enjoy discover reveal creativity

enhancing wellbeing through participatory arts
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arts wave devon is a consortium of arts organisations, working collaboratively with other partners and local communities to create inspiring, accessible arts participation opportunities that support wellbeing.

Daisi is the arts education organisation for Devon and Torbay, working alongside more than 100 professional artists to create arts experiences with over 7,000 young people each year.

We work across all art forms - from dance to literature, media arts to music - and with children and young people from pre-school age to their late teens, both in and out of school, including the more vulnerable.

Woven into all our projects are learning and development opportunities for teachers, school communities, artists and other partners, strengthening confidence and ability to work effectively with the arts and young people in their own, unique settings.

Daisi advocates widely for the positive impact of arts activities on outcomes for young people across their learning and social needs, documenting and evaluating our work in order to influence good practice in our region and beyond.

www.daisi.org.uk

Dance in Devon is the dance development organisation for Devon. Our vision is to enrich and energise people’s lives through dance. Our mission is to work with partners to create bespoke dance projects that respond to social, health and wellbeing or other community need. We advocate for dance as an inclusive artistic activity for all ages through which people can express identity, relate to others and create dance for themselves and others.

Dance in Devon recognises its potential to support families, individuals and communities across the life course.

Dance in Devon is a registered charity working towards: active lifestyles, stronger communities and improved health/wellbeing. We make dance activity accessible to Devon communities by delivering in partnership with our home-bases for dance: North Devon Theatres, The Plough Arts Centre, Exeter Phoenix, Exeter Northcott Theatre, Arts at Dartington and ROC Creative, Paignton.

www.danceindevon.org.uk

Devon Guild of Craftsmen promotes the enjoyment and appreciation of contemporary craft by nurturing creative excellence and championing the importance of making. Our base at Riverside Mill, Bovey Tracey, is the leading venue for crafts in the south west, recognised for the quality of our exhibitions and with an international reputation. Each year, welcoming around 115,000 members of the public to enjoy, to buy and to take part.

Learning and participation are at our core. Through our education programme, people of all ages get to have a go at making. They experience the power of directly connecting with material: be it wood, glass, textile, metal, paper, clay or anything that can be worked and used to create. We celebrate the value of the process of making and the significance of unique, handmade objects - each one with its own story to tell.

www.crafts.org.uk

Wolf and Water Arts Company is a diverse collective of creative practitioners, sharing a common ethos. With over thirty years experience in many different countries, we use the arts as a tool for personal and community development, meeting opportunities and challenges with a thoughtful and positive attitude.

We work in partnership with other like-minded organisations to widen access to creative activities, in the UK and overseas. We believe this combined energy brings the greatest benefits to those we work with.

We work with groups who are socially, mentally and/or physically challenged - using all art forms, from drama and theatre, to digital media and visual arts.

We develop and create bespoke workshops and projects to generate well-being and increase self-esteem, building new personal and interpersonal skills. In doing so, we aim to raise public awareness of the talents and expertise within the groups we work with, and the challenges they face.

www.wolfandwater.org
The 3-year project was a partnership between experienced, local arts and education organisations: Daisi, Dance in Devon, Devon Guild of Craftsmen and Wolf and Water Arts Company. Commissioned by Devon County Council they have collaborated with local people to create a range of accessible arts opportunities, with particular emphasis on children and young people, older people, and disabled people.

The project has seen 45 ‘Pop-Up’ events appear at festivals, in school playgrounds and at local fêtes and fairs, inviting the public to meet professional artists, learn new creative techniques and share artistic experiences in their local neighbourhood. Activities have ranged from sculpting with clay to forming a spontaneous choir, or making a piece of ink art with friends.

In addition, arts wave devon has worked with key organisations to arrange 45 ‘Light the Touch Paper’ (LtTP) projects, supporting groups to collaborate on a creative project, discover new skills and work towards an objective. These LtTP projects sought to ignite an interest in a creative activity, which people could then pursue beyond the life of the project. Each LtTP project comprised a series of 6 sessions, often delivered on a weekly basis.

