support worker whose client was too vulnerable to continue; one person changed jobs; another felt the course didn't sufficiently meet his writing interests; as for the fifth non finisher, we don't know why he stopped coming, although we suspect he experienced a further mental health crisis.

The course was led by Petra McQueen and Peter Watkins both creative writers and graduates of an MA programme in creative writing. The sessions were facilitated both separately and together to capitalise on their different skills and interests. Two sessions were led successfully by individual participants – one on surrealism and one on creative journaling.

While the first 10 weeks was largely a prescribed programme, focusing on the basic skills of prose fiction and poetry the second half of the course was designed with student's stated interests in mind. The result was a rich short course in creative writing that encompassed long & short fiction; modern & traditional poetic forms, nature writing; psycho-geography, writing dialogue; and performance poetry.

*The outcomes for the course exceeded our expectations.* It is clear from students self rating and comments that they found the course a stimulus and helped in the development of their writing. All students found the course beneficial to their wellbeing & management of their mental health. The course seemed to: bolster self esteem; offer experiences of a worthwhile & uplifting nature of creating something new; built confidence creatively & personally; provided a safe 'portal' for creative expression of feelings ideas & imagination, all of which feed into a stronger sense of well being.

At the beginning of the course students were invited to become 'researchers' exploring how creative writing could work for them as a way of managing or alleviating psychological distress. Students observations that: transcribing feelings & thoughts onto the blank page rather than acting them out can be cathartic & healing; that writing can be a way of processing experience - exploring and working through 'stuff' ; that noticing and working through the sadness, that can appear unbidden in creative writing; and that providing some diversionary relief from the existential pressures of life, all indicate that students may have learnt something about self management, a coping skill, that will continue to be beneficial to them in their recovery journeys.

It is gratifying that all students were unequivocally positive about their experience of the course – ‘energising, inspiring, awakening’, - and that is in no small measure due to their cohesive & purposeful engagement in the course. We hope the motivation to write will remain outside of the stimulus & discipline of the course & will sustain the aspiration they clearly have to make creative writing part of their lives. Since the course we hear that one student has performed her poetry at a music event, receiving a very positive response, and another has set up his own writers group. Finally. it is encouraging that all students wanted more Write Minds courses and would recommend them

We enclose with this report two of the anthologies which were completed by the group.



## Activity 2: Run 26 fortnightly music & wellbeing workshops for 20 beneficiaries involving the supported engagement in writing, performing & recording new music with others.

*We have hosted 26 music and well-being workshops.* With a regular core attendance of ten plus between 2 and 10 beginners coming along. The largest group attendance was 25. The group has written, recorded and played music, we include a copy of their CD with this report, and they have written a song for our a cross-community project- the Song for Elmer. (See more on Elmer later in the report).

Our music tutor, George, from Musica said he aimed to engender a sense of achievement by the end of the workshop, and produce a CD that expresses themselves by choosing colours that speak to them, and that members say feel better when they walk out the door than when they walked through it thanks to engaging in music.

After 26 weeks of these workshops George reports back through our artist evaluation tools that music makes the members feel alive, they are all now unrecognisable to when they first started with the project. They have grown in confidence and bloomed creatively, seem to be better mentally prepared to face the world and not afraid to express their feelings . A CD was produced in this year and we attach this to the evaluation separately.





### Activity 3: Launch & run a Creative Mentoring scheme for 10 beneficiaries involving one to one support & engagement of individuals in a creative project for 10 sessions

Having safeguarding and lone working policies in place, we are now supporting 2 members in their creative process and 3 will be starting their sessions shortly.

#### Current Members:

*The first member is a writer who is completely home bound due to an ongoing mental health condition.* She works with creative writing, currently writing a script based on her life story.

She finds revisiting her biography therapeutic. The artist supporting her has noticed an increased confidence, motivation and improved communication. The fact that she lets another person into her flat shows a great trust and the strength of relationship which has developed between her and the artist.

The member has applied for and been granted additional 10 sessions, with a view that Inside Out Community will attempt to help her to apply for a funding for a long-term creative support worker.

*Our second member cannot leave his home for long periods of time due to his severe health condition and very low energy levels,* despite being supported by his parents.

He is working creatively with an expressive artist, however due to his fluctuating health, he tends to cancel his sessions frequently. The member and his parents are grateful for our understanding and the artist's flexibility that accommodates the member's health condition.

*3 new members will be starting very shortly, 2 of them are ex-members of the Inside Out Community, unable to attend the classes at the moment due to having a relapse in their mental health and subsequently low self-esteem.* We are hoping these sessions will give them confidence and support to return to the groups.

*Finally, our last member is a local artist who due to his mental health, finds it difficult to connect to people.*

After visiting his remote studio, it was evident that he already is an extremely talented artist and his creative journey will be to support him to find confidence to exhibit his work and hopefully join our group workshops.

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*Overall, Creative Mentoring has created a 'buzz' with the mental health professionals,* who are enquiring about the nature and legibility of the service. Two members have been referred by a therapist / well being service.

During our first visit with the members, there is a sense of hope and excitement. Members often share their long and unsuccessful journey with NHS. They appreciate there is another help available.

**Going forward**, although we did not meet the target of ten members going through the creative mentoring process by the end of the year, we have identified the reasons for this and how we can work on this in the future- including creating an effective lead time for the individual members, and understanding how client fragility impacts on time scales.

- **Pace & Time scale**

- During the initial meetings members appeared in a good frame of mind, excited to begin with the sessions, however it became clear very shortly, that they may be overwhelmed by various factors resulting in procrastinations, withdrawal or cancellations.
- The following issues came to the surface: anxiety from 'a stranger' coming to their home, worries about our expectations and their responsibility to complete the creative project, frequency & length of sessions, changing energy levels & varying mental states.)
- This has made the delivery of the programme very unique to each individual, tailoring each to suit their ability and pace. We had to learn to expect and tolerate gaps in between stages & sessions, as well as support the artist in finding patience with the member.

- **Additional support needed**

- Professional supervision from an external supervisor in order to help with relationship boundaries and questions/ difficulties arising from the process. 1:1's have already started, and we are in progress of arranging monthly group peer supervisions

- **Exit strategy**

- Considering our artists may be the only connection to the outside world, it was important to start map out an exit strategy and plan a positive ending.
- This may include a referral to another group / organisation, or engagement with IOC group/ online community.

