



CREATIVE

A black and white photograph of a group of young people in a music studio. They are gathered around a desk with a laptop, a BOSS ME-50 pedal, and a keyboard. One person is holding a microphone, and another is playing the keyboard. The scene is lively and collaborative.

EXHIBIT 2020

Information for Social Prescribing

BEEE Creative CIO

Exhibit 2020

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BEEE Creative

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Exhibit 2020

An Overview

Exhibit 2020 is a project by BEEE Creative in partnership with MakeAmplify and five Hertfordshire Museums.

We inspire young people to engage with their local museum, uncovering new stories and bringing collections alive. Exploration of the theme 'Millennial and GenZ Childhood' through arts and technology will materialise what it means to be growing up between 2000 and 2020, and the impact rapid changes in technology have on the way people live, and interact.

OUT IN THE OPEN

School & community workshops in dance & film for year 7/8/9 pupils.

OPEN THE DOOR

5-day residencies in partnership with each museum for young people (11-14 yrs). With dance, film and music workshops. Participants co-produce an augmented reality tour for the museum.

YOUNG CREATIVES

Extended skill development through the Young Creatives Course and top-up workshops for young people aged 11-16 years old.

CHALLENGE

Independent participant projects in collaboration with the museums. Work placements and internships for young people entering the industry.

Social prescribing and Exhibit 2020

In Hertfordshire we have:

- Some of the most deprived areas in England.
- Higher than national average achievement gap between disadvantaged and non-disadvantaged pupils.
- 1:10 young people with a diagnosable mental health problem.

These disadvantaged young people are at greater risk of poor physical and mental health in both the short and long term. Early interventions have proven to reduce that risk.

Participating in a short and intensive programme like the 5-day residencies has shown to boost young people's sense of creativity, confidence and wellbeing.

WHEN: March 2020 to July 2021.

WHO: Young people aged 11-16 years old living in Hertfordshire, in particular those with mental health issues, special needs, or from a disadvantaged background.

FOR MORE INFORMATION AND REFERRALS

Please contact Carrie Washington via email carrie@beee-creative.co.uk or telephone 07971 171061.



Young People in Hertfordshire

Hertfordshire is a county with a reputation for being affluent, yet it has its areas of deprivation. The numbers of deprived areas are below the national average, yet they include areas that belong to the 30% most deprived in England. The same trend is visible for childhood poverty, although being below the national average, Hertfordshire's figure still stands at 50,000 children(1). In addition, the achievement gap between disadvantaged and non-disadvantaged pupils is higher in Hertfordshire than the England average (2,3). Within the population of children and young people, one in ten in Hertfordshire has a diagnosable mental health problem (3). They are also more likely to be admitted to the hospital for their mental health problems (1).


Young people living in deprivation with unmet physical and psychosocial needs, especially as they enter adolescence, are at greater risk of poor physical and mental health in both the short and long term. Simultaneously, they are more likely to do poorly in education and employment and so perpetuating a cycle of deprivation across generations (4,5). However, early adolescence provides a window of opportunity to break this perpetual cycle as research shows early interventions have proven to improve mental wellbeing, and even prevent mental health problems (6,7).

Benefits of arts for mental wellbeing

Everyday creativity and engagement in art activities are associated with improved wellbeing, and may be protective against mental health problems in young people (7-9). In these studies, they look mostly at self-esteem as a predictor of mental wellbeing through arts engagement and art skills. Though both influence self-esteem directly and independently, they influence each other as well. Of the two, arts engagement seems the most influential factor (7). Even so, mere attendance does not count as engagement. It is the level of interaction and quality of involvement that matters (9).

The value of art skills is shown in a study by Mak & Fancourt (10) which found an association with higher arts skills at the age of ten and a reduced risk of developing behavioural problems at the age of sixteen. The relation between arts skills and self-esteem was less consistent. Arguably, it is not so much about the level of the skills itself, but the acquirement of skills that improves self-esteem. By learning or improving a (new) skill, young people get a sense of accomplishment and ownership that boosts their confidence which subsequently has a positive effect on their self-esteem.

