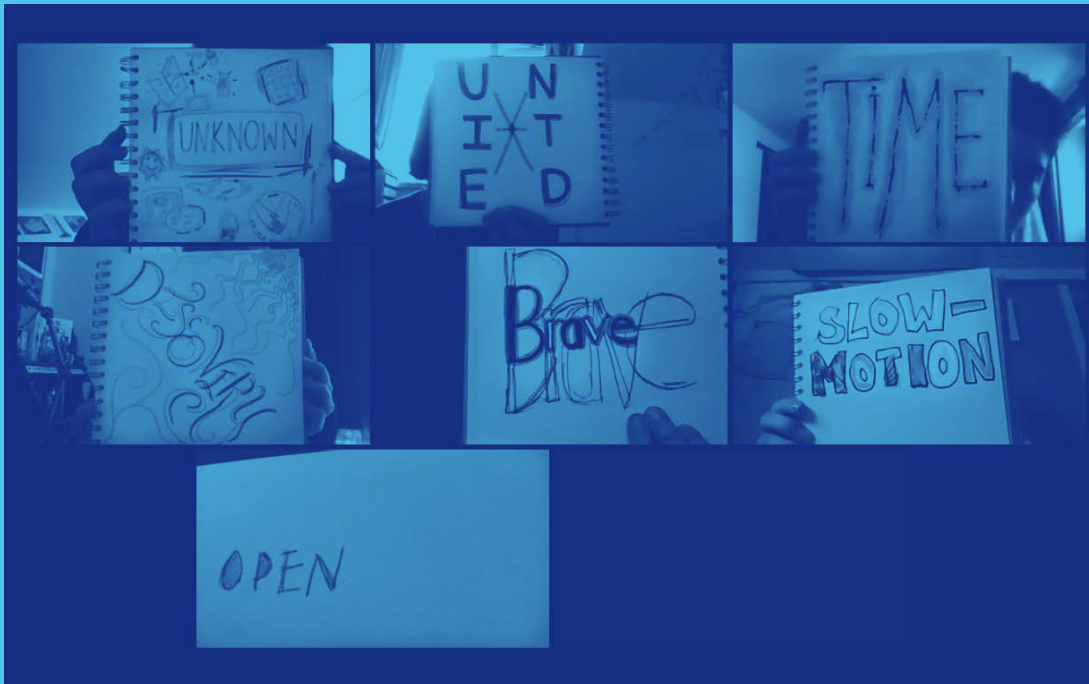


# ICEBERG ARTS PROGRAMME



*'From making music... I'm  
going to take away... that I  
believe in myself'*

Participant age 14

## YEAR 1 REPORT

**Eleanor Davis, 2021**

## SUMMARY & AIMS

The aims of the Arts Programme have been to work across the Iceberg Transformation and find ways that creativity and the arts can be woven into and support this work.

The Iceberg CAMHS Transformation is ABUHB's focused response to 'don't medicalise growing-up' and other key messages coming from children and young people. Connection is a key concept at the heart of the transformation (within families, between individuals, communities, services and agencies).

During this first year the arts programme has:

- Worked with partners within the Iceberg Transformation partnership to develop relationships, test out ways of working and explore how creative and arts approaches can contribute to positive outcomes for the CAMHS service.
- Explored the potential to develop the ongoing programme of arts and health within ABUHB working with the Arts Development Manager.

Cover image: Artists  
Becca + Clare with  
young people from  
Peak Arts group

## SUMMARY OUTPUTS

**I'm thinking of you** – 12 week social media project in response to Lockdown 1 – outcomes of which shared widely through WAHWN network meetings, newsletter and social media Green Ribbon Festival in partnership with GARTH and Gofalu Grange.