With this in mind, our Programme Leaders have created a more concrete Creative Mentoring process map which will help us to manage future participants- on the following page:

REFERRAL	<p>Other professionals/ organisations</p> <p>Self-referral</p>
INITIAL MEETING	<p>Programme leaders to discuss member's needs &amp; suitability for CM</p> <p>Code of conduct</p> <p>Creative objectives</p>
ARTISTS INDUCTION	<p>PL to discuss member's details, needs &amp; any safety information</p> <p>Artist's contract, policies</p>
ARTISTS & MEMBER INTRODUCTION	<p>PL to introduce artist to member</p> <p>Artist to arrange date &amp; time of first visit</p>
CM SESSIONS	<p>Creative sessions with the artist (10 contact hours)</p> <p>Support needed</p> <p>Programme Leaders to provide on-call duty, monitor artist's safety &amp; progress, help him with planning sessions including exit strategy (Artist debrief)</p> <p>Professional supervision from an external supervisor (peer group sessions, one to one)</p> <p>-----</p> <p>Planning Positive Exit Strategy</p>
CLOSING MEETING	<p>PL to discuss member's feedback/ future plans/ potential integration into groups</p> <p>Arrange a 3 month follow up call</p>
ENGAGEMENT WITH OTHER GROUPS	<p>Visiting in IOC groups</p> <p>Engaging in IOC online community/ events</p> <p>Referral to other well being organisations/ support creative groups</p>



#### Activity 4: Launch and run our outreach programme running 3 X 6 weekly arts & wellbeing workshops in different locations for 24 beneficiaries involving supported in engagement in a variant of therapeutic art activities

We have been working hard on our Outreach Programmes with the following sessions either been deliver or in progress.

##### *Surviving United Lowestoft*

For six two-hour sessions, we have worked with a women's group for survivors of domestic/ sexual abuse. Using therapeutic arts, the work allowed the participants to get in touch with their emotions and revisit their trauma with a creative approach. The women have embraced art as a way of expressing 'the unspeakable' and they were able to share their images and stories with the group. They have gained personal and artistic confidence, some of them even began practicing art at home. Additionally, the group relationships have strengthened. The leader of the group fully supported the process and offered £60 towards our costs and is looking for additional funding for more art sessions.

##### *Suffolk Libraries*

Sessions delivered in Stowmarket and Felixstowe libraries. It was run in collaboration with Open Space - a weekly drop-in group run in partnership with Norfolk and Suffolk NHS Foundation Trust, Julian Support, Richmond Fellowship and Suffolk Mind. These Outreach Programmes allowed Inside Out to reach communities in different regions within Suffolk who otherwise may not have access to our workshops. 6- 10 people attended per session, our programme leader conducted clay modelling with them using natural forms as inspiration (e.g. seashells and pine cones). Most of the group engaged with the activity and were able to take their models home with them.

##### *4YP*

Sessions were delivered to Suffolk Young People's Health Project (also known as 4YP) a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25. This was attended by between 6- 8 young people. We did 'make making'- using painting and collage. This was put on as part of 4YP's Summer programme.



*Going forward* we are in discussion with several other communities we will be taking our Outreach Programme to, some of these were due to take place in year 1 but were delayed due to timetabling issues:

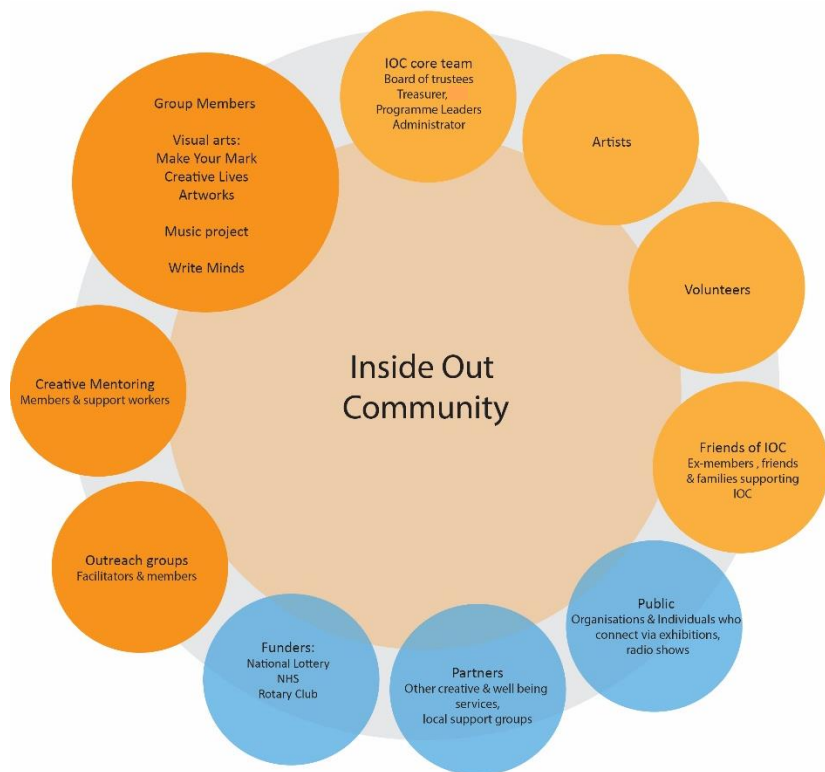
- *Beam Ipswich* - A support group for women who's children have been taken away in a court process.
- *Chinese community*
- *Dance East* to develop a new scheme creativity through dance to be used to support wellbeing reaching a different community.
- *Oak Tree Farm* a low carbon farm in Rushmere St Andrew, rural Suffolk.
- *Art Eat* - a the two day festival in Ipswich in September which will include community street art projects and participatory workshops (we will be running taster workshops and contributing to the 'Big Mural').
- *Phoenix Project*- a small Ipswich based charity that aims to support adults with experience of mental health issues. They aim to tackle social isolation and support maintenance.
- *Bywacare Saxmundham*- A residential care home in Saxmundham who we are arranging sessions with.