In addition to self-esteem, arts engagement has shown to contribute to other characteristics associated with mental wellbeing, such as building relationships, contributing to and having a say in the creative process, feeling validated by expressing one's ideas and having a sense of meaning and purpose (9). Also, let's not forget the importance of having fun and enjoying the creative process!



**“My voice was heard.
I’m proud of myself that I can
do more than I expected I could
do. I am glad I got a chance to
put down my ideas.”
– participant –**

Previous experience: Museums in Motion

Exhibit 2020 builds on the successful project, Museums in Motion (MiM), which ran from 2016 to 2019. The principal focus of this project was to enable young people, who experience barriers - perceived and real - to participation, and to explore heritage in ways that are both relevant, and exciting to them.

MiM was evaluated by an external evaluator (the full evaluation report is available on request) (11). The participants filled in questionnaires at the beginning of the project (baseline) and at the end (follow-up) to evaluate the effects on learned skills, creativity, confidence and wellbeing, which was measured with the WHO-5 wellbeing index questionnaire (12).

From the evaluation (11) BEEE Creative learned:

- The project worked mostly with hard to reach and/or vulnerable young people whose perceptions of heritage and museums were challenged and positively influenced.
- Participants learned a range of new skills both in specific art forms and transferable skills.
- Participants identified an increase in confidence, creativity, ownership and wellbeing.

MiM participants enjoyed learning new skills in dance, film, sound and music-making. With regards to the transferable skills participants felt they had learned, communication and teamwork stood out. Leadership, and having a say in the project, were not only acquired by most of the participants but also highly valued.

**“These kids [Link Academy, ed] have been excluded for whatever reason, they are not going to have great self-esteem. We’ve invested time and money into them and they’ve repaid by increasing their confidence.”
– Teacher - Link Academy –**



Museums in Motion

1

Theme

'What's inside your mobile phone?'

This was the stimulus to explore the collections of Hertfordshire museums through creative activities like dance, film and music making.

9

Residencies

MiM ran 3 residencies in the first series for young people (age 4-18) and their families.

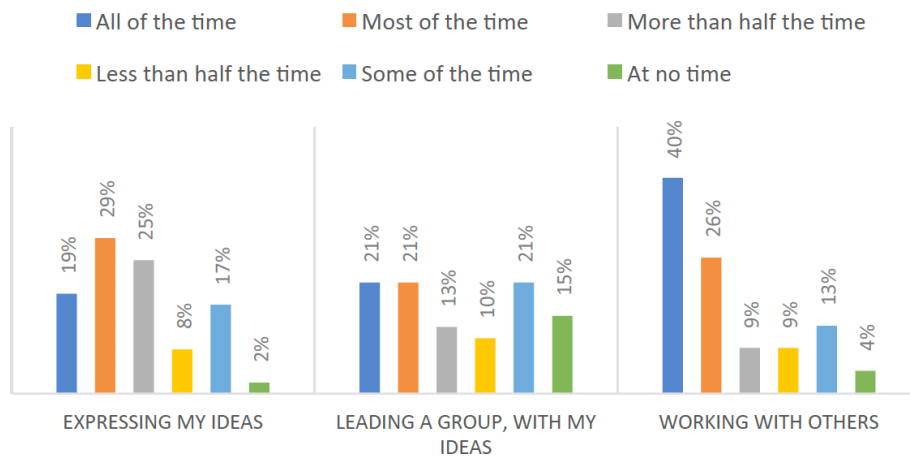
MiM 2.0 consisted of 6 residencies for young people age 8-15, who were mostly vulnerable young people from targeted groups.

2

Young Leader Programmes

In addition to the residencies, MiM 2.0 offered 2 Young Leader programmes for 'graduates' of the previous residencies with extended skill development in dance, technology and heritage.

