

QUARTER 2 / JUL - SEPT 21

hoot

OUT OF
THE BLUE
&
BREATHING
SPACE



Credit: Work by Neringa

Being creative
makes you feel good

Highlights

This quarter at **hoot** we phased in our move from online delivery to in-person sessions. We took this step cautiously and in full consultation with both Out of the Blue and Breathing Space participants - online, offline and those who haven't engaged since March 2020 - which helped us build a picture of how comfortable people felt about returning to in-person sessions, safety measures, and proposed changes to delivery locations and times.

Informed by this survey, we developed a trial programme of delivery for September - combining in-person sessions at **hoot**, with activities running outdoors and a continued online programme. Feedback has been incredibly positive from participants and staff.

We began the forging of a partnership with Growing Works charity. We saw the potential in their allotment as a delivery space for Out of the Blue groups. It is a beautiful, inspirational space to be and offers those who might be covid-hesitant a chance to come to in-person groups without being in an enclosed space.

“It sounds like hoot have made the place a safe place as I hear you have been working hard to make it such a welcoming back & safe space.

”



BREATHING SPACE WIND FARM

A collection of colourful windmills were created by past and present participants and installed in the Arts in the Woods exhibition as part of Holmfirth Art festival. **hoot** musician Rob Crisp visited the exhibition writing a bright and breezy windmill song with participants and visitors. Listen to the song [here](#)



TREASURY OF ARTS ACTIVITIES FOR OLDER PEOPLE VOL 2

Breathing Space contributed to this second volume of the Baring Foundation's collection of arts activities; available to anyone and everyone for free. You'll find the treasury [here](#).



FACE TO FACE SESSIONS RETURNING

With a new booking system, Welcome Back pack, and stringent but sympathetic covid safety measures we have continued with a varied menu of creative offers to let all participate whether they are shielding, keen to only be outdoors or happy to be back in the building.



GROWING WORKS TASTERS

We delivered Mindful Music outreach sessions at the Growing Works allotment. Delivered during balmy summer evenings, participants could enjoy the sun whilst creating mindful songs and rhythms amongst the blooming flowers and swaying trees.



SUMMER SHOWCASE

Our online Summer Showcase - a party on Zoom - featured both a showcase of the amazing work people had created over the year and participatory workshops to bring us together in creativity. Over 25 people attended.

Out of the Blue activities



MUSIC

The online music group released a compilation featuring 11 pieces from the past year: 'Hoot from Home: year one' (click [here](#) to listen). The album shows the diversity and creativity of the participants and we celebrated the release at the Summer Showcase.

September saw in-person sessions at the **hoot** building and a continued online offer. Local musician Sam Hodgson ran sessions on songwriting online and in the building Rob Crisp worked with the group around spoken word pieces.

SINGING

Singing sessions were both in-person and virtual through the quarter. The online group has a real sense of community and cohesion with people enjoying seeing each other and checking in each week.

In September we brought singing to the allotment and a dedicated group have so far turned up rain or shine! Singing outdoors and taking inspiration from the autumnal surroundings - whilst being warmed by a fire pit - has been a new and positive experience.

VISUAL ARTS

Online the group was busy and productive contributing to our mixed artform summer offer - Summer Remix- which led to people sharing their inspirations and creations from different artistic backgrounds. September brought sessions in the hoot building and in the allotment, as well as continued online support; the online group has a strong and active community. Outdoors, the group used the natural materials of the allotment (including charcoal from the fire) to explore mark making and drawing.

DIGITAL MUSIC

We returned to our digital studio this September for trial sessions. We have upgraded the computers and software and the group are responding well to the new tech. Numbers have had to be restricted as 2 people used to share a computer but this is not currently viable. That said, a small cohesive group works well for Tech know as they can fully explore the intricacies of the technology to create those all important beats, rhythms and tunes.

CREATIVE WRITING

In Creative Writing we have been working with the theme "Let The Light In", an approach imbued with optimism at our first sessions together in over a year. The artist Winston Plowes explored with the group what light - and hope - can mean and participants really engaged with this and everyone contributed some beautiful writing.