*From the current programmes, which are being delivered by the programme leaders, we are learning* about the participants, their needs and the best format / artistic techniques. From our findings, we are hoping to form a programme strategy, being able to provide a comprehensive 'package' to other communities, using experienced Inside Out artists to deliver more sessions. We are working with our stakeholders to understand communities which would benefit from our outreach programme.

In the coming year we will continue to focus our Outreach programmes on communities who find it hard to access our services whether that be by circumstance, location or other reasons.

## Project governance, leadership and project management

After reviewing our governance and project management this year, introducing two new members of staff (a Programme Leader and an Administrator), the structure of Inside Out has been reviewed. The below diagram shows the different stakeholders and members of Inside Out Community who all support the success of our Community.



To ensure that we are delivering on the objects of this grant the front-line team continues to meet for a **weekly Operations Meeting**. Matters arising and decisions or requests from this meeting are then taken to the Board of Trustees for discussion and approval. We have also additionally arranged a regular meeting between a representative from the Board of Trustees and the Operations Team to support greater communication and planning abilities.

To ensure the **smooth running of workshops the administrative processes have been streamlined and are being developed**. New formats of paperwork introducing participants to the workshops have been created which reduce the amount of paperwork but enable all the relevant information to be captured.

Within this year Inside Out Community have launched **Artists Get-Togethers**; these give our artists the opportunity to discuss Inside Out, any issues they would like to raise, as well as giving them further opportunities to discuss how workshops can be run to support them as well as our participants. These Artists Get-Togethers are relatively organic processes led by the artists feedback and discussion. We are conducting two a year with a view to supporting ideas generation, artist support and to help our artists gain a greater understanding of their support for our members well-being and mental health.



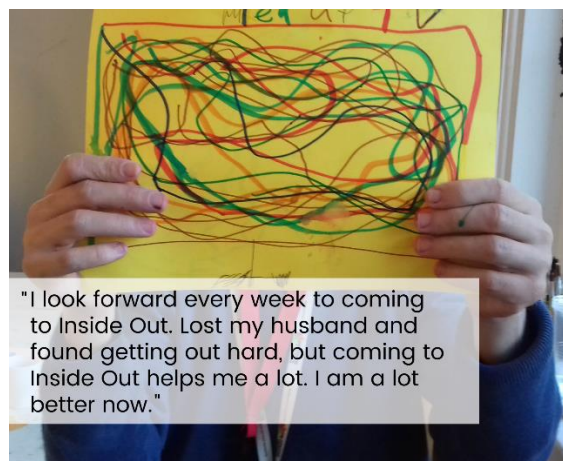
**External context: e.g.; other delivery organisations, funding environment, policy environment**  
**Evidence of strong relationships locally, with other providers, funders, stakeholders**

Inside Out Community have worked hard with trustees and the new staff on board to forge and develop new relationships with external bodies, stakeholders and providers.

Inside Out are *building a community atmosphere between all our stakeholders*- the participants, artists, trustees and other interested parties. Over the year we have done this with various events including our show casing event *'Songs for the Journey 3'* held on 22<sup>nd</sup> September. This event was open to all and was a celebration of the work we do and the amazing talent of our participants. The event consisted of live music from our band 'Not Beaten Yet' the band is a direct result of Inside Out's music group. Some of the art work produced in our art workshops was displayed and an Inside Out participant read their poetry to the audience.

*Then on 15<sup>th</sup> February we held 'The Connecting Circle' event* which was an extended version of the standard Friday Workshop and attended by more than 60 people- who took part in circle dancing led by one of our artists, live music, and a short talk from one of our trustees. Connecting Circles was organised as part of our exploration of the theme of community. Our vision of Inside Out is of a creative community to which everyone who comes may benefit from & contribute too. We want everyone who joins Inside Out to feel warmly accepted and a valued part of that creative community. As the year unfolds we will be looking further at what that means for us as individuals to have that connection & how we can strengthen our creative community further.

One of our programme leaders- Allan Williams is also employed as a community development worker with Wellbeing Suffolk and has good links with *Wellbeing Suffolk and the Suffolk IDT* (Integrated Delivery Team). He has referred and signposted many people from these services and several are now regular participants.



We have *good links with Lapwing, Julian Support and have had participants attend our workshops with their support workers*, Inside Out have also had referrals from Leading Lives and Suffolk Family Carers. We have worked collaboratively, with our outreach taster sessions- Suffolk Libraries, Woodlands mental health unit based at Ipswich Hospital and Surviving United Lowestoft.

We also have a strong relationship with *Red Rose Chain - a theatre company working from beneath the grass roots with the disadvantaged and the marginalised*, and we are working with them to potentially create a theatre production project which draws in elements of all the different workshops we currently offer.

We are also working with the *Recovery College in devising a course on recovery through creativity* which we hope will be part of their curriculum. This is a course that aims to demonstrate the benefits of creativity as part of people's recovery of their mental health (being an important part of their daily lives).

We have strong links with *Music In Our Bones who specialise in bringing harmony singing* to Family Carers and to people managing the physical and mental health issues- they have hosted some of our workshops sessions in the term and we also work collaboratively with them to direct members to their own workshops as a linked enterprise.

The Community has also taken part in networking events such as one on social prescribing with Norfolk and Suffolk Foundation NHS Trust.

We are also taking part in *"Elmer's Big Parade"*- a high profile fundraising event in aid of St Elizabeth's Hospice but which will also give us a platform to highlight mental health and promote creativity in helping people with their recovery and wellbeing



Elmers Big Parade is a fund raising and awareness raising initiative held by St Elizabeth Hospice across Ipswich Town. The scheme allows different organisations to decorate a large sized elephant sculpture that will be displayed in Ipswich. Inside Out are lucky have found a sponsor to allow us as a community to decorate the Elephant. Our elephant has been decorated with the theme to connect to the ethos of the Community, pulling together art and mental health. We are arranging a number of activities connected to this including the Song for Elmer where we will be bringing in the music project, an exhibition, poetry, as well as a walking tour of the Elephants involving a number of our members.

## Extent to which the work has been / continues to be informed by the community / service users

Over the last year we have been keen to ensure that our service users have every opportunity to be heard and shape our services- both our participants and our artists.

*The feedback we gain from our participants is via the form of ad-hoc comment cards, as well as bi-annual evaluation forms* where they can anonymously feed back to us on the course.

