

QUARTER 1 / APR – JUN 21

The word "hoot" is written in a bold, black, lowercase sans-serif font. It is surrounded by various colorful geometric shapes including red circles, yellow triangles, red squares, and yellow circles, resembling confetti or streamers.

hoot

OUT OF  
THE BLUE  
&  
BREATHING  
SPACE

“

I'm a real hoot enthusiast. Something to look forward to in the week, hoot has saved my life a few times. hoot really has been a godsend through lockdown. It has been the best thing to look forward to each week.

”

Being creative  
makes you feel good



# Highlights

This quarter **hoot** had a heavy presence at the International Creativity, Health and Wellbeing Conference which was delivered remotely this year. This conference is one of the central meeting points for those working in health and creativity and we made our presence known by delivering 3 workshops: a singing workshop, a workshop around the Kirklees Year of Music and an interactive session showcasing the way we deliver music sessions through our **hoot** from home website. The latter session focussed on the Out of the Blue offer thus giving an international stage to our commissioned Kirklees service.

After investing in a comprehensive review of **hoot**'s branding and website set up we launched our brand new design and website in June. Accessibility is at the heart of much of the new functionality with the integration of the Userway widget to improve access to information on **hoot**'s site and Out of the Blue and Breathing Space activities.



## MENTAL HEALTH AWARENESS WEEK 2021

Over 1000 people on social media saw work created by people accessing **hoot** from home's visual arts and music activities during the pandemic restrictions during our spotlight for Mental Health Awareness Week.

Albums we shared:  
[Life is nature - Matt Bayne](#)  
[Tritonia - David Pounder](#)



## DEMENTIA ACTION WEEK 2021

This year we focused our Dementia Action Week message on how being creative makes you feel good, and that includes people living with dementia. We reached over 2500 people on social media with this message, showcasing our new remote offer for people living with dementia and their creative achievements during lockdown.



thank you!

## VOLUNTEERS WEEK 2021

Volunteers continue to be an important part of what we do here at **hoot** and they have played key roles in helping to set up and develop our online activities on **hoot** from home. Each volunteer received a personalised thank you card, and we shared our thanks on social media.



## NEW FEEDBACK SYSTEMS

Working remotely highlighted how essential open lines of communications are for ensuring the service is meeting the needs of people in Kirklees. As a result we are developing robust channels for feedback which can be carried forward to post-pandemic delivery. This is currently being trialled with volunteers who will interrogate the proposed system and feedback with a view to this being implemented for participants.

“Easily the best hour of my week. Great to see smiling faces in the group. I always feel better without a doubt”



# hoot from home

## MUSIC

The music group completed their sessions on the theme of Nature having created a concept album which the group chose to focus around birds. Five pieces were created, each based on a different species of bird, where we tried to represent the characteristics of the birds musically.

Alongside this group album, two participants created their own concept albums, both are available online: [Listen here](#)

## SINGING

Singing continued to work on a diverse range of material, and this term we invited two guest artists to deliver sessions in some different styles, including gospel with Fran Andre and some self-penned songs by Penny Stone.

Investment in digital equipment has meant that more social elements can be integrated into sessions in line with feedback.

## VISUAL ARTS

The group looked towards Japan for inspiration and participants explored paper making and iconic Japanese visuals such as the parasol and the cherry blossom festival. The next sessions looked at mini model scale and participants made tiny architectural model buildings complete with people and furniture. The group developed this theme by exploring basic stop motion animation to make gifs that brought the models to life. Art packs were posted to people for both themes.

## DIGITAL MUSIC

The digital music group took part in sessions run by the sound artist Jo Kennedy, who created an interactive piece of music using an app called Soundwalk. Participants added sounds and music to a specific location on an app, which others can now go to and share the listening experience.

The piece is based around Huddersfield train station, and even includes some joke announcements about frogs on the line!