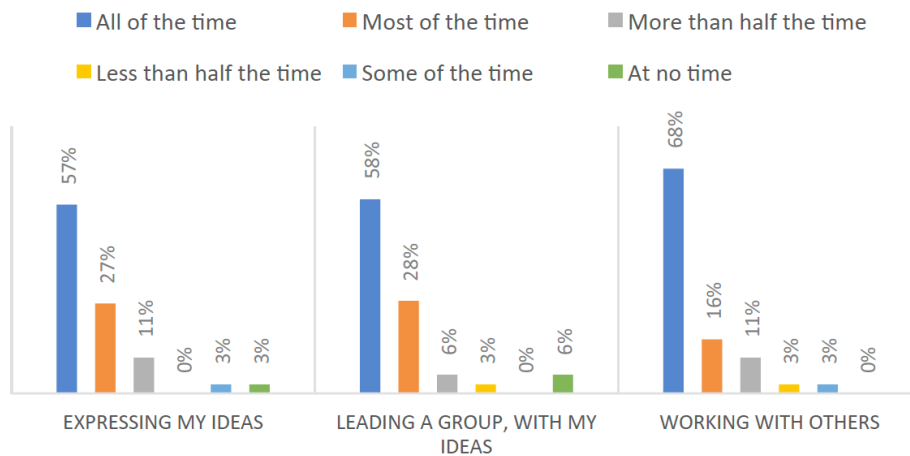
CONFIDENCE - BASELINE



CONFIDENCE

Overall on the residencies, we saw an increase in confidence, most notably in the confidence to lead the group with a rise of 20%. This indicates that the participants valued their own ideas and felt confident to both express them and lead the creative process. This correlates with the participants reporting they gained skills in leadership.

CONFIDENCE - FOLLOW UP

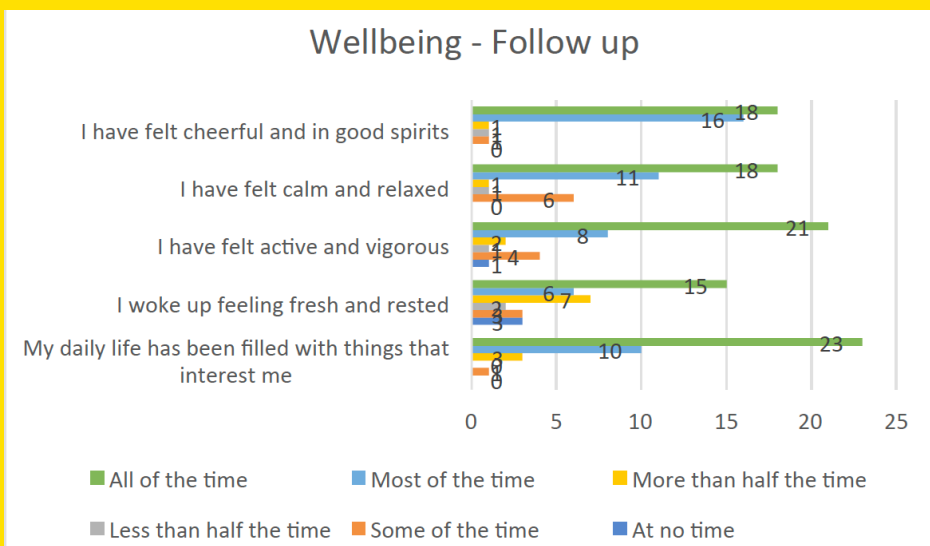
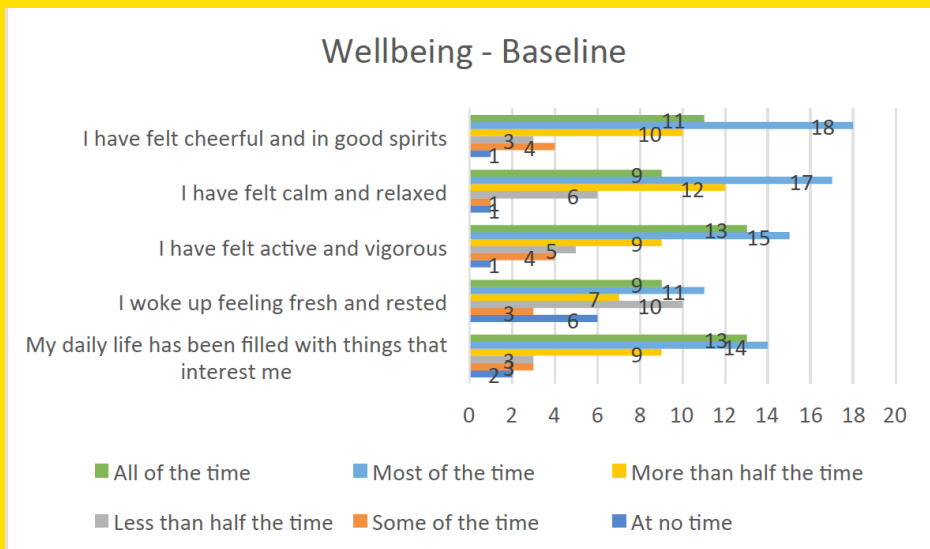