**Artwork installation for MyST's** new centre including music and visual art – in progress – working with artists Ben Connors and Alex Lupo

**Mums and Poetry Project** with Gwent Community Psychology and a group of mums in Blaenau Gwent – meeting over 6 weeks with poet Clare e Potter

**Logo Design** with Young People's participation group for Gwent **Community Psychology** – working with graphic designer Jono Lewarne from City Edition Studio

**Visual Representation** with Gwent Community Psychology Team working with artists Deborah Aguirre Jones and Gill Ha from Creative Connection

**Visual representation** of Iceberg Transformation with key partners working with Deborah Aguirre Jones and Jono Lewarne from City Edition Studio

Developing a dialogue with ABUHB's Arts and Health Development Manager to **scale, embed** and **sustain arts** and health approach across the Health Board.:

- Securing ACW Year 2 funding
- Exploring how to diversifying income streams
- Securing Y Lab Nourish Funding to develop innovative practice, build impactful evaluation and find solutions to embedding arts across the health board

## PROJECT NEED & CONTEXT

In 2019 ABUHB CAMHS team was awarded Transformation Funding by Welsh Government to develop their Iceberg transformation programme responding to key messages coming from children and young people including 'don't medicalise growing-up'. Connection is a key concept at the heart of the transformation and forms it's focus at all levels: within families, between individuals, communities, services and agencies.



Mums' Poetry  
Project

Mental Health is a major health challenge and priority for Welsh Government, exacerbated by COVID-19 - as highlighted in the Welsh Government Together for Mental Health (2020). The UK All Parliamentary Group on Arts, Health and Wellbeing report Creative Health: The Arts for Health and Wellbeing (2017) clearly states the contribution of arts and creativity toward to positive mental health and well-being. And this approach is supported in Wales through the 2017 and 2020 MOUs between Welsh NHS Confederation and Arts Council Wales.

The Transformation programme is working across existing provision and is delivered through different organisations working across the community to support positive mental health and well-being outcomes for children and young people. This is its strength, creating a system where children and young people's needs are met as they progress through their lives.

Within these various contexts it was identified that weaving creativity and arts through the Iceberg Transformation could support good practice, working with individual strands and across the programme by:

- creating high quality arts interventions that contribute to positive mental health and wellbeing
- contributing to creating shared values, common language, child and community centred practice and to find different ways to tell these stories.
- supporting engagement and participation
- helping to make the work of the transformation more visible with in the partnership, to service users and the communities and to funders.

The programme appointed Eleanor Davis as Arts in Health Project Officer based in Families and Therapies in January 2020. Shortly afterwards at the end of March 2020, just as the programme was starting to formulate a direction for the first year of funding, the first COVID-19 lockdown was announced. This has had a significant effect on how the programme developed including finding ways of working online and remotely with partners and participants with usual ways of working in partnerships with organisations and young people not possible.



Image from ITOY presentation to WAHWN

## PROJECT OUTCOMES

The programme connected with a wide range of stakeholders in 2 main ways:

- Working with partner organisations to experience and explore how creativity can support service delivery both for staff and beneficiaries
- Working with partner organisations to develop visual materials that can help communicate how they work to a range of people, from service beneficiaries to project funders

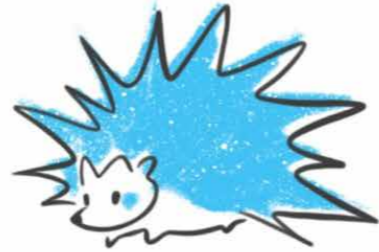
A third way of working is also emerging, which is that the Project Officer has acted as a conduit for arts organisations wanting to work with particular groups and being able to broker and support these relationships, to enable work to develop that supports the transformation programme aims and objectives of creating a wider environment that benefits mental health and well-being for all.



"Helping parents manage risk effectively."



"Being protective/  
not protective  
enough."



Gwent Community  
Psychology Visual  
Mapping Image:  
Gill Ha

Young people on the project worked together to identify what was important to them, contribute thoughts, feelings and responses to the logo ideas. This process contributed to them having a voice and agency within the development of services that are for them. Unfortunately due to COVID the final feedback session was cancelled and it was difficult to get further responses from young people, who like many others at the time, were struggling to make sense of everything else happening in their lives.