Our service users have told us that *they would like more opportunities to exhibit their work and look back over their progress*. As a direct result our programme leaders are now in discussion as to how to offer service users portfolios which can be added to and celebrated at the end of each term. Service users are often asked what kind of art forms or themes they would like to do in the future and their ideas are acted upon where ever possible. Some of our participants work has directly led to specifically requested sessions such as quilting and card making. *We allow participants to suggest and then help run their own workshops so they can see their ideas come to life.*

In the music project the participants write and perform their own songs (see attached CD), likewise the Write Minds writing course enabled participants to put their work together in books.

Our work in the Community is *not only fed by the participants but also by the artists*. We provide all artists with evaluation feedback forms on how they feel the workshop's progress- giving a clear picture of the before and after of the workshops. To progress this idea we have started regular artist get together meetings where our artists come together to consider ideas for future sessions, this is also really valuable in securing the community aspect of our organisation. We are also introducing group supervision, particularly aimed at the Creative Mentoring artists, which again will allow the artists to provide us with feedback and understanding of issues, concerns and ideas that may arise whilst working with the Community.

## Management of risk

Due to the number of new activities we are now offering we have reviewed and updated our policies and procedures, most importantly our safeguarding and lone working policy. The safety of our members, staff and stake holders is of up most importance to us. The implementation of our Operational meeting which feeds directly into our Board of Trustees adds another layer of scrutiny to ensure that our services are fair, transparent and safe. The introduction of supervision for artists on a regular basis will allow issues arising to be addressed immediately.

The nature of the Community means that privacy of our members is paramount, as with all enterprises we have introduced robust and carefully monitored privacy and data protection practices to ensure this continues.



## Organisational financial situation and potential impact on project

Please find attached to this report the financial summary report of how the year has progressed to date.

We have completed year 1 with a total underspend of £15,074. This can be explained as follows:

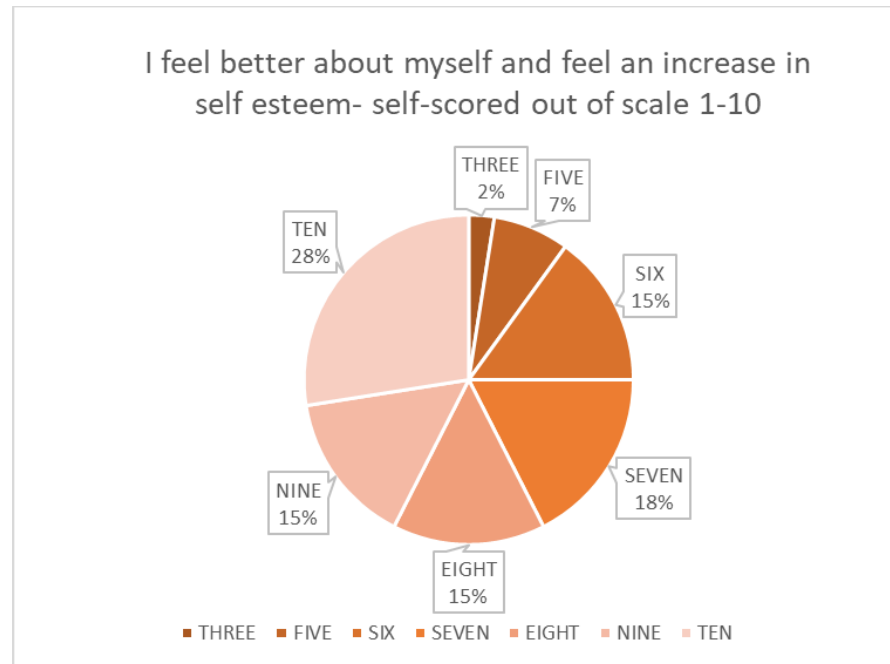
- General running costs, training & travel – underspend of £10,853- this is almost completely due to Creative Mentoring being rather slow to get off the ground. This is a completely new element of our programme and as with all things that commence from a standing start it has been rather slower to get off the ground than we had hoped. We have identified that there is definitely a need for this service and we hope to make up for this underspend during the remaining funding period.
- Consultancy & advice including evaluation - underspend of £1,140 - This is purely a timing issue due to evaluation which by it's very nature involves work being completed after the end of the first 12 months.
- Programme Leaders - underspend of £1,193 – this is just timing due to us having to recruit the 2<sup>nd</sup> programme leader after the commencement of funding.
- Administrator – underspend £1,886 – This is mainly because we unfortunately lost our initial appointee after 8 months due to unforeseen family commitments . This left us with a couple of months where we were a bit short staffed before securing a replacement administrator. This underspend will be spent catching up during year 2.

## Project progress

**Project Outcome 1:** People will experience a sustained improvement in emotional wellbeing and self-esteem- Responses are based on evaluation forms, scoring their responses to the question posed out of 10. We were aiming for 90% plus of participants to answer at 6 or above

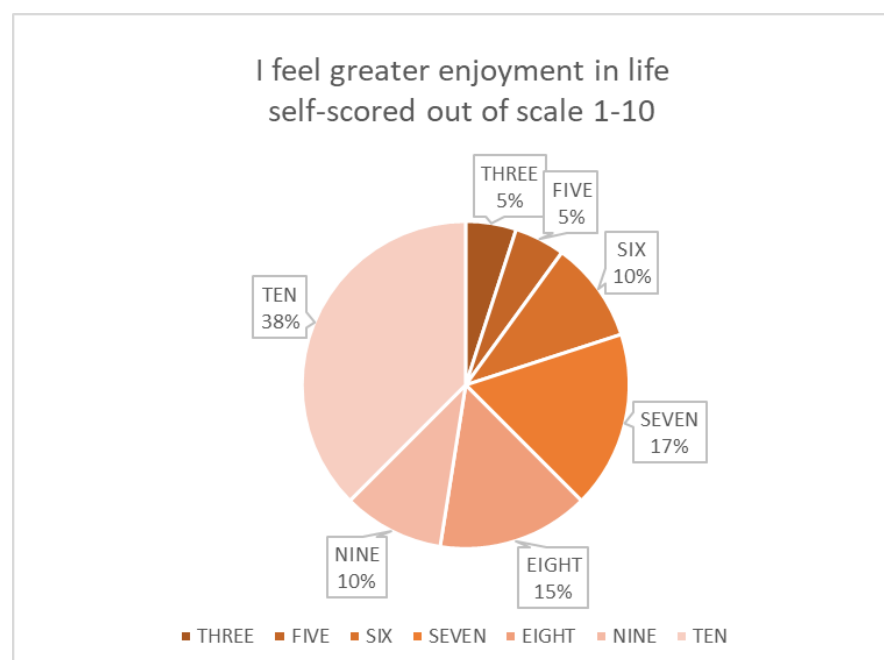
Participants using the service regularly will report feeling better about themselves & their lives e.g. increased self esteem & life satisfaction