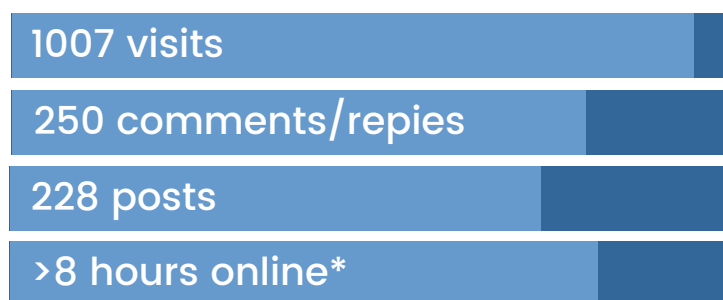
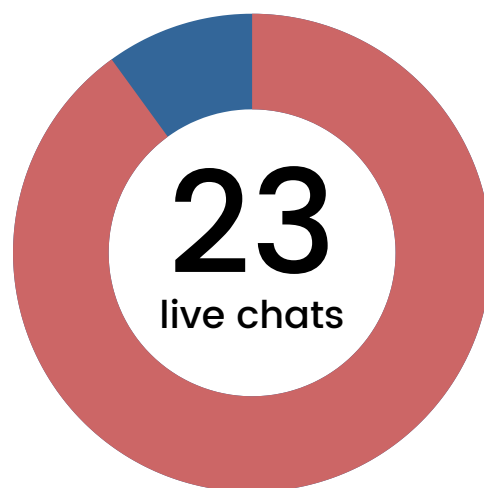
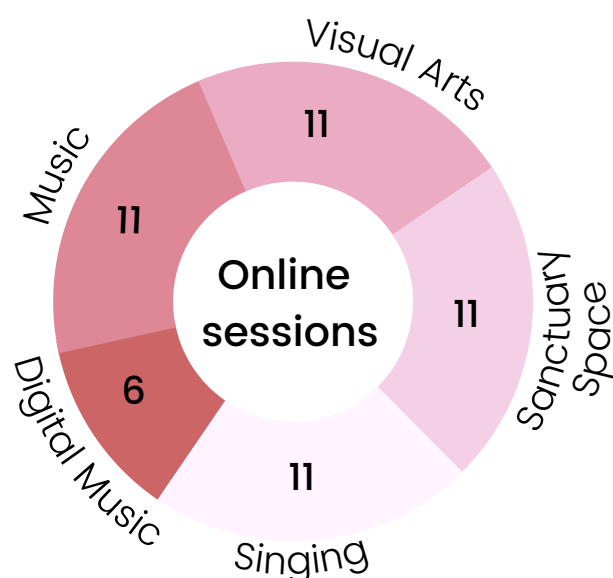
## CREATIVE WRITING

In response to feedback we took a break from online creative writing, sent out new creative writing activities booklets and invited people to an online facilitated creative and feedback session in May. This session was for us to find out more about people's engagement with the online offer and use this information to develop a more suitable model. This process is ongoing although initial results suggest that until sessions return in person it would be more relevant to have a lighter touch online offer.



“hoot from home sessions really have helped me feel connected to the outside world – without hoot I would feel completely disconnected.”

# hoot from home activity



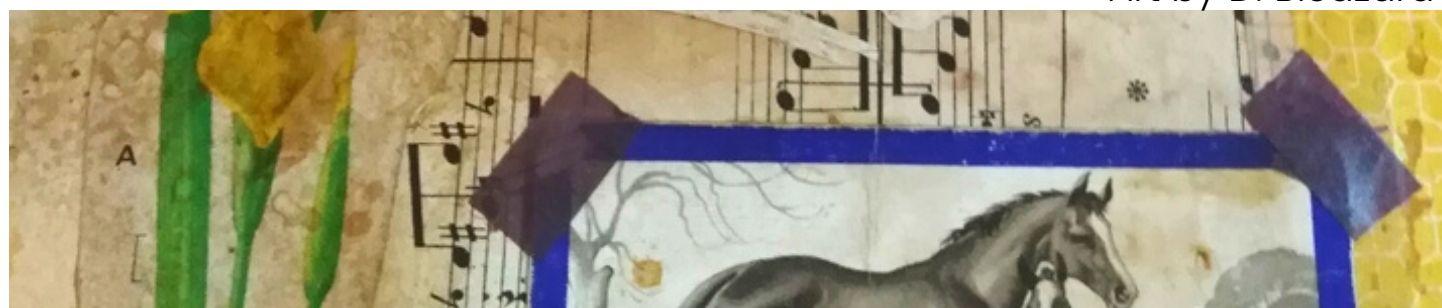
\*on average per person

## >18 hours

spent offline on average per person, continuing creative work independently.

At maximum, people spent 47 hours online and 57 hours offline engaging with activities or continuing to be creative at home.

Art by D. Bleazard



“ Brilliant service. Excellent group. Professional and well organised. Any info I need is always communicated clearly and effectively with friendly approachable supportive staff ”