Rhiannon Cobner Lead Consultant Clinical Psychologist with Gwent Community Psychologist reflected:

*'It was such an exciting opportunity to invite Eleanor to help us think about how to include young people in the co-design of our GCP logo. Eleanor understood fully what the remit of the project was and introduced our CYP participation group to an artist, Jono who collaborated with them fully on the design. We are absolutely delighted with the outcome as are the CYP. What a fabulous opportunity to truly collaborate.'*

## PROJECT STRANDS

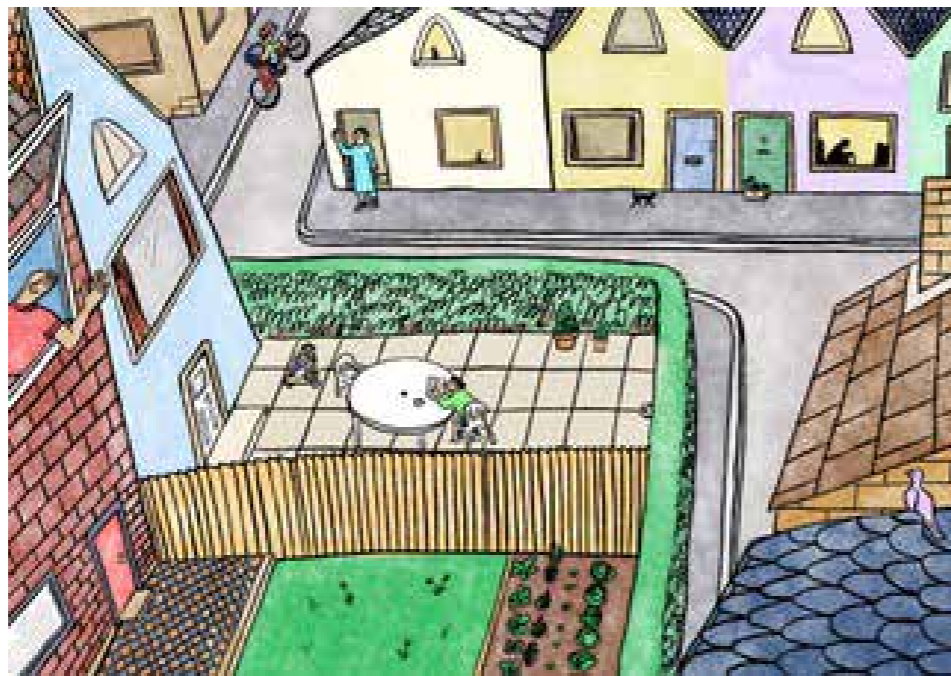
### LOGO DESIGN FOR GWENT COMMUNITY PSYCHOLOGY

March 2020

A collaborative approach with GCP's Young People's participation group working with graphic designer Jono Lewarne from City Edition Studio to logo design, building on what was important to young people, giving them the opportunity to work with a professional graphic designer.

Members of the GCP team reflected that the final logo was nothing like what they would have chosen, but that they have a sense of pride and confidence that this came from the young people taking part in informing the project and is now just part of their team identity.





Credit: George Mason

Gareth Clark from Mr & Mrs Clark said:

*'I've never run workshops online before – but let's give it a go – it's feels important to try.'*

The artworks generated a conversation about well-being, mental health, struggling, keeping the kids occupied, feeling overwhelmed and isolated, grief, shared neighbourhood spaces (eg streets and windows).

This conversation took place largely online; traces can be seen through people sharing, liking, viewing and commenting.

## 'I'M THINKING OF YOU'

April – July 2020

A twelve week project launched at the start of lockdown in April 2020. Funded by Arts Council Wales, ITOY aimed to:

- Support the mental health and wellbeing of families during Covid-19 lockdown
- Offer connection and comfort during lockdown
- Address social isolation and loneliness during the Covid-19 lockdown

The project commissioned 61 professional artists to create an artwork in response to the experience of lockdown that would offer support and connection to families during this time. Over the course of the project families and young people took part in many different ways, from following the content and responding via social media, contacting the project and taking part to create their own content. The project was delivered in partnership with Sarah Goodey (GARTH), Deborah Aguirre Jones (Gofalu Grange), Becca+Clare and Gwent Community Psychology.



