

**Call for Host Schools and Community Groups**

**Arts on Referral Programme 2021-23**

Dear Colleague

Arts Connect are seeking several host schools or community groups that would be interested in hosting 6-week Arts on Referral Course (or 5 weeks if a short half term) in the Summer and Autumn terms of 2022.

Each course lasts up to 6 weeks ( 6x 1-2 hour session per week ) and can be attended by up to 15 children or young people aged between 7-17 years, who are referred to the course as they are experiencing mild to moderate mental health challenges and would benefit from taking part in creative arts activities to help them build their confidence and improve their self-esteem.

As part of the course delivery, we ask participants to take part in research with Coventry University to record any changes in their wellbeing. The courses are currently provided free of charge to host organisations.

If you are interested becoming a host organisation or would like to find out more about the programme, please contact

**Clare Mitchell**

**LCEP Manager (Coventry, Warwickshire and Birmingham)**

**Arts on Referral Programmes Coordinator**

**Arts Connect**

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*Please note I only work part time for Arts Connect and often during out of office hours as programmes demand, however I do check my emails regularly and will respond as soon as possible.*

**FURTHER INFORMATION**

**Programme overview**

Arts Connect in partnership with Barnardo’s, are coordinating a number of Arts on Referral Programmes across Warwickshire.

The work has been commissioned by Warwickshire County Council. We are working closely with Public Health colleagues at the Council

**Programme - Children and young people** (aged 7-17 years), who are referred for mild to moderate mental health challenges, attend an arts course of 6 sessions (after school, weekends and/or holidays) to develop their interests in the arts and build their resilience, improve well-being through increased confidence and self-esteem, develop a sense of achievement, empowerment, social skills and positive behaviour changes. (We have funding to support 48 x 6 session courses in 2022)

The programme is specifically designed to support participants who are experiencing mild to moderate health challenges – by this we mean anyone issues such as:

**For children and young people:**

Mild anxiety & depression; Stress; Social isolation; Low self-esteem; Long term illness / health conditions or chronic pain; Engaging in other health behaviour changes; Difficult life changes or challenges such as parental separation or bullying; Unaccompanied Asylum-Seeking Children; Children Looked After; At risk of self-harm/self-harming; On alternative education provision; A learning disability or a diagnosis of autism (includes those on a waiting list for an autism diagnosis; Young carers; Early Help Plan in place

**Delivery:**

An artist will deliver a course/s of up to 6 arts sessions alongside a Barnardo’s’ Project Worker, who will support host agencies with the recruitment of participants, child protection and referral process.

The Children and Young Peoples’ programme will begin with a creative, age-appropriate, consultation to identify the interests of the participants. Each face-to-face session will be between 1-2 hours dependent on art form and children’s needs

The delivery with participants could include for example:

A welcome chat, creative warm up/activities to share information and build relationships; art/creative form work as individuals/pairs/groups; sharing with supported positive affirmation; creative evaluation and info on next session, and extension opportunities. The last session could include a sharing of their experience and creations as a group and/or an option to invite parents/carers/friends/other supportive adult/s and provide a ‘What Next-signposting’ to other arts/cultural opportunities.

Each course, will involve a report co-written by the artist and Barnardo’s worker, monitored by the Programme Co-ordinator.

We will be working with Coventry University to collect data about the impact of the programme in terms of its health benefits for participants via a questionnaire completed at session 1 and 6. There will be further opportunities to provide feedback for the research programme should participants feel they wish to participate

Each term we hope to hold a celebration sharing for all courses over this period at key cultural/community venues to showcase achievement and provide affirmation for participants.