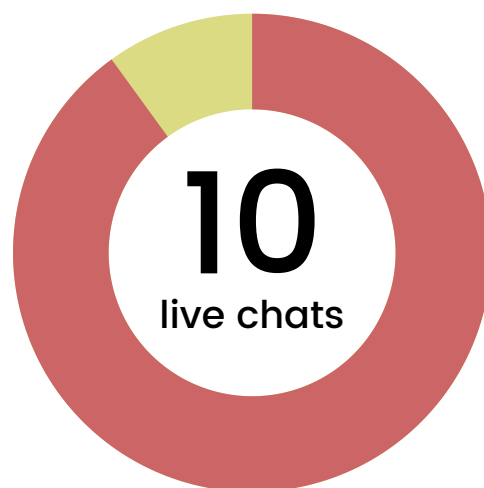
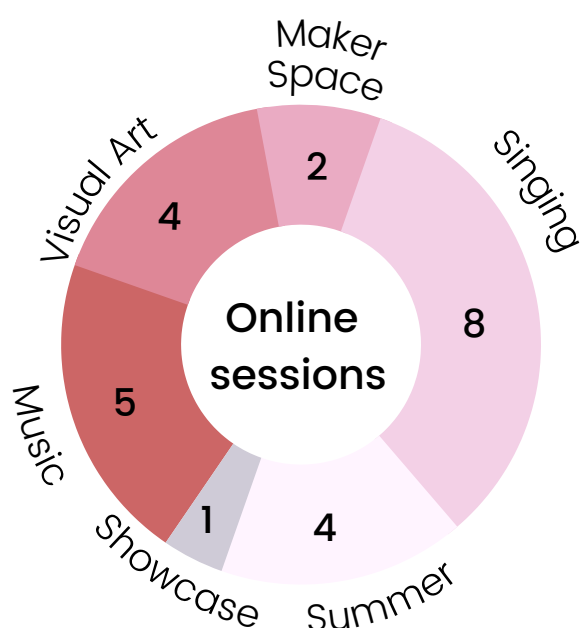
Credit: Work by Julie

“

I am really glad that you encouraged us to join the online singing. We didn't think it was our cuppa tea but we are really getting on well with it now.

”

hoot from home activity



469 visits

95 comments/repies

110 posts

>2.5 hours online*

*on average per person

>9 hours

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

At maximum, people spent 39 hours online and 70 hours offline engaging with activities or continuing to be creative at home.

Credit: Work by Janine



“

I cannot believe it myself that I was so brave today
& I put the camera on for the first time ever.

”