Image: Aya

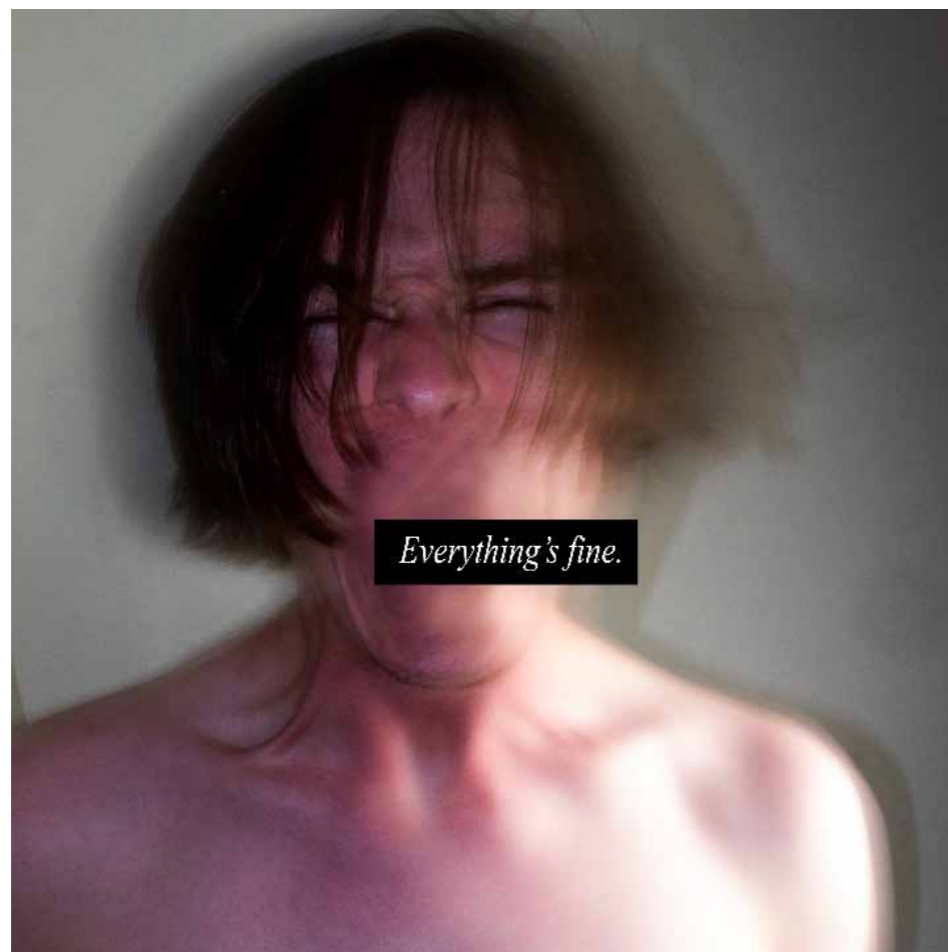


Image: Tom Evans

Sarah Goodey (Arts Development Manager, Garth & ABUHB) found the opportunity to work collaboratively on ITOY essential as it enabled her to contribute to a proactive project after cancelling or postponing all regular activities. An immense amount of active learning was necessary as the team formed and designed the delivery process remotely, not meeting in person until the last week of the project. She describes how:

*'The project enabled me to make posters featuring the artwork that were distributed to 'wobble rooms' and other front line staffing areas in our hospitals, sharing the 'I'm thinking of you' message.'*

For more details see *I'm thinking of you* Case Study, Insta @imthinkingofyou



Outcomes of which shared widely through WAHWN network meetings, newsletter and social media, Green Ribbon Festival and the Welsh Government Covid Innovation Report (2021). Some key outcomes from the project were:

The artworks connected with a large number of people through social media. We don't know the specific impact of these connections – that is the nature of this project that we had to trust that it was more important to share and offer connection than to demand that people engaged with us. But we do know that, as the project developed, there was a growing audience.

The project drew on research conducted by Nicola Naismith 'Artists Practising Well' (2019) which recognises the positive power of the arts for participants as well as those delivering them. Sarah Hamilton from Platform 4YP said:

*'From my perspective I think it was a wonderful opportunity for the young people that connected them with others. I think it was open and fluid which was easily accessible.'*

## MYST ARTWORK INSTALLATION

August 2020 – June 2021

Artwork installation created for MyST's new centre by young people working with musician and music therapist Alex Lupo and visual artist Ben Connors.