“A big shift in directorial skills from what I could see. I saw a lot of ideas being shared and solutions or approaches to how to make those ideas happen. That filled me with all kinds of joy. The film M made with E was really quite spectacular, it was really something. They are friends now and are going to collaborate – that’s amazing.”

– practitioner –

WELLBEING

Wellbeing was measured with the WHO-5 Questionnaire and we saw an overall increase in the positive responses, even for the questions already having positive responses at baseline.



For the young leader courses, we found that they already felt more confident and creative at baseline, which can be explained by the fact that the participants already had participated in the residencies before. Nonetheless, an increase was seen in both confidence and creativity. Wellbeing did improve across all areas with most notable increases in, 'I have felt cheerful and in good spirits', and, 'My daily life has been filled with things that interest me'.

Having a sense of ownership was central in the responses from the participants and supports their creativity, confidence and wellbeing. One of the participants responded:

“There’s no hierarchy, no-one’s better and we can all do what we want.”



Exhibit 2020

Exhibit 2020 is a project by BEEE Creative in partnership with MakeAmplify and five Hertfordshire Museums. Building on the experience of MiM, Exhibit 2020 challenges the inequality of access to cultural activity in Hertfordshire and supports vulnerable young people to overcome barriers to participation by offering a programme with an emphasis on tangible skills development and fostering a positive sense of wellbeing.

Collectively we inspire young people to engage with their local museum, uncovering new stories and bringing collections alive. Exploration of the theme '**Millennial and GenZ Childhood**' through arts and digital technology will materialize what it means to be growing up between 2000 and 2020 and the impact rapid changes in technology have on the way people live and interact.

Participants can take part in school and community workshops, museum residencies and further progress through the young creatives course and challenge programme. On top of this, Exhibit 2020 provides an opportunity for young adults about the enter the industry to gain experience through work placements and paid internships.

Exhibit 2020 aligns with Hertfordshire County Council's Plan for Children and Young People:

- **Be Ambitious:** narrowing the gap for underachieving groups, raising aspiration for all children
- **Be Independent:** skills and employment for vulnerable young people

Through Exhibit 2020 young people will:

- Develop a sense of belonging to their local museum
- Develop tangible skills in film making, dance, music and augmented reality technology
- Develop transferable skills that contribute to increased wellbeing
- Build on current and learn new skills
- Increase wellbeing through feeling ownership of the project, increase confidence and skills development

EXHIBIT 2020

in numbers



OUT IN THE OPEN

Through taster workshops for schools and community groups, year 7-9 pupils get the opportunity to engage with heritage through dance and an introduction film and projection. There will also be a taster workshop with each of our five partner museums which will be accessible to individuals to take part in.

OPEN THE DOOR

During a five-day residency with each of our five partner museums, young people aged 11-14 years old, explore museum collections through dance, film and music workshops. Participants will co-produce an augmented reality tour for the museum based on Exhibit 2020's theme. The residencies have a clear structure and are fully artist led.



YOUNG CREATIVES

For Museum-in-Motion graduates, and other young people up to 16 years old who have previous arts experience, there is the opportunity to progress into the Young Creatives Course and join the top-up workshops.

The **YOUNG CREATIVES COURSE** consists of five days of extended skills development through workshops from local artists. These workshops include curating an exhibition, dance, film, photography, animation, storytelling, film, visitor experience and marketing. In addition, they will work independently towards their own artwork, which will be exhibited.

In this course, the young people will be working more independently, with the artists taking a more supportive role.