# hoot by post

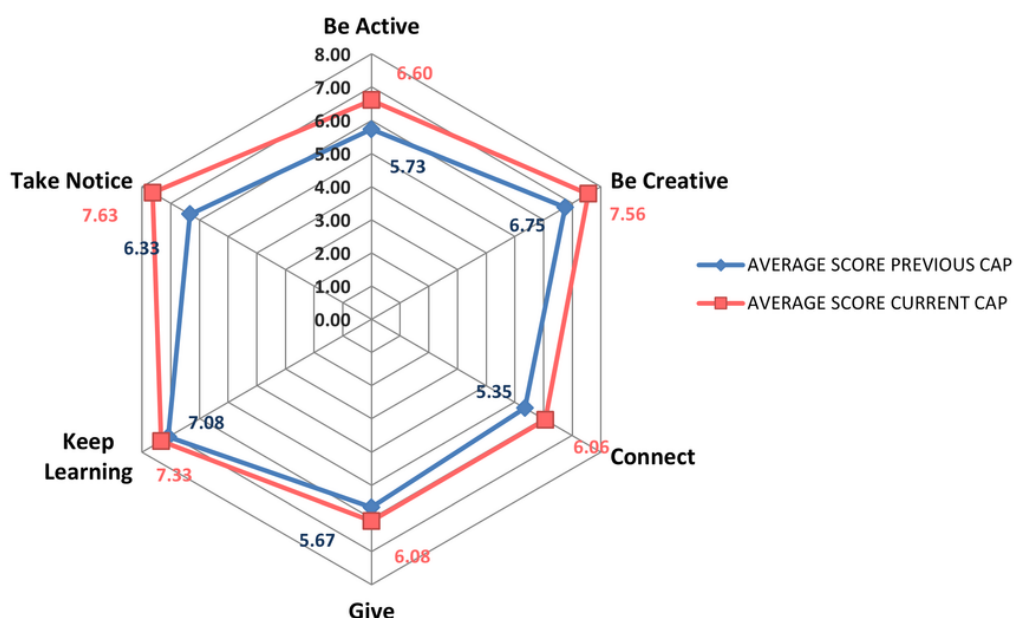
**23** creative booklets were posted out to participants who cannot or choose not to access activities through the internet. Creative booklets on offer include visual art, music and creative writing.



Art by Janine

## Outcomes

Since the beginning of lockdown we have asked people 'How well have you been able to cope with your mental health and wellbeing?' and we found that people this quarter have reported a slight decline on average in their wellbeing. This is not surprising given that people are reporting experiencing chronic anxiety and stress over a prolonged period due to the nature of the pandemic.

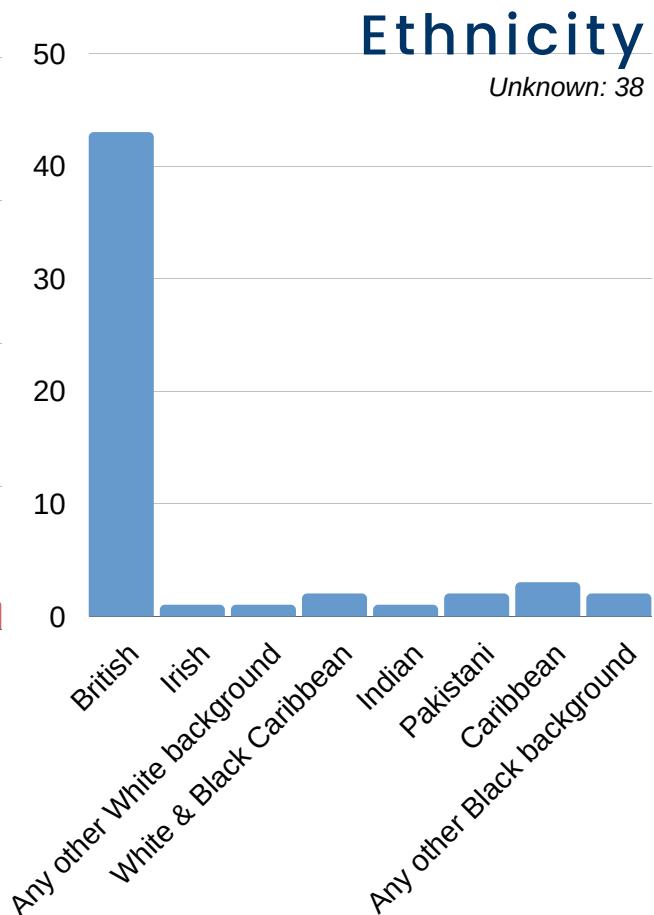
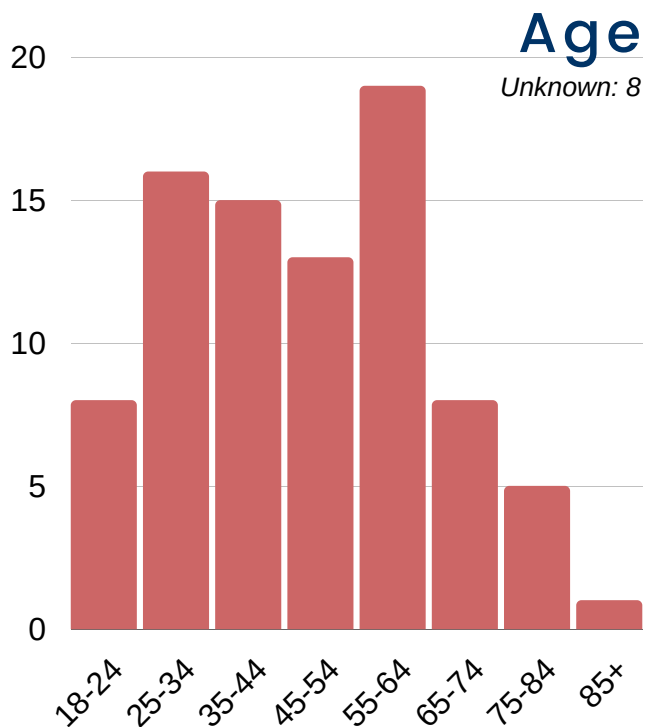