‘Deep Impact’ (DI) projects saw a range of arts wave devon artists working over several months in a locality, with the activities culminating in a community event showcasing work produced. This has included performances, exhibitions, flash mobs, processions, mosaic installations, poetry readings, and has also aimed to strengthen local networks and community collaborations.

arts wave devon has worked in all 31 of Devon’s learning communities as required by the commission (i.e. locality areas, see map on page 25), with sessions being delivered in large market towns and small rural villages alike across the county. Key to the arts wave devon approach has been the principle of co-creation, developing arts activities in localities with local community and cultural partners.

"It doesn't matter who you are, what size you are, or what gender or race you are. Everyone can join in. Everyone has opportunity."
What has arts wave devon delivered?

Over 3 years (April 2013 - April 2016) arts wave devon has:

**DELCIVERED**

941 participatory arts sessions in local communities, exceeding its target

**ENABLED**

14,157 people to participate in these sessions, the vast majority of those being from the target groups of: children and young people (8,149); disabled people (1,758); and older people (1,773)

**ENGAGED**

90 local, professional artists

**WORKED WITH**

115 local partners including libraries, local Councils, festivals, memory cafés, residential care homes, children’s centres, museums, disability hubs, youth centres, galleries and schools

**CREATED ARTS PARTICIPATION OPPORTUNITIES IN**

159 venues across 100% of Devon’s 31 local learning communities

arts wave devon’s ambitions

arts wave devon sought to inspire people to try something new and join in. It aspired to help people to:

- Increase their creative skills and knowledge
- Feel more confident
- Increase their sense of wellbeing
- Engage in artistic activities; and for
- Community organisations to work more collaboratively

The sessions have covered a wide array of artistic forms; from animation to mask making, film making to puppetry, mosaics to photography, drama to circus skills, dance to digital animation. Participants ranged from babies through to 88 year olds, arts wave devon was for everyone.

“I wish that there were more opportunities like this in Devon.”

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Making a difference

arts wave devon has gathered feedback from many artists and participants, seeking evidence of good outcomes for people. Some of the stories and change created are found on the following pages. Overwhelmingly, the stories are positive, the feedback brims with talk of “fun”, “enjoyment” and “learning new things”, whether during a 1 hour Pop-Up for a 5 year old, or for someone much older, engaging in a longer term project.
The value of art as a vehicle for personal growth and wellbeing, and for stronger communities, is repeatedly illustrated in the comments and stories of arts wave devon participants.

In addition to this report, a short film is available, sharing some of the arts wave devon participants’ stories.

- “I’m having the best most awesome time, I learnt all about arts.”
  Boy, Hannah’s at Seale Hayne

Through the life of arts wave devon, much has been achieved by participants. In many ways, the activity has revealed potential for further, deeper engagement. As Peter Harris, artist for the St Nectan Play in Torrington, reflected:

- “I think it was a tough project (for the young people), as shy teenagers being taken through a new process (devising etc.) with new people (the Learning Disability group) towards a public performance in front of their peers and family where there was the risk of them being very self-conscious. They did it, got good audience response and it all worked. Seemed like a bit of a revelation to them – the possible start of something, rather than the finish. The ’Deep Impact’ was ’Lighting the Touch Paper!!’”

Similarly in Dawlish, arts wave devon’s impact continues to grow.
Anna Leatherdale, dance artist, commented:

- “My only wish is that there was some way of providing feedback after a longer period of time, because we’re only just beginning to really see the impact that this project is yielding. We’ve now had four members of the Cofton WI come along to Dawlish Dancers sessions, plus two carers from the Memory Café. There have also been a number of new Dawlish Dancers participants who saw members of the group perform at the railway station in November and have subsequently joined, with the result that we now have to offer two classes (instead of one) on a Wednesday because there were too many people!”

- “My thanks to you and everyone who made this possible.
  The Dawlish Dancers have been inspired, revitalised and excited by their participation in the project.”

From the overwhelmingly positive responses of 356 children and 106 adults, arts wave devon has enabled participants to achieve positive outcomes which enhance their own wellbeing.