The **TOP-UP WORKSHOPS** are a chance to dive deeper into a specific art-form or skill. The series includes workshops like photography, animation, music editing as well as an arts and heritage career workshop. For participants who are interested, but unable to attend, there are activity packs from the workshops available.



CHALLENGE

To take it even further, all five partner museums will set a challenge. The young person will be working fully independently on a project of choice within the challenge. This could be anything from curating their own artwork to behind the scenes activities such as a social media take over or setting up a visitor experience activity. These projects are supported by local artists, museum staff and BEEE Creative.

WORK PLACEMENTS & INTERNSHIPS

Four work placements are available for undergraduates and young people with an interest in a career in community arts to support the delivery of the residencies.

Two student/graduate interns will get the opportunity to develop their project management skills.



When

Exhibit 2020 runs from March 2020 to July 2021 and is part of Hertfordshire Year of Culture 2020. Due to COVID-19, we aren't able to put a schedule of the workshops, courses and residencies in print. For more information about the exact dates go to our website:

<http://beee-creative.co.uk/>



Who

The project is open to young people aged 11-16 years old living in Hertfordshire. We welcome in particular those with mental health issues and special needs as well as disadvantaged young people like young carers, young people excluded from mainstream education, struggling families and families living in poverty.

BEEE Creative has extensive experience in working with young people with complex social and emotional needs, as well as young people from disadvantaged backgrounds.

We provide a safe environment in which each young person is seen. Groups are kept relatively small with a maximum of twelve participants per event. The staff-participants ratio for the residencies is 1:4 and 1:6 for the YCC and top-up workshops.

We continuously reflect on our practice and refine our offer. To make sure that the support we put in place addresses the needs of the young people, we work together with the community.

For MiM we collaborated with 'Carers Herts' to investigate how the young carers could be better supported so they were able to attend the full course.

One of the Residency groups participating in MiM was Links Academy, a Pupil Referral Unit. One of the teachers at Links Academy highlighted the significance of the practitioner's role for the success of the project (11):

"It is becoming increasingly obvious that projects like this are only successful due to the people running them. They must have empathy for the students taking part and passion to impart their knowledge and skill and be able to overlook certain behaviour. The project team did this."

The team

The lead practitioners on the project are Carrie Washington (BEEE Creative), Jennifer Irons (MakeAmplify) and Zach Walker (MakeAmplify). They are supported by staff from the partner museums and BEEE Creative. In addition, workshops are given by local artists.

BEEE Creative

Carrie Washington

Carrie Washington is a professionally trained dancer (English National Ballet School, Middlesex University and University of Bedfordshire) and she has worked for twenty-three years in the dance sector, including dance teaching and management roles (Rambert Dance Company, dancedigital and others). Carrie is also a visiting lecturer at Middlesex University and Trinity Laban.

MakeAmplify

Jennifer Irons

Jennifer was an Associate Artist with Candoco Dance Company for over a decade leading on their residencies working with people with and without disabilities. She was a lead artist in AESOP's Dance To Health Program using dance to reduce falls in older people and is the founder and director of ironINC in Africa; arts and cultural exchange working with local organizations in post-conflict areas, homeless and HIV and public health campaigns.

MakeAmplify

Zach Walker

Zach was the founder and director of the Uplift Project using music and poetry to develop literacy and communication skills with young people in prisons. He also leads arts and technology workshops with Guerrilla Science and was the lead artist on the Shipwrecked project working with 2000 primary school children across London to create a multi-sensory ship on the banks of the Thames.

All staff are DBS checked and are trained in safeguarding young people. Our safeguarding as well as our health & safety and data protection policies are available upon request, please email carrie@beee-creative.co.uk.



Why choose this project to refer to?

Exhibit 2020 offers a range of activities varying in length from one-off workshops, to a full week residency.

For a young person, trying something new can be daunting, especially when they don't feel well or are insecure. Committing to a long-term weekly programme in such cases can be too big a step. Fortunately, recent research has found that even the smallest engagement in creative activities can improve wellbeing (13).

The Out-in-the-Open workshops are a great opportunity to get a taste of the project. We highly recommend referring to one of the residencies considering the high level of support and structure.