90% scored 6 or above



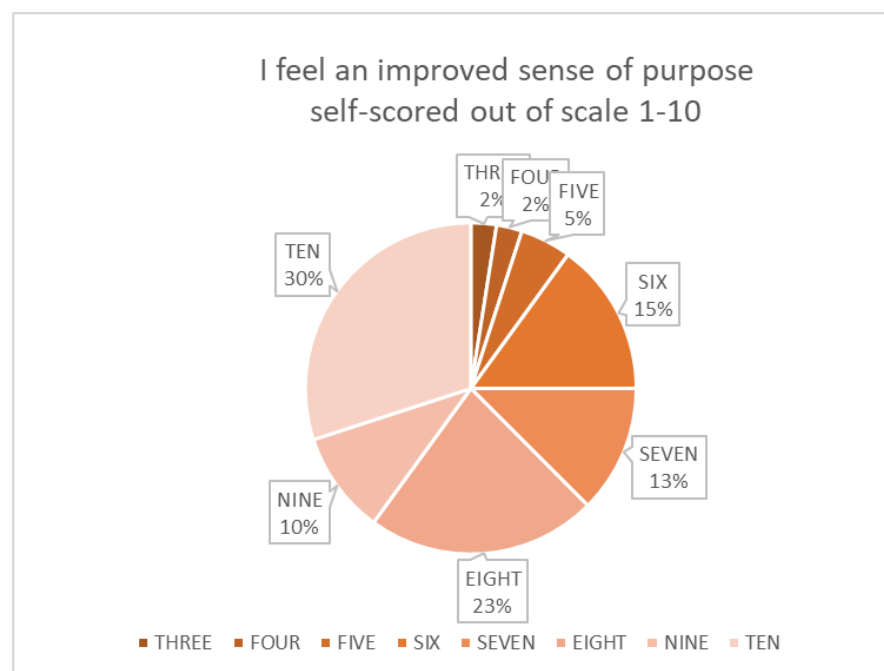
Participants using the service regularly will report greater enjoyment of life

90% scored 6 or above



Participants using the service regularly will report an improved sense of purpose and meaning in their lives.

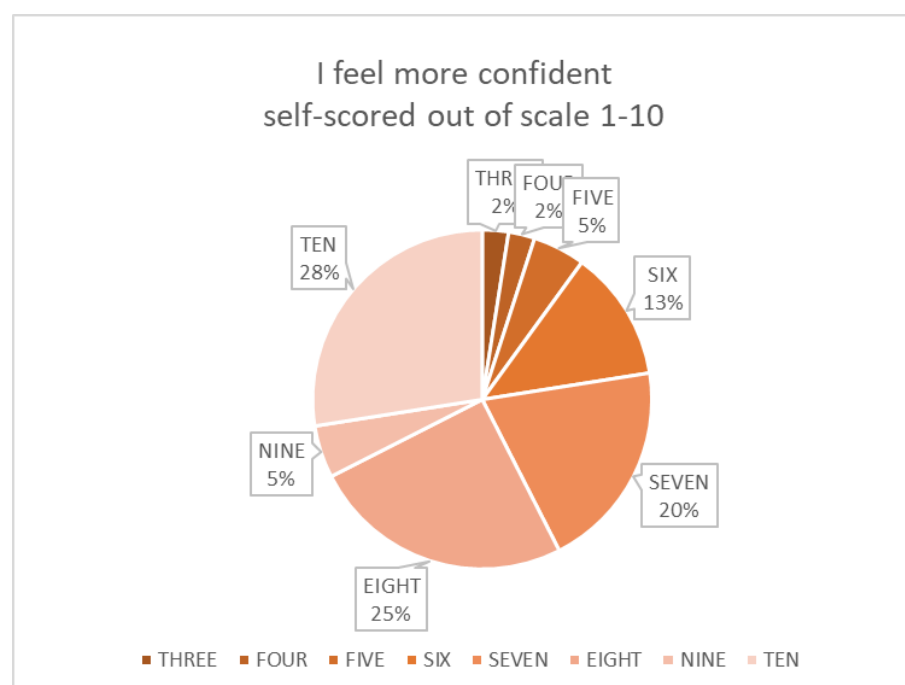
90% scored 6 or above



**Project outcome 2:** People will experience a sustained increase in social engagement/inclusion and become less isolated and lonely