<table>
<thead>
<tr>
<th><strong>90%</strong></th>
<th>(277)</th>
<th>OF CHILDREN (WHO GAVE AN OPINION) WOULD DEFINITELY LIKE TO DO THE ACTIVITY AGAIN</th>
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<tbody>
<tr>
<td><strong>1%</strong></td>
<td>(3)</td>
<td>SAID THEY WOULD NOT</td>
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<tr>
<td><strong>89%</strong></td>
<td>(86)</td>
<td>ADULTS (WHO GAVE AN OPINION) WOULD DEFINITELY LIKE TO DO THE ACTIVITY AGAIN</td>
</tr>
<tr>
<td><strong>1%</strong></td>
<td>(1)</td>
<td>SAID THEY WOULD NOT</td>
</tr>
<tr>
<td><strong>99%</strong></td>
<td>(334)</td>
<td>OF CHILDREN (WHO GAVE AN OPINION) SAID THEY WOULD REMEMBER SOMETHING POSITIVE FROM THEIR arts wave devon EXPERIENCE</td>
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“I think it was really fun and I have never made a piece of art work like it.”

Scan this QR code with your smartphone to view the film.
Outcome 1
Participants have increased creative skills and knowledge

Through the workshops, participants learnt about creative processes, and the steps involved in taking the seed of an idea and turning into the finished product, be it a mask, a theatre piece, a dance, poem, fanzine, willow fish, art in the woods, juggling skills, a mosaic cow, an animated film, digital photo collages, music mixing, shadow puppets, and so much more. Participants of all ages and abilities learnt to plan, devise and design, to work together and alone, to listen and to share ideas, to perform, all within a safe and supported space, facilitated by professional artists.

77% (269) of children (who gave an opinion) said they’d learnt something new, 19% (66) were not sure and only 4% (15) felt they hadn’t learnt anything new. Practising their new skills gave people of all ages much joy and satisfaction. There are scores of comments similar to these, in response to the question, “What did you like/what have you learnt?”

- “Finishing it (lantern) off and turning on the lights and loving what I made. I really love what I made – it looks good!”  
  Sam, 8, Lantern Making, Dawlish

- “I liked learning how to make something new and making friends. Thank you.”  
  Joe, 11, Lantern Making, Dawlish

- “I liked using the roller. Thank you – you really helped us make our collages and they turned out really well. I think it was really fun and I have never made a piece of art work like it.”  
  Evan, 10, Print Making, Crediton

- “Creating my puppet because I got to design it however I wanted to. Thank you for what you did today. It was very fun.”  
  Amy, 11, Shadow Puppets, Horrabridge

- “I learnt to make it my own. This was an inspiring thing to do. I learnt how to put your feeling into art. I like the style and will use it as a base to my artwork.”  
  Emily, 13, Expressive Drawing, Axminster

- “My fave part - when we made the puppets. Thank you for an Amazealisonse time! It was Awsomly fun.”  
  Barnaby, 10, Puppet Making, Lydford
The ripple effect

In several locations, participants planned to share their new arts wave devon knowledge and skills with their families, with groups they were involved with and in care settings where they worked, spreading the benefit of arts wave devon even more widely.

At Denbury Primary School, children were introduced to two unfamiliar activities (feltmaking and flatbed animation). Everyone participated fully in all aspects of both processes. Everyone was happy with their resulting piece of felt and the filming that they’d done. They wanted to take the felt home, show parents their first experience of animation. There was lots of enthusiasm, the unfamiliar nature of the activities helped to heighten and retain the children’s focus and interest. Everybody took part in the activity, all aspects of each process and produced positive results. An excellent response from children and school staff. “Two teachers have said that they will introduce felting in their classrooms, as a direct result of the children’s response to it during this session. I passed on supplier info.” Jess Carvill, artist, Feb 2016.

Other artists fed back similar comments:

- “Participants tried new creative dance activities that required an ability to increase body awareness, strength and musicality. They also learnt to be a part of a creative process and learnt to value and celebrate a new way of working together. The Care Home are working with the dance leaders to train at least one member of staff to continue the sessions in the future themselves.”
  Suse Oxenham, dance artist, Exminster

- “One lady said she was going to copy the activity with her church youth group. She made two willow fish despite claiming ‘I am not creative’.”
  Sera Byrne, artist, Mary Tavy Pop-up

- “The activities were new to all the participants. Some local group leaders were going to repeat the activities with their groups.”
  Jules Walker, artist, Frithelstock Festival

Where next? There is still more work to be done in sharing information about finding and accessing creative activities. Of those adults who answered the question, 50% (44) knew where to go to get further information about creative activities, 41% (36) were “not sure”.