Our residencies provide an opportunity for the young person to get some respite from their daily environment and fully immerse themselves in the creative activities. Benefits from engagement in creative activities on wellbeing depend more on the quality of the engagement than the quantity (9).

It's only one week, isn't this too short to help them?

No, a one-week course can be quite powerful. Participating in this short and intensive programme promotes a high level of interaction and involvement, which has the potential to reverse the negative spiral by boosting their sense of creativity, confidence and wellbeing (11). Subsequently, they may have found the confidence to either progress within the Exhibit 2020 project to the Young Creatives course and Challenge or partake in other projects and activities.

What about after that one week?

At the end of each workshop and residency, the young person will receive a take-away-pack. The pack consists of information on the techniques and resources used during the week, and ideas of how to follow up independently.

After the residency, the young person can choose to continue within Exhibit 2020 with the top-up workshops and the Young Creatives course. Where an individual may have an interest in a particular art form, we can support them into signposting them to further local activities.



The young person isn't sure if this will work for him/her? Is there a way to try it out?

In each of our partner museums, there will be an Out-in-the-Open taster workshop accessible to individuals. For more information about the exact dates go to our website:

<http://beee-creative.co.uk>

Alternatively, the Young Creatives top-up workshops are open to everyone as well. However, these workshops are led by one of the local artists and therefore might provide a different experience than the residency.

I have a group of young people, is it possible to organise a taster session for them?

Yes, if you have a group, we can organise an Out in the Open workshop on request. However, availability is subjected to COVID-19 guidelines. Please contact Carrie Washington for more information.

The young person doesn't have the money for the workshop/has limited access to transportation/technology? Can they still participate?

Participation in Exhibit 2020 is **free**, thanks to money raised by National Lottery players, which is awarded to the project by The National Lottery Heritage Fund. For projects on location, we are able to arrange free transport if needed.

Due to COVID-19 and the lockdown, most activities have been moved online. We realise some young people have limited or no access to the internet or lack the equipment. We will provide an iPad and printed activity pack for all participants to use for the duration of the project.

If there are any other barriers for the young person to participate, please do contact Carrie Washington to discuss possible arrangements.



What other projects are available?

BEEE Creative organises various projects:

A-MUSE (Arts in Museums) A programme of fun, creative dance workshops for families and older adults in Hertfordshire museums.

Improving Generations An intergenerational dance and music project.

#TAG An intergenerational dance programme celebrating the HYOC 2020.

I have questions/want more information, who can I contact?

For more information on BEEE Creative and Exhibit 2020 have a look at the BEEE Creative website: www.beee-creative.co.uk

For questions you can contact us by email at carrie@beee-creative.co.uk or call us at 07971 171061.

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Twitter: [@BEEECreative16](https://twitter.com/BEEECreative16)



REFERRING

How do I refer?

Referring takes place by **booking directly for the event** that the young person wants to participate in. The booking link can be found on the events page, which you can find on: <http://beee-creative.co.uk/wp/clients/current-events/>

Preferably, the form is filled in together with the young person and/or parents/carers.

- The referrers details are filled in under 'nominated adult'.
- The parents/carers details under 'emergency contact'.
- Specific needs can be reported in the designated field.

The **consent** questions cannot be filled in on behalf of the parent/carer. If it is not possible to fill in the form together, please leave these questions open. BEEE Creative will contact parents/carers to fill these in separately.

To **receive feedback** as a referrer, parents/carers need to provide consent for BEEE Creative to do so. BEEE Creative will discuss with the young person and the parents/carers that and what information will be shared before feeding back. Nothing will be shared without their knowledge.

Is there information I can give to the young person I am referring?

There is information on the website via this link:
<http://beee-creative.co.uk>

There are also flyers available upon request.



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With thanks to money raised by National Lottery players and awarded to the project by The National Lottery Heritage Fund.

Project Partners

Royston Museum

Watford Museum

Stevenage Museum

North Hertfordshire Museum

St Albans Museum

University of Hertfordshire

Hertfordshire Year of Culture 2020

Community Groups – to be confirmed

MakeAmplify – Jennifer Irons & Zach Walker

Controlled Frenzy – Chris Hunt

Photos by Simon Richardson



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BEEE CREATIVE

Dance connections in Herts & Beds