Participants using the service regularly will report increased self confidence

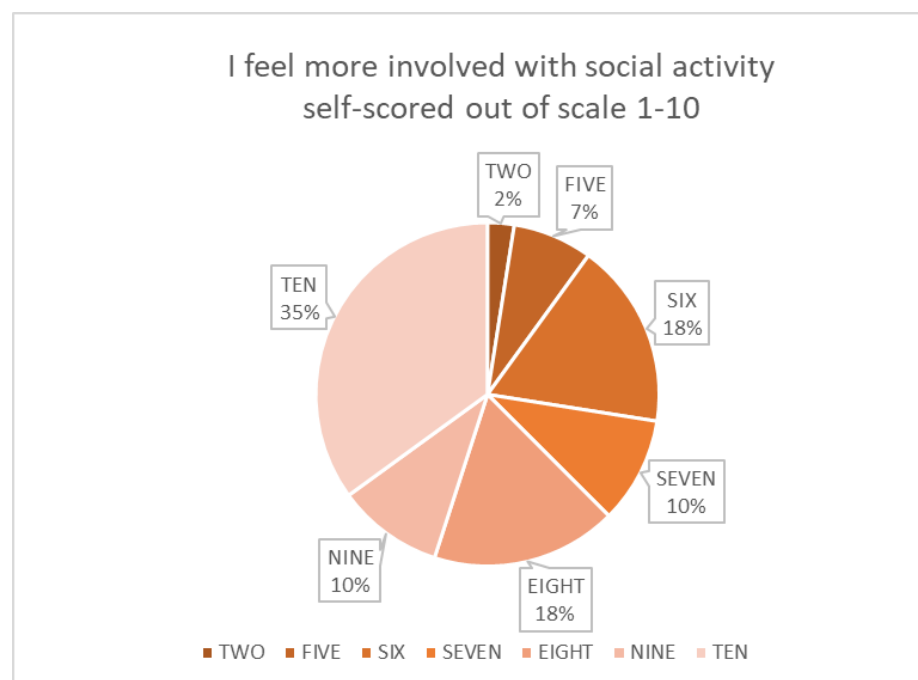
91% scored 6 or above





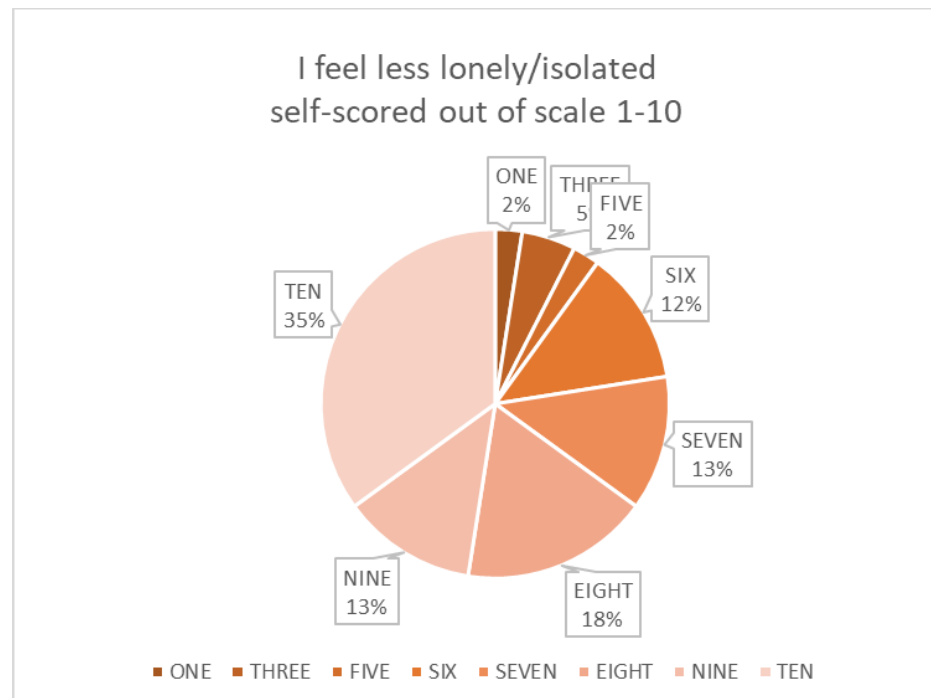
Participants using the service regularly will report greater social activity & involvement

90% scored 6 or above



Participants using the service regularly will report feeling less isolated & lonely

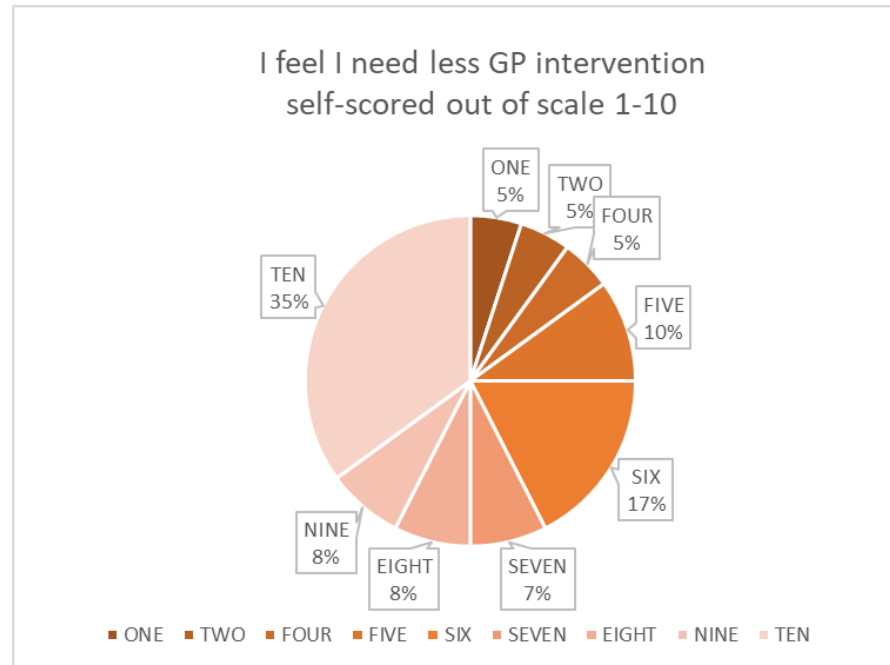
91% scored 6 or above



**Project outcome 3:** People will experience an improvement in mental health and have more/better creative coping strategies at their disposal.