MyST is an Iceberg Transformation partner working with Looked After Children to ensure that the support is in place for children and young people to grow up in stable and secure placements. Their work is attachment and trauma informed and responsive to young people's needs.

In the summer of 2020 the Torfaen and Monmouthshire MyST teams moved into their new centre in Abersychan. As part of this process it was identified by teams that it would be helpful for young people connection to the new centre to see themselves represented within it. The Arts Programme worked in partnership with MyST to imagine how an artist or team of artists could work with young people to bring their presence into the fabric of the building. It was decided that a musician and a visual artist would come and work with people to create something that represented them and that they could potentially have included in a MyST Young People's Gallery.

The project was due to be completed by February 2021, however due to Covid restrictions the music element happened in October 2020 and the visual arts elements eventually completed in June 2021.

Over the course of a week, Alex, worked one to one with 13 young people, each supported by their young person's practitioner, to explore the music that they liked and to create a music track that represented them.

*'I'm going to take away... that I believe in myself'*  
participant age 14

Young People and the Young Person's Practitioners reflections on the experience indicate some of the benefits of this work, including how it helped build young people's self-esteem, with the young people creating something that they were proud of, having the opportunity to build a positive relationship with a new adult and to overcome fears and anxieties within a supported environment. Some of their feedback reflects this.



MyST Music workshops

*'Taking part in the music project empowered M to do something she hasn't done before. She felt proud of her piece of music ... and wanted to email it to her mum and dad.'* Reflected one of the Young Person's Practitioner with MyST

*'I felt proud of (the music track) I'd created'* participant aged 15

*'M is an individual that struggles with anxiety and has low self esteem. Being able to complete two full pieces of music to a high standard allowed M to express himself. M grew in confidence over the sessions.'* Young Person's Practitioner with MyST.

The teams at MyST reflected on the quality of Alex's work and how well his ethos fits with MyST's ethos, of working with young people to express themselves, support their process and see where this leads. They also identified the importance of having specialists work with young people and how this takes a process further than when they work with young people themselves.

One young person made a song about a recent painful experience and in doing so was able to explore his feelings. The young person said:

*'I wanted to make another song. It's done so much for me. Meeting Alex was amazing.'*

And one of his support workers said:

*'I found a way to express something really painful and the process of making the music held this experience.'*

*'Alex was keen to create a space that whatever young people produce is valuable'* Young Person's Practitioner with MyST

In addition to this MyST reflected on how this work was leading them to think differently about how they can support young people to have positive learning experiences and the benefits of live mentoring young people in building a new relationship with another adult. These outcomes were unexpected.





