

QUARTER 1/ APR - JUN 23

**hoot**  
creative arts

# OUT OF THE BLUE & BREATHING SPACE

Credit: anonymous participant



Being creative  
makes you feel good

# Highlights

This quarter we bedded in our new Music and Visual Arts Progress groups: these groups are for people ready to take the next step into working more independently and the groups have a phased approach to Lead Artist input. The groups are getting established with a 'jam' feeling in the music group and a 'studio' feeling in the art group.

We worked in partnership to deliver taster and outreach sessions with organisations including S2R, WomenCentre and Clear. All events were well attended and received very positive feedback from attendees. **hoot** also had a presence at the Kirklees Suicide Memorial and Bereavement Quilts Roadshow event and the Carers Week event.

As the new financial year started we brought back in-person taster sessions at **hoot** for referrers and potential attendees: these artist-run sessions give people a chance to try out an activity, tour the building and meet some of the delivery staff.

New team members joined **hoot** so the organisation will soon have a number of live projects running, some of which will support those already attending Out Of The Blue or offer complementary services to participants.

Our social media saw growth this quarter; in particular we saw a sustained increase in followers and engagement on Instagram.



## REFUGEE WEEK

Drumming artist Lou Houghton led a wonderful session for the Women in Exile group at WomenCentre with 25 women having a go at Djembe drumming.



## S2R BLUES GROUP TASTER

In a great example of partnership working, the people attending the Blues project at S2R were looking for a next step to continue their music making. **hoot** artist Rob Crisp visited to deliver a taster session that generated much interest in the **hoot** music offer.



## PROGRESS MUSIC LAUNCH

The Progress Music group started this quarter using a 'band practice' model: people interested in music who want to work more independently get together weekly to have a jam and write songs.



## CELEBRATING CREATIVITY

The Working Together Better partners and participants came together for a wonderful afternoon at Lawrence Batley Theatre to celebrate creativity in mental health, watch the Mens Talk performance and take part in a music workshop run by **hoot**. Musician Rob Crisp got the whole courtyard of people clapping, singing and strumming!

“

**hoot is awesome**

”



# Out of the Blue activities



## MUSIC

Both the music and digital music groups spent the first run of sessions working on an exciting collaboration with the Kirklees Year of Music 2023 'Herd' project. **hoot** were invited to contribute a soundscape to this mixed media project inspired by Kirklees' heritage of wool and farming. The music pieces developed will be diffused through sound systems built into giant statues of sheep. Here is a little video we put together sharing more about the project and our involvement: [click here to watch video](#)



The Dewsbury, Huddersfield and online groups all created their own group pieces by recording outside sounds and then brought these together and added words and arrangement to create the finished pieces. The pieces were then edited together into a soundscape that has been submitted for the final installation in July.

## VISUAL ARTS

A variety of artforms were offered across the groups: collage inspired by 17th century portraits; mod-roc sculptures of birds; 2 and 3D abstract wet felting with Lianne Woodward. The online visual arts group involves live drawing, discussion of the **hoot** from home posts and frequently the group watch a video or look at images of particular artists and discuss.

## SINGING

In-person sessions were run by both Jess Baker and Satnam Galsian. Jess delivered a capella rounds and songs, whilst Satnam delivered call and response songs deriving from the South Indian classical tradition. Tembre De Carteret has been hosting the online group featuring a capella and accompanied music.

## CREATIVE WRITING

Poet Rachel Newsome led the group in 2 themed areas: 'Write Your Memoir' - drawing on life experience to reflect on special times in people's lives; 'Adventures in Fiction' - encouraging the group to play with creative writing and storytelling.



“ I suffer from depression and today I was able to switch off and forget everything during the session. ”

“ Really enjoyed making birds. This is one of my favourite groups. Thank you for helping me. ”



# In-person activity

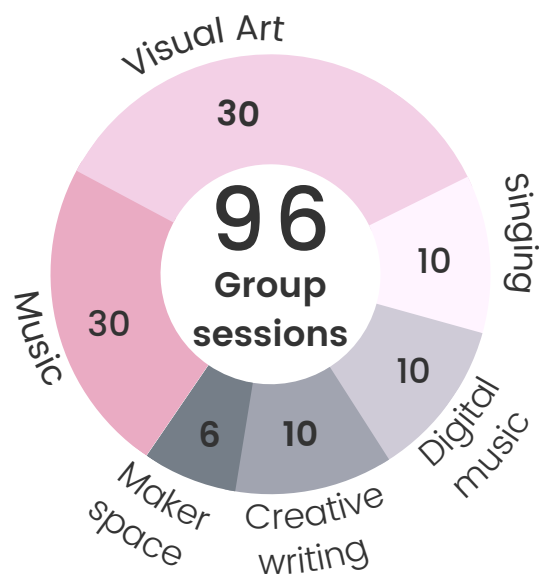


**69** individuals at welcome sessions

139 attendees at activities

>2774 hours of activities with participants

1 Big Night Out



Photos from the Shine and Speak our Music events

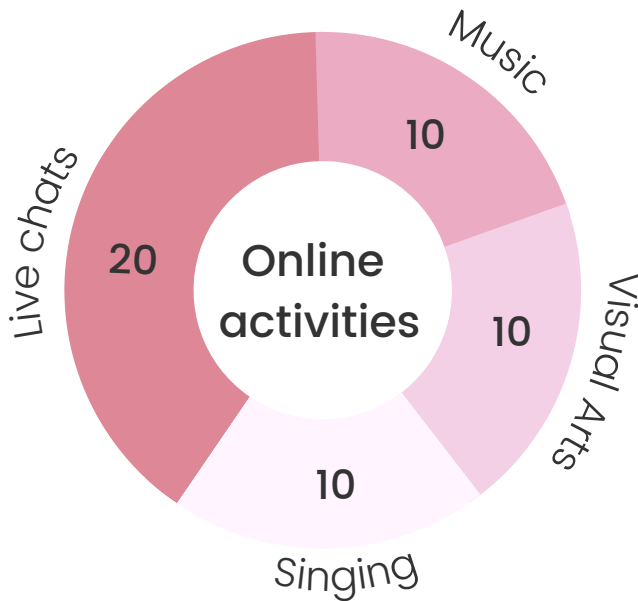
“

I love the online singing group. I can't easily get into Huddersfield for in-person sessions and this is almost as good. It gives me something to look forward to and it is like having extra friends. It makes me feel really happy when I have sung for an hour and the leaders are so nice.

