

Child Health and Wellbeing Network North East and North Cumbria

# SOURCE BES ARTS PROJECT OVER USE

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# 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



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

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

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





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

#### CHILDREN

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

#### 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





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

#### ENJOY REFRESHED PERFORMANCE WARD ENCOURAGES REALL <u>ES</u> BAD NERVO **UGH** NERVES • Ц LONG HOVES FUNNY HEAVEN OW 3890NS LOOKING ECIAL EVERYTHING OJECI

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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'

#### TEACHERS NOTED

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

#### PARENTS NOTED

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

## **ARTISTS NOTED**

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

## 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** 



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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:



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%).



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.

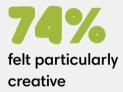
#### COLLABORATING

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.





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





felt well



73% felt fit

66% felt happy

56% had good fun with their friends





# 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:



These resources can be found at: <u>www.tinarts.co.uk/current-projects/star/</u> <u>s-t-a-r-resources-for-sharing/</u>



# FIND OUT MORE

If you would like to find out more about STAR please contact The Child Health and Wellbeing Network: <u>england.northernchildnetwork@nhs.net</u>

Partners involved in the delivery of STAR:





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.