“I've been struggling with my mental health and also struggling with mental health services which are not as good as hoot for the support that I get. I just mean thank God for hoot.”

# People

93   
people accessing the service

152   
calls made to 80 people



 **76**  
hours of support calls

## Priorities for the year ahead



Due to the ever changing pandemic and lockdown situation this quarter we began consulting volunteers about their feelings on in-person sessions. Understandably many are keen, some are cautious and some are mixed. We will be extending this consultation over the next few weeks to include as many participants as possible.

# Breathing Space

Breathing Space has continued to contact participants by phone to check on their wellbeing. Some participants have become more difficult to contact seemingly because they are either feeling more confident to go out because they are double jabbed or because they are unwell which makes answering the phone and having a conversation feel like a challenge.

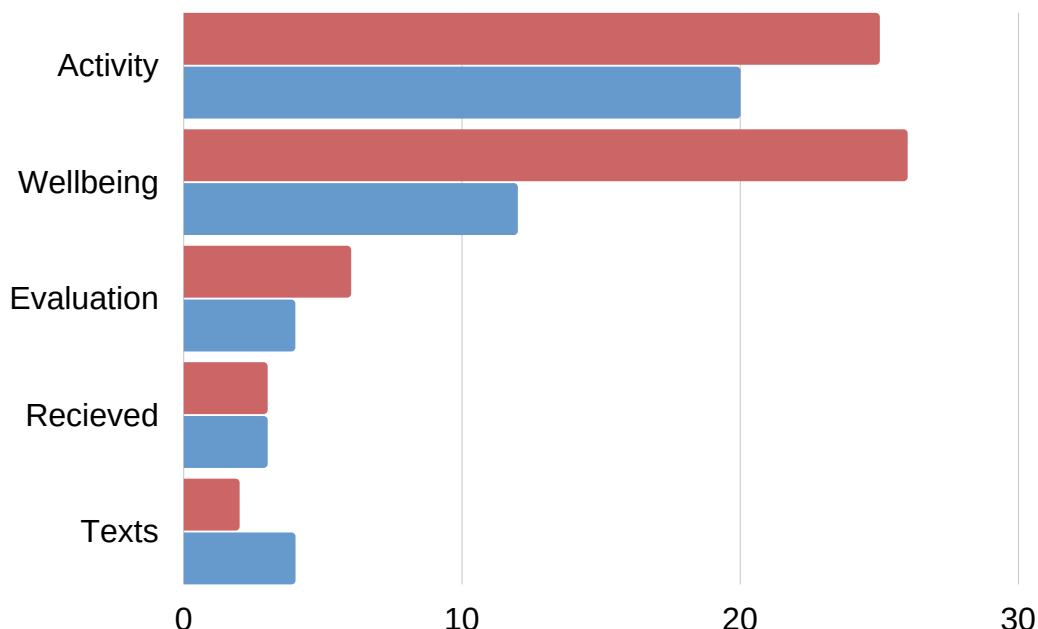
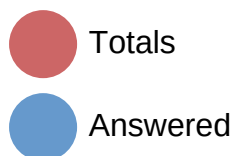
## How do you like your tea?

We continue to engage a number of participants in in-depth conversations and reminiscence about their life events during How do you like your tea? sessions. Although there is a framework to follow, the direction of the conversations flexes and is heavily governed by the interests and enthusiasm of the participants. There is usually a lot of laughter and correcting of details when a couple is involved in the conversations.

One participant who struggles to find words and has limited recollection capacity continues to enjoy singing together during the phone call and is now sharing songs that she has remembered and also recalls songs that we have sung together in previous weeks.

“(the phone calls) make life more interesting. It’s nice to talk about different things, I feel happy to be singing the songs together. It makes me feel happy later in the day too.

We look forward to your phone calls and talking remembering things we’ve done, it cheers us up.







## **hoot creative arts**

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Space are funded by