MyST Music workshops

## MUMS AND POETRY PROJECT

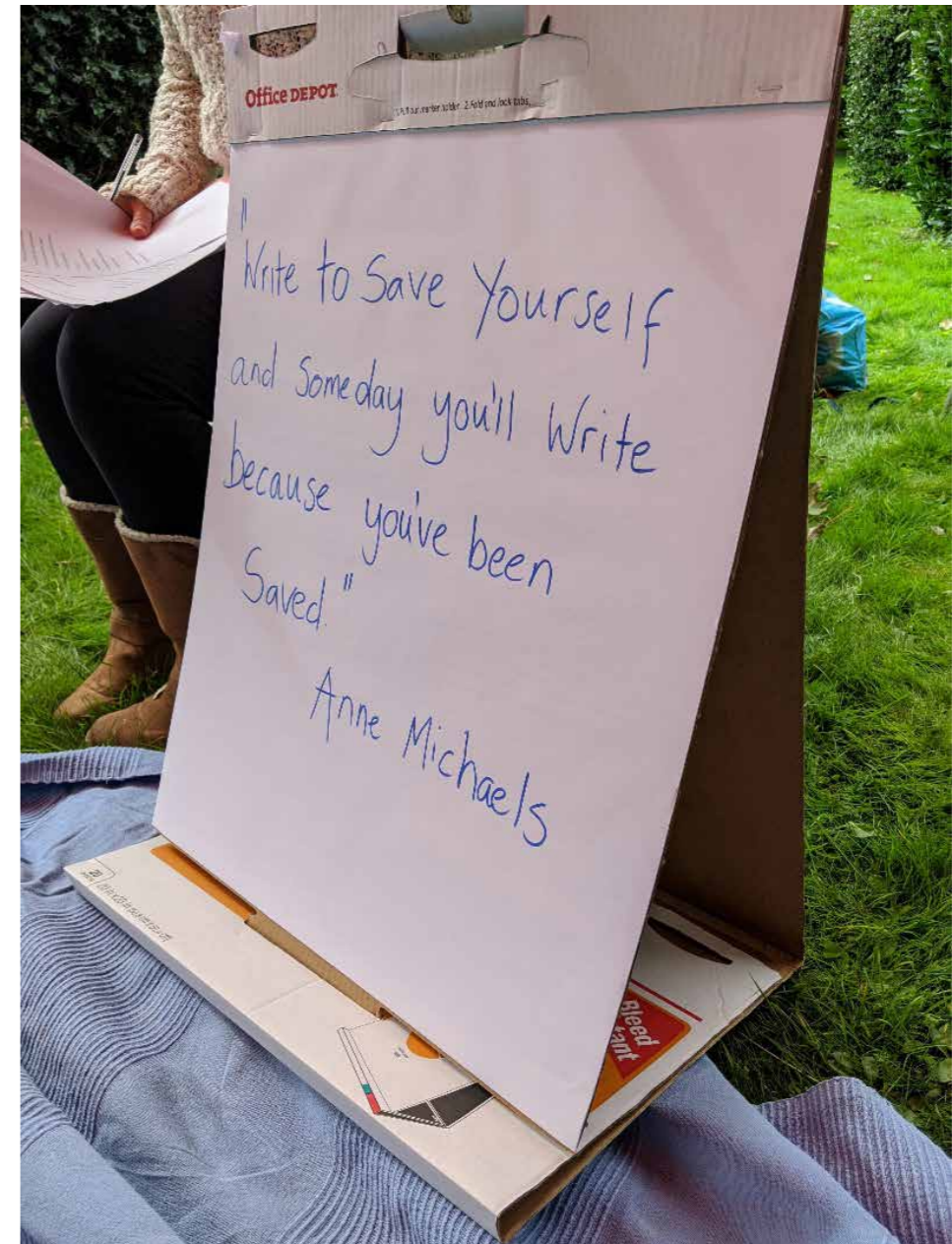
September – November 2020

Poetry Project with a group of mums in Blaenau Gwent with Gwent Community Psychology, supported by Families First with poet Clare e Potter.

Working with Kiran Guye, Clinical Psychologist from Gwent Community Psychology – this project was developed through conversations with mums at Families First around what people needed to support people who had experienced adversity.

*'... (Having someone external with expertise)... allowed a different dynamic with our young people. Without exception the involvement of young person's Practitioners was essential. The expert support made the different. The sessions were about what's happening between us.'* MyST team reflective session

*'In three and a half years we haven't worked with external practitioners. It worked so well because of your (Alex's) expertise, finding out about the young people, planning in advance. I'd now feel more confident trying this with other professionals.'* MyST team reflective session



Mum's poetry workshop Image: Eleanor Davis

The initial request was for a poet / performer to work with the mums and to have a crèche for the children. This developed into the proposal to have an artist work with the children alongside the poet working with the mums. Enabling families to have a parallel experience of exploring their feelings and creating something. The project would take place in the local park.

Unfortunately due to COVID and concerns of children mixing outside of their school bubbles the project didn't happen in this way and we proceeded just with the poetry element with the mums.

Over the course of 3 months the mums worked with Clare e Potter to write poetry exploring their feelings about themselves, inspired by different starting points. During this process people were encouraged to keep journals and share what they had written with others in the group.

Kiran Guye says of the project

*'Our hopes were to offer a space for parents to build hope and see themselves and others as 'more than' the single story others have told about them or they've told themselves... Parents developed lots of powerful writing including poems and reported that they enjoyed the project and this helped with their confidence around literacy skills and mental health.'*

Ms Williams, who has accessed support from Families First, identified the need for a creative group for parents who have experienced adversity and may experience mental health difficulties. She feels that writing has helped her process traumatic events in her life and she feels it is a way of exploring uncomfortable emotions and issues such as exploitation, and loss of power, isolation and stigma.