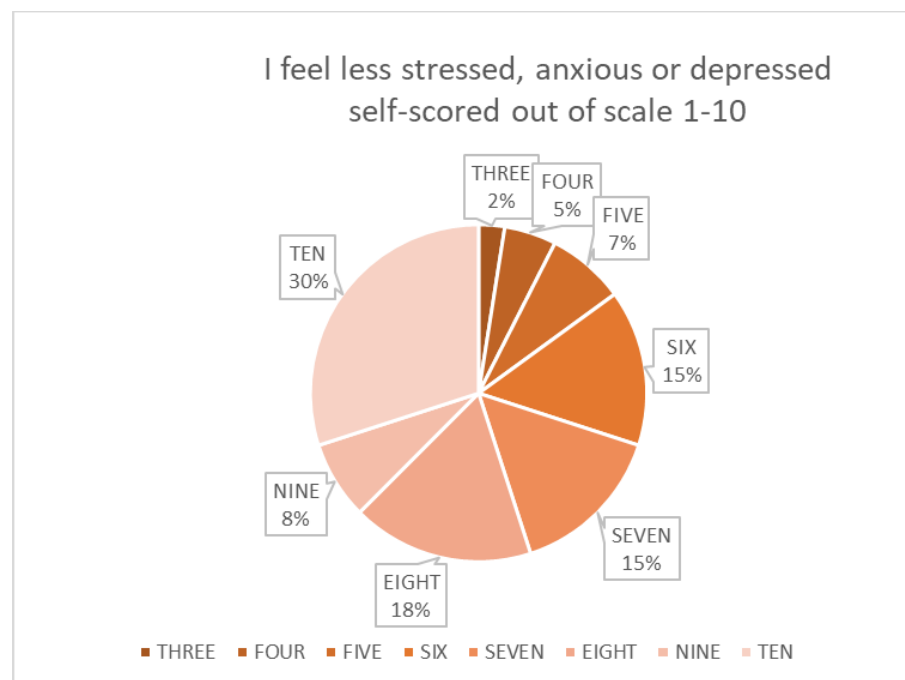
Participants using the service regularly will report fewer GP consultations and/or hospital admissions and/or medication usage

75% scored 6 or above



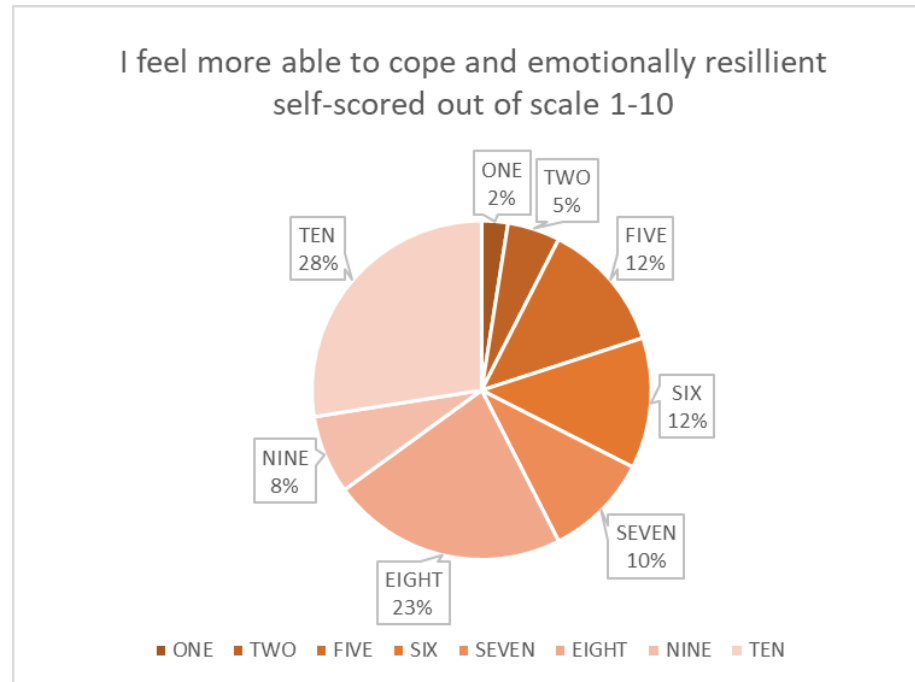
Participants using the service regularly will report reduced symptoms of emotional distress e.g anxiety and/or depression

86% scored 6 or above



Participants using the service regularly will report improved emotional resilience/coping

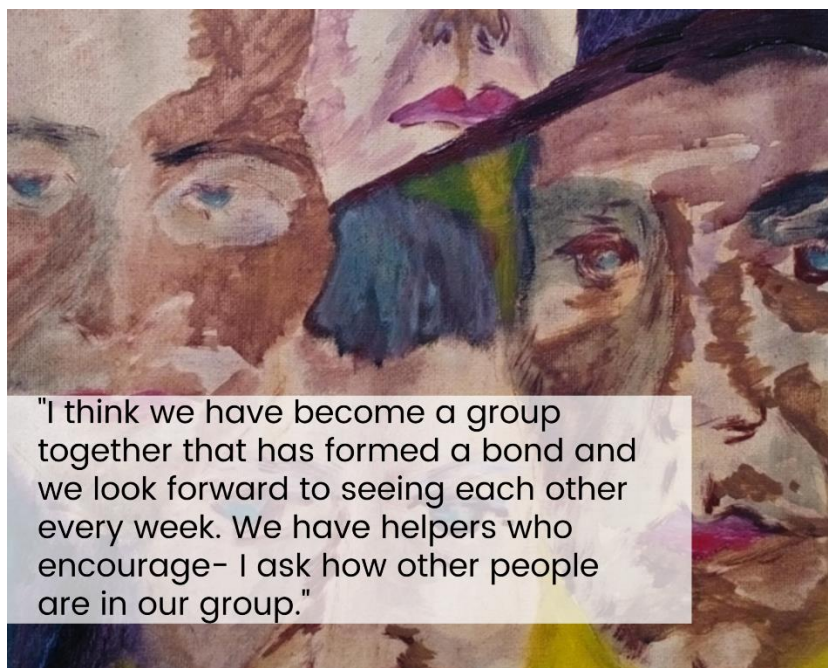
81% scored 6 or above



### Monitoring and evaluation techniques - and how you'll use or share what you've learned from your own monitoring or evaluation

As per the 6 month monitoring report- we have been working on a robust monitoring and evaluating process:

- M&E forms which allow us to ascertain the raw data. We have an M&E form which informs us on the outcomes and indicators of the project and the numbers of people who have attended an activity,



- Equality data as a form when participants join Inside Out.
- Comments from the participants in the form of comment cards available at every Inside Out activity.
- We ask for permission to use the comments including using them for the use of social media and promotion.
- We are exploring how we can create case studies from individual participants
- We also encourage our participants to tell us what Inside Out means to them in the form of art, we shall encourage participants to think about their journey by compiling a portfolio of their work.
- At the end of every session there is a period of reflection, which is both important for the ability to evaluate the success of our workshops and to allow the members to the maximum benefit from the workshops in terms of supporting their mental health
- At the end of each term the group will get together to look through their portfolio discussing the progress they have made and what being part of Inside Out has meant to them. The discussions of this group will be noted and where possible filmed or photographed as an evaluation tool.
- We have conducted additional video testimonials from some of our members which we attach with this report, this provided a really personal way of gaining an understanding of how our services are really supporting the Inside Out Community.
- Artists evaluations are also conducted to help understand how to support our artists in providing the best possible experience for members. Their feedback will also help us see a different perspective on how they visualise the workshop to support the members.