In-person activity

34 attendees to activity trials

12 trial activities in 2 locations

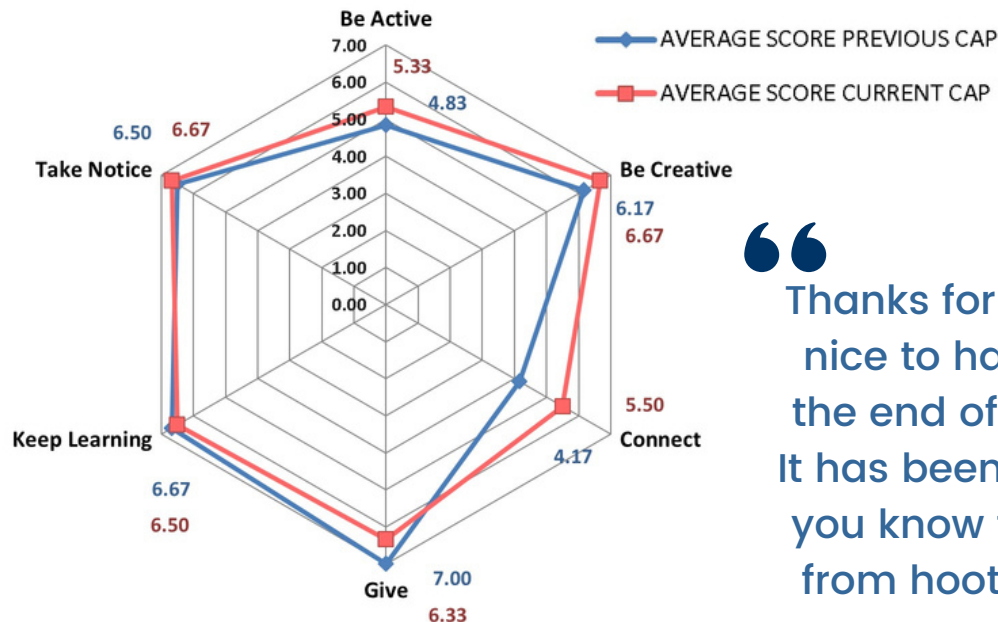
5 art forms running



Credit: Work by James

Outcomes

Creative Arts Plans this quarter saw a slight dip across some indices: this is partly due to it being a small sample (and not valid for drawing generalisations from) and partly because some of the people doing the CAPs reported feeling particularly low at the time of the conversation. We ask the general question about mental health and wellbeing - most of those asked gave a similar rating from 6 months ago.



“

Thanks for ringing it has been so nice to have a friendly voice at the end of the line for a change. It has been difficult for me but do you know these calls i have had from hoot have kept me going.

”

185



contacts made via phone, email and text

14 Emails sent

24 SMS (Mass and individual)

147 Phone calls (30 mins each)

People

105 
people accessing the service

73 
people between the ages of
18 - 84 attended our sessions
Unknown: 32

145 
calls made to 74 people

10 
people were from ethnically
diverse backgrounds
White British: 44 Unknown: 51

Additional contact hours

Walk in my Shoes
Multi-generational creative conversations

5 sessions
13 participants
50 attendances
= 450 hours

Creative Pathways
Creativity for mental health in supported settings

9 sessions
7 participants
48 attendances
= 144 hours

**Priorities
for the
year
ahead**



Against a backdrop of risk and anxiety we maintain creativity at the heart of all we do. Feedback focusses on artistic expression and connection demonstrating that we have upheld covid-safety but not at the expense of creativity. As one participant said: "[it feels] Covid-safe but not in your face."

Evidence from the trials suggest that people are keen to engage so we are programming accordingly whilst maintaining responsiveness in an ever-changing national health situation. Our continued online offer provides a constant source of creativity regardless of the Covid situation.

Breathing Space

The majority of contact continues to be phone based with the offer ranging from a wellbeing call, to phone singing or how do you like your tea conversations. We had an impromptu and joyful sing in the garden with one participant when we delivered card to make windmills.

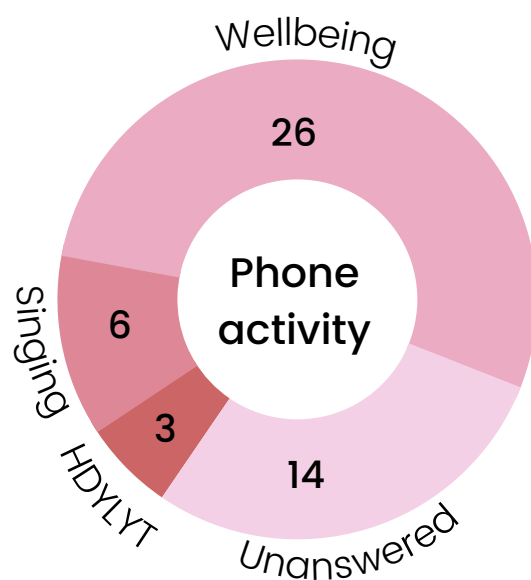
Participants past and present contributed to the Breathing Space Wind farm which exhibited in Holmfirth Art Festival's Art in the Woods over 3 days. Participants individually decorated pieces of card which were made into windmills. Existing participants were invited to two in-person 'making' sessions. These were the first in person sessions in the building since lockdown and they provided us with opportunities to test out and evaluate the Covid-19 protocols introduced.

In-house musician Rob Crisp spent an afternoon at exhibition site collectively writing a bright and breezy windmill song with participants and visitors. A number of Breathing Space participants visited their installation.



Sadly 1 participant and her daughter left service this quarter due to the impact of dementia.

Contact activity



In-person activity

- 1 Art in the Woods songwriting session
- 2 group sessions at the hoot building
- 1 Garden Sing at participant's property

“

It's so good to be back together as a group,
we really miss it & can't wait until we can
meet up again regularly.

”



hoot creative arts

Bates Mill, Milford Street, Huddersfield, HD1 3DX
01484 516224 | www.hootcreativearts.co.uk

Registered Charity 1146358
Company No 07980273



Out of the Blue & Breathing
Space are funded by