*My heart beats fast,  
As the waves crash,  
The memories of the water over my head.  
Fear takes over.  
My children look on,  
Filled with hope, with excitement.  
The first step is the hardest,  
Their look now mirrors mine.  
What was excitement, has been replaced,  
Instead the look of full on anguish.  
I'm projecting my fear on to them.  
I need to show them,  
Fears should be faced.  
I take a deep breath,  
Close my eyes,  
And with that step.  
I'm in! I've done it!  
No longer afraid to immerse myself.  
Like a weight has been lifted.  
I no longer need to be afraid,  
I can overcome anything.  
Fears don't define me.*

Mum, participant, poet

Things that made these sessions particularly beneficial for participants included:

- The participation of everyone attending, including support workers from Families First, GCP and the art programme.
- The relationship between lead clinical psychologist and arts project manager ensured that both the artist and participants were supported and the sessions were flexible and evolving. Kiran Guye said
- 'this project has been one of best things I've been involved with at Families First, because we (Eleanor and I) brought our skills together and were able to support the participants and artists and bridge a gap of understanding.'

Challenges within the project included:

- Trying to hold in person sessions during COVID. The sessions were held in a gazebo in the park which resulted in some of the sessions being cancelled due to weather conditions. This meant that sessions were not regular and therefore the group didn't attend regularly either.
- There was a proposal to have sessions online, but many of the participants with the support of Kiran expressed that they didn't want to do this – with concerns of being vulnerable exploring sensitive material at home when they could be disturbed or wouldn't have support if difficult feelings emerged.

## VISUAL REPRESENTATION OF THE WORK OF GWENT COMMUNITY PSYCHOLOGY

March 2020 – March 2021

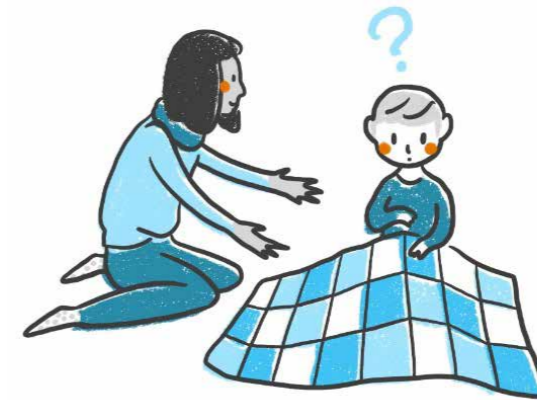
Artists Deborah Aguirre Jones and Gill Ha from Creative Connection worked with Gwent Community Psychology to produce a series of images to represent the complex and innovative work of GCP.

The Arts Programme was approached by the GCP team to help them visual represent some of the ways they work in order to help with an identified problem in communicating with internal and external partners the innovative nature of their work.

Each member of the team met with Deborah and Gill for up to an hour. Deborah hosted the conversations while Gill drew them. These images are now used by GCP within presentations about their work.

*'It was such a fantastic opportunity to be able to work with Eleanor, Gill and Deborah around the development of a series of visual images that represent the values underpinning the work of GCP. The process itself was both interesting and rigorous and we now have a series of beautiful images we will be able to*

*"Adults CREATE the CONTEXT for development."*



*use to represent our work.'* Rhiannon Cobner Lead  
Consultant Clinical Psychologist with Gwent  
Community Psychologist

### Challenges

This programme was originally due to take place in person in March 2020, but was delayed due to COVID, Conversations took place on Teams. At the time this felt innovative and had the advantage of being able to find times that suited people.

Some of the disadvantages of this was not having the immediate effect of seeing your words turned into images. The project felt more dispersed and took place over a much longer period than initially envisaged.