The information we learn from our M&E will help shape our future activities, how we engage with future potential members, and how we can support them.

**Going forward** we would like to ensure the process for gaining evaluation feedback is easy for members, some members have found it hard to deal with paperwork, which means we don't always get as much paperwork as we would like returned. We are working on ways to make this as easy as possible for members to complete without putting added pressure on them.

**Inside Out have commissioned a further external evaluation.** This will be a two-year collaborative enquiry, the process began in February 2019, and will explore how Inside Out works for its members. It will involve collating and clarifying the positive aspects of engaging with the arts through the activities of Inside Out and looking at what the positive changes actually are. As the project progresses, it aims that ways to improve the facilitation of these therapeutic factors will emerge.

Our external evaluator says *"I see my role as both a facilitator and commentator. The enquiry will be an active collaboration with the members of the Inside Out community: 'members' include the programme leaders, artist facilitators, and trustees, although the main focus will be on participants. I see this project as a co-creative, dynamic process."*

The evaluation process will involve various types of engagement, including formal focus groups - one with participant members and one with programme



leaders, artists and trustees - questionnaires, and conversations with individuals and groups.

*The first part of the project* will help identify a number of important 'therapeutic' factors in terms of what it is about Inside Out's activities that help, and what these positive changes are. These will then be open to members' scrutiny and engagement during the rest of the project and therefore will no doubt change and be refined as the project progresses.

Following this a number of individual members will be supported to keep 'creative' diaries of their engagement with Inside Out. This will include reflection on the connection between the therapeutic factors already identified and their actual experiences of Inside Out activities. This 'testing out' could be an innovative and exciting way of seeing how 'reflection' on the therapeutic factors can itself be creative and therapeutic.

*The end of the project* will involve a creative exposition of how Inside Out functions as a community and the impact it has had on members. This will be jointly created with Inside Out's members and could take a number of different art forms, such as an exhibition, performance, concert, or a film.

There will be a final report on the external evaluation project to coincide with the end of the third year of the Lottery funding. *Our ambition is that this project will add something of note to the wider arts in well-being agenda.* Needless to say, the voices of Inside Out's members will be central to this project.

Tasks	Year 1												Year 2											
	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J
Initial meetings with key individuals																								
Attend groups																								
Look at arts and wellbeing theories and research																								
Lottery report 1 <sup>st</sup> year																								
Put together focus group/s																								
Run focus group/s and write report																								
Clarify key therapeutic aspects of Inside Out																								
Individual creative exploration of above																								
Lottery report year 2																								
Creative Evaluation Event																								
Final Report																								

## How well did you reach everyone who could benefit from your project?

*We have met and exceeded our year one target of figures for attendance.* We have been able to support 139 participants in the last 12 months. We have worked hard to ensure that those people who would benefit from our project know about it. Our literature and publicity such as our programmes and posters are delivered to local mental health services, GP's and libraries.

*As a team we network with a variety of voluntary and statutory organisations.* We have an experienced Board of Trustees and staff who as individuals are well recognised and connected locally for their work with people recovering from mental ill health. We also attend as many networking opportunities as possible. In the last year our team has attended or networked with East of Suffolk Community Connector Event, The Recovery College, Social Prescribing launch events, various outreach sessions.

*We are also utilising our social media branches to reach out to potential new members who could benefit from the community,* now using Facebook, Twitter, Instagram, YouTube and LinkedIn. These different platforms reach out to different age groups and types of people who may want to reach out to us.

*As mentioned above, although we did not meet the target of ten members going through the creative mentoring process by the end of the year,* we have identified the reasons for this and how we can work on this in the future- including creating an effective lead time for the individual members, and understanding how client fragility impacts on time scales.

## Overall lessons learned

*Networking and promotion seems to have worked really well at this point. There is a clear need and excitement for the activities that we are offering.* We also have connections with some prominent local voluntary and statutory groups which has put us in a really strong position in terms of generating referrals to our services. The new team of staff has worked well together and has encourage Inside Out to grow and plan for the future. We will soon be hosting a team day for all staff and trustees to plan for the future including what we would like the Inside Out Community to become. This will also be an opportunity to share our learning.

*Creative Mentoring has provided some valuable learning lessons,* whereby we can see the challenges that are brought to achieving our goals due to the fragility and health concerns of our members. This has helped us to understand where we need to focus our planning on more going forward and (as above) we have created processes to support this.

We now have all of *our evaluation tools in place* but it has been felt that we should limit the number of times evaluation forms are asked to be completed to ensure that members are not put under too much pressure to complete more paperwork. Therefore we are implementing a twice yearly evaluation period.

One of the lessons we have learnt in this period is that we are providing such a valuable service and that the demand for what we do is increasing and combined with the excitement around the area means we are growing quickly. Because of this at times it has felt like the operational team have been stretched, therefore we have learnt that we need to improve our processes, communication and provide greater planning for short to medium term goals to allow the long term goals to be achieved successfully.

### **Implications for the next reporting period**

In the next reporting period our priorities will be on :

- Improving the how we gain M&E data and creating a more creative way of evaluating courses.
- We shall be focusing on promoting and delivering the Creative Mentoring scheme to ensure that we can meet our target of delivering the scheme to 10 beneficiaries and making sure that this is evaluated suitably.
- We are working on supporting our artists network in the next period in order that they can provide the best possible service for our members.
- Continue to build and support our core workshop groups for our members.
- Deliver outreach sessions across Suffolk as per our objectives, and continue to find appropriate new groups and communities to provide this with.
- We are currently building up to the Summer activities with our involvement in Elmers Big Parade Suffolk.
- One of the other areas we will be working on going forward is the recruitment of more volunteers, this will be done via the Community members who may progress to volunteering as well as some of our external stakeholders and partners.