



Child Health and  
Wellbeing Network  
North East and North Cumbria

# SOUTH TEES ARTS PROJECT OVERVIEW



# INTRODUCTION

**In 2020 The Integrated Care System's North East and North Cumbria's Child Health and Wellbeing Network and key regional partners came together to design an innovative locality-based project which aimed to increase access to the arts for those living in deprived areas of South Tees to improve their health and wellbeing.**

Evidence highlights the physical and mental wellbeing benefits of taking part in dance and wider arts activities in particular supporting participants through creative and engaging ways to express themselves and develop self-awareness, identity, social and emotional learning skills.

The project also incorporated the Network's family support priority, learning from research to include pupils' families in the experience to further enhance the impact achieved.



# WHAT HAPPENED



Two schools were chosen in partnership with public health colleagues considering levels of deprivation, ethnic mix and pupil premium to prioritise underserved communities



Throughout the project, families were offered supportive interventions tailored to their wider family needs through experienced, school-based link workers



In the 2021-22 academic school year, dance artists worked with pupils in years 1 and 5 (ages 4-5 and 9-10) through weekly dance sessions exploring creative and engaging ways to develop social, emotional and physical skills



Researchers from Teesside, Northumbria, Huddersfield and Newcastle Universities came together to evaluate the programme to capture the views of the children, their parents, teachers and dance artists as well as understand better the development and implementation of the STAR project



The dance artists from TIN Arts worked with partner Northern Ballet as the programme was framed through their children's ballet Pinocchio which was performed locally giving a family theatre experience to all involved





**OUTCOMES**

# OUTCOMES

**Anecdotal stories and observations (outside of the formal research process) give a positive and engaging response to STAR.**

## TEACHERS

highlighted the positive impact the children felt in an outlet for expression and a buzz regarding the performance

## SCHOOLS

noted the benefit of family link workers and the trust the local community had in this 'school' based resource, enabling access into homes where support was beneficial

## FAMILIES

felt pride in seeing their child in the celebratory performance and the awe of the theatre trip, a new experience to many families

## CHILDREN

put it simply as 'amazing', 'cool' and 'awesome!'



# OUTCOMES

Word cloud of children's one-word summaries of the STAR project.



# OUTCOMES

A research team conducted an evaluation of STAR using qualitative methods giving a report rich in feedback on the experience. The research evidence highlighted improved behaviour, academic skills, wellbeing and social functioning. The findings offer critical learning, which will guide the next phase of the project (STAR 2).



## CHILDREN NOTED

Contributed to our **emotional and physical wellbeing**: 'Feeling more confident', 'more fit and well' and 'full of energy'



## ARTISTS NOTED

Activity contributes to children's **creative, social, cognitive and physical skills**, as well as **increasing their confidence**



## TEACHERS NOTED

Children **more engaged** in class, better listening, **less disruptive behaviour**, improved **creativity, social & literacy skills**



## LINK WORKERS NOTED

Support enabled **improved behaviour** in the home and **increased social networks** for families. Families were **better able to meet the children's emotional needs**



## PARENTS NOTED

**Proud** to celebrate the achievement of their children



# OUTCOMES

Family Support findings were also positive with 20 families receiving home support from a family practitioner and two student social workers. The Outcome Star data collected demonstrated progress for all families in all eight areas of family support with improvements ranging from 9 to 18% but in particular by:

**HELPING  
FAMILIES TO SET  
BOUNDARIES  
AND IMPROVE  
BEHAVIOUR (OF  
THEIR CHILDREN  
& PARTNERS)  
18.3%**

**INCREASING  
THEIR  
SOCIAL  
NETWORKS  
16.9%**

**IMPROVING  
THEIR  
FAMILY  
ROUTINE  
14.6%**

Families also improved their education and learning (13.8%), and were better able to meet the emotional needs (13.1%), while keeping their children safe (13.1%).





# OUTCOMES

**The research team identified three mechanisms crucial for the success and future development of the STAR project.**

## COMMUNICATING

Effective communication emerged as a major factor for a successful dance programme both across the professionals and families themselves.

## CONNECTING

Linking dance and art activities to the school curriculum to support skill gaps, e.g., literacy skills, storytelling, and mental health support.

## COLLABORATING

Collaboration between partners supports the successful delivery of the integration project. The ethos of the partnership ensures adaptability and flexibility of the project, although some partners were less involved and struggled to make links with different teams in STAR 1.



# OUTCOMES

**In response to their engagement with STAR and as a result of participating in the programme, pupils reported:**

**74%**

felt particularly  
creative

**67%**

felt well

**64%**

felt confident

**73%**

felt fit

**66%**

felt happy

**56%**

had good fun  
with their friends



# RESOURCES



# FILMS & RESEARCH REPORT

As part of the network's role to share good practice, STAR resources are freely available and can be used to promote learning. These include:



## OVERVIEW

Primary film



## RESEARCH

Full research report



## FOCUS ON FAMILIES

Supplemental short film



## WORKSHOP

Details on a Network Huddle workshop to explore the project and future spread



## TEACHERS PERSPECTIVE

Supplemental short film

These resources can be found at:

[www.tinarts.co.uk/current-projects/star/s-t-a-r-resources-for-sharing/](http://www.tinarts.co.uk/current-projects/star/s-t-a-r-resources-for-sharing/)



# FIND OUT MORE

If you would like to find out more about STAR please contact The Child Health and Wellbeing Network: [england.northernchildnetwork@nhs.net](mailto:england.northernchildnetwork@nhs.net)

Partners involved in the delivery of STAR:



Child Health and Wellbeing Network  
North East and North Cumbria



County Durham Community Foundation



Teesside University



Newcastle University

University of HUDDERSFIELD  
Inspiring tomorrow's professionals



T!NARTS



NHS CHARITIES TOGETHER

We would also like to thank The Tees CCG Mental Health Team, NENC Mental Health Clinical Network, NHS Charities Together, County Durham and Darlington NHS Foundation Trust Charity and the County Durham Community Foundation. They have shown fantastic commitment to exploring the role of the creative arts in improving health, educational and social outcomes in primary schools.