

The ICE Project

Summary Report – Year One (April 2017 – March 2018)

Lead partners: Hampshire Cultural Trust & Hampshire CAMHS (Child & Adolescent Mental Health Service, run by Sussex Partnership NHS Foundation Trust)

Funding: £70,000 per year for three years. Year One £35,000 from Artsworld (Arts Council England's 'Bridge'), £25,000 from Hampshire's Clinical Commissioning Group (NHS), £10,000 Coles-Medlock Foundation (charitable trust donation).

Young people: 100 at-risk and vulnerable young people ages 11 – 18 engaged and benefitted in Year One.

Professionals: 120 NHS staff took part in arts activities, 25 arts professionals benefitted from relevant training.

Delivery hours: ICE 'core' group of CAMHS-referred young people: 78 hours, ICE 'at-risk' groups: 250 hours and ICE 'mainstream' school group: 10 hours; staff and professionals: 20 hours participation or training

Wider audiences: 250 people attended the celebration event and thousands saw young people's artwork in exhibitions at 3 arts venues.



Aims:

- To raise awareness of young people's mental health and increase understanding of the related issues that are important to them.
- To use arts & cultural activities to contribute to positive emotional, psychological wellbeing; raise confidence, self-esteem and inspire young people.
- To create an outlet for young people to creatively share their experiences and opinions.
- To use art in its various forms to create a conversation that improves understanding and compassion and people's views and knowledge of this subject.
- To give vulnerable and at-risk children and young people the chance to experience and participate in extraordinary arts and culture.

Impact:

- ❖ Young people were **inspired** through access to 11 high quality creative environments, organisations and activities, meeting new people including professional artists and collaborating with others, such as their peers. This helped to develop a sense of **community and belonging**.
- ❖ 92% of participants reported an increase in their perceived **confidence, self-esteem and self-efficacy** as they developed social as well as creative skills.
- ❖ There was sense of collective ownership as young people felt supported, had a voice and they could “be themselves”. Taking part **made young people feel good about themselves**.
- ❖ For some young people, it provided further motivation to continue **accessing the support services** available to them and/or stimulated further interest in **accessing other creative activities** either formally (training, work experience) or informally (participating in other arts and cultural activities/events).
- ❖ Enabled 40 young people to **gain a qualification** through Arts Award (Explore and Bronze).
- ❖ Participants were able to exchange and showcase their creative skills to others including parents/guardians, spouses and peers fostering **a sense of achievement and pride**.



Case Study:

On a personal level, we can only repeat that the opportunity that C has had has been wonderful. The past few years, and indeed still now, have been very difficult for her. The project has allowed her to have social interaction outside the home, to develop new talents, to feel more confident and develop her self-worth. This project has given her new interests and hope for the future. She is now being encouraged to follow on from this project to work towards new qualifications. Thank you for making a difference to our daughter.
[Parent of a young person referred from CAMHS.]

Quotes:

“Whole experience has been amazing. I enjoyed it so much and hope for similar groups in the future.” (Young person, Aldershot)

“Thank you for having me and helping me to do things instead of being at home. This has made me happy.” (Young person, New Forest)