”



# hoot from home activity



**29** participants took part in online activities



**645** hours of contact with participants online



**9 hours**

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

**45 new posts**

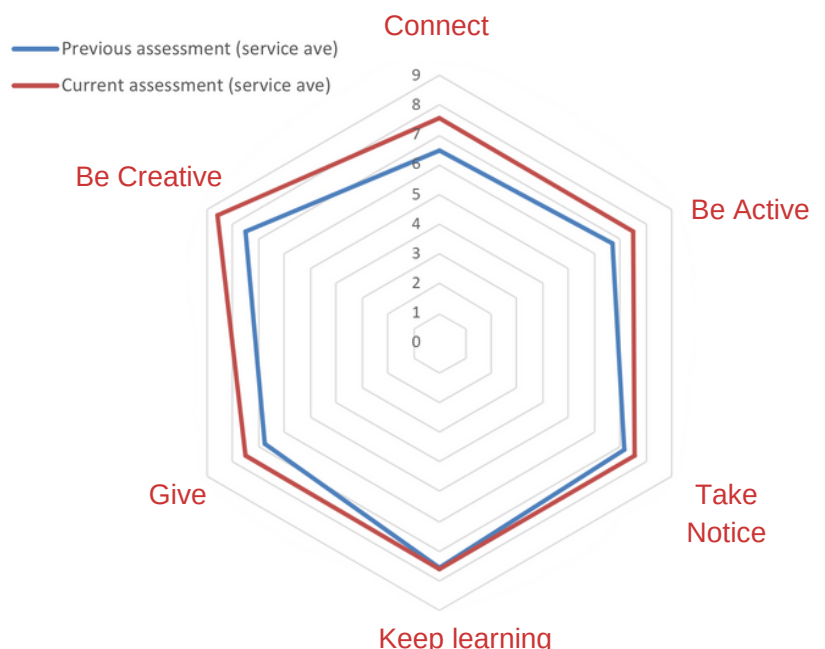
**331 visits to the site**

“ [We've] been using some of my old songs, we create a good sound ”

“ I like seeing people gain confidence ”

## Outcomes

The trend in Outcomes measured this quarter was for an increase in all Ways to Wellbeing scores with a particular rise in the 'Connect' and 'Be Creative' indices. We know anecdotally that people are still finding their way after Covid and in written and verbal feedback participants repeatedly mention the great impact that hoot has on preventing them feeling isolated.



# New workstreams and crossover

In April, four new team members joined **hoot** meaning that various projects and workstreams can be developed or revisited.

Breathing Space is relaunching for people at different stages of their dementia diagnosis including sessions that welcome carers and loved ones; The Rhythm of Life Kirklees Year of Music programme continues to offer added value to the Out of the Blue programme through Speak Our Music public events and there are plans to develop workshops in libraries and a podcast series; the NHS CAMHS work with young people is in development with some sessions returning in Autumn, and the Creative Pathways project for people with learning disabilities is beginning to deliver its creative sessions with the opportunity for signposting and crossover from the Out of the Blue programme.

This investment in creativity demonstrates how it is an essential part of an approach to improving health in communities and outcomes show the positive impact the arts can have on health and wellbeing across audiences.

## Added value

hoot is the Health & Wellbeing programme lead for Kirklees Year of Music 2023 and this quarter the added value offered was 3 Speak Our Music public events with 26 attendances totalling 156 contact hours.

# Breathing Space

This quarter saw Estelle join the team to head up Breathing Space. We had 1:1 conversations with nearly 20 carers at the Carers Count Carers Week Event, many of whom care for people with dementia and were from the South Asian community in North Kirklees. This was an opportunity to interact with carers about who they care for, what services they access and their barriers to access.

14 people took part in the taster session with the Living Well with Dementia Support Group at Moldgreen United Reform Church. The group tried chair yoga followed by a printing session with Vic Cruz.

“ It would be great to have a regular session  
- Volunteer ”

“ I enjoyed it, I feel relaxed  
- Participant ”





# People 😊 😊 😊



219

people accessing  
the services

Outreach: 80



80

people reached at  
Outreach events

29



people under the age of 35

110



people over the age of 35



40

people who consider  
themselves disabled



37

people with Autism,  
Dementia, a learning  
disability, or other  
hidden disability

## What next?

### New Ways of Partnership Working

From July, hoot will be delivering sessions in partnership with Kirklees Dementia Hub at 'Thursday Group' a young onset dementia group in Huddersfield. hoot is co-designing the programme with the volunteers and participants.

### Developing Services

Following on from successful consultations at existing events a further community outreach event is planned for 22nd July at Kumon Y'All, Dewsbury. Another activity taster session is also planned for the 25th July at Carers Count in Dewsbury.

### Training and Awareness around Creative Dementia Services

'Out of the Box' creative skills training; volunteers at the Young Onset group are looking forward to the prospect and we are looking at times in September to deliver this pilot.

## **hoot creative arts**

Bates Mill, Milford Street, Huddersfield, HD1 3DX  
01484 516224 | [www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)

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