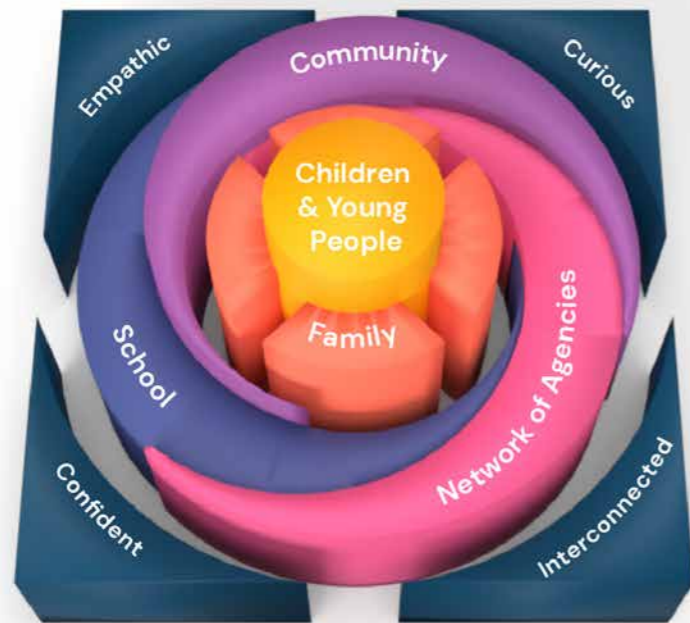


## VISUAL REPRESENTATION OF ICEBERG TRANSFORMATION PROGRAMME

September to December 2020

Key partners within the management team of the Iceberg Transformation Programme met Eleanor Davis alongside artists Deborah Aguirre Jones and Jono Lewarne from City Edition Studio to design a visual image to represent the way the programme works.

This was a complex process that was one of the trickiest elements of the project. The complexity of the transformation programme and the different perspectives of the partners meant that it was difficult to capture into a single image.



## DEVELOPING A ARTS IN HEALTH ECOLOGY WITHIN ABUHB

In 2021 Eleanor worked alongside Sarah Goodey ABUHB Arts Development Manager to explore how to develop the wider arts in health ecology within the health board including support scaling, embedding and sustaining creativity across the Health Board. These conversations resulted in:

- Securing ACW Year 2 funding
- Exploring how to diversifying income streams
- Securing Y Lab Nourish Funding to develop innovative practice, build impactful evaluation and find solutions to embedding arts across the health board

## ARTISTS COMMISSIONED

Becca & Clare, George Manson, Anthony Shapland, Mr & Mrs Clark, Gail Howard, Fern Thomas, Michal Iwanowski, Helen Clifford and Lauren Clifford-Keane, Emma Daman, Molly Sinclair Thomas, Caroline Stealey, Efa Blossie Mason, Sarah Goodey, Ben Connors, Jo Fong, Christian Hart and Tom Longden, Robin Rees, Zosia Krasnowolska, Sahar Saki, Amelia Unity, Kate Raggett, Daniel Morden, Andy O'Rourke, Kate Mercer, Andrea Carney, Rosemary Edwards, Oliver Wilson-Dixon, Deborah Aguirre Jones with Aya (Platform peer mentor), Patrick Jones, Paul Granjon, Sam Hasler, Ellie Young, Edwin Burdis with Tom Rees and Sam Jordan Williamson, Newport Young Peoples Forum members Maisy, Poppy and Finlay, Becky Kemp Davies, clare e potter, Ursula Frank, Justin Teddy Cliffe, Rae Yen Song, Paige Ockendon, Kathryn Ashill, Cinzia Mutigli, Rebecca Gould, Martha, Candice (Platform) and Deborah Aguirre Jones, Clêr Stephens with Carys-Haf Williams and Florence Boyd, Lisa J Derrick, Terry Chinn, Rabab Ghazoul, Amy Pennington, Owain McGilvary, Amy Treharne, Tom Evans, Cadi Williams with Nyla Webbe (G-Expressions), Lloyd Houston, Sevi Paukstyte, sPeak (Peak Cymru young peoples' forum), Jono Lewarne (City Edition Studio), Gill Ha (Creative Connections), Alex Lupo

## ORGANISATIONS & REPRESENTATIVES WORKED WITH

Young people from Newport Youth Council  
Garth Gwent Arts in Health  
Gofalu Grange | Caring Connections  
Platform 4YP  
Peak Arts  
Neagle AM Jayne Bryant AM  
Mr & Mrs Clark  
MyST  
Gwent Community Psychology  
Becca + Clare  
WAHWN  
Mr & Mrs Clark