“It has been smashing, brilliant, fantastic!”
and 9% (8) had “no idea”. In terms of “what next?”, participants made 58 suggestions including: crafts, textiles, music, dance, clay, any sort of creative group work, filming, workshop with professionals, flag and banners, poetry, dance, creative writing, mask making, physical theatre, jewellery, puppetry.

- I’d like projects that can be held in our community, which are creative, challenging and fun, and lead to an item/items which can be enjoyed by all.”

  Alice, 69, Colebrooke

- “Anything! Maybe culminating in a performance.”

  Jess, 15, Dawlish

- “I’ve enjoyed learning something new each week, friendship, (and) making things I never expected to be able to do! Got me out of the house and meeting new people. I’ve loved it!”

  Sheila, Plough Arts Drop-In, Torrington

- “I’ve enjoyed companionship, appreciation of others’ gifts and a chance to explore and expand creativity. The variety and extension of thoughts and feelings - the sadness and laughter experienced.”

  Sybil, 78, Open Daw (poetry), Dawlish

- “It has been smashing, brilliant, fantastic! Doing Different things. I would try anything related to the arts.”

  Iris, 78 (considers self to have a disability), venue and activity not given
Outcome 2  
Participans feel more confident

Confidence manifests itself in many ways. Through the range of artistic processes within the projects, participants had opportunities to learn new skills and to try them out. This included the creation of fanzines, of writing a story and animating it, the shaping and firing of oil burner pots, through dance and theatre in familiar and new genres, through song, the juggling of plates, through exhibiting work, to processing with a lantern, to writing and sharing a poem for the first time, and so much more. For some people this was an exciting opportunity, for others it involved taking a risk, pushing their personal boundaries in a safe and supported space.

“We were told after one workshop in Ilfracombe that one of the young girls was normally extremely shy and barely takes part in activities. She started the workshop in a shy manner and very quickly was taking part with absolute enthusiasm and confidence. The staff commented afterwards that they were amazed, she was like a different girl.”

Samantha Remnant, artist, Library project

The adage “You’re never too old to learn” is echoed in the responses from adults about their learning and knowledge during the arts wave devon sessions.

Some LtTP projects explored a particular topic. A drama group based at Tiverton Community Arts Theatre researched the issue of cyberbullying and collectively devised a performance piece to show to their peers.

322 children shared how they felt about the work they’d produced through arts wave devon. 87% (281) were “happy”, a further 12% were “okay” and only 1% (3) were “unhappy”. From 121 adults who answered the question, 44 said they “showed (their) work to others”, 42 “challenged myself”, 33 “developed my confidence” and 25 “took a risk and survived!”

“We have met some lovely people, it is so interesting and everyone is so helpful.”

9
family and friends, with many of the group performing for the first time. The group was drawn from different age groups, so young people worked with people they hadn’t previously known, which they said made them more comfortable in school. 8 out of 13 said their favourite part of the project was meeting and working with new friends.

- “I loved every second. My favourite part was performing in the show. I learnt to be confident in myself and believe in myself.”
  Lily, 13, Cyberbullying Project, Tiverton

- “I loved performing. Now I understand a deeper level of cyber bullying. (Tutor) was amazing”
  Tom, 14, Cyberbullying Project, Tiverton

**Crediton Photography Group** – was formed initially through arts wave devon. The group has carried on independently since, and has exhibited members’ work in the recent Pop-Up Exhibition on Crediton High Street. They have been developing new skills around composition and digital editing. However, the group support and camaraderie is equally important to members, particularly for those in caring roles and those with a disability who enjoy and value the social side of the group.

- “We, as a group, got on so well we not only produced some very interesting photos - we also resolved to form another continuation photo group after. This group is still meeting and preparing another exhibition at Crediton Library.”

- “We have met some lovely people, it is so interesting and everyone is so helpful.”

- “Learning new skills and meeting new friends. It is lovely to get out and meet with friends.”

- “I’ve enjoyed everything - the good company - the sense of achievement seeing all the groups’ photographs at the exhibition - and the value of a project such as this.”

In Dawlish the **Poetry for Pleasure** group has really taken off and is thriving after the initial arts wave devon project. Membership of the group is growing steadily, and they are now hosting events in the Library, with the active support of the librarian, who is keen to build partnerships. They are also working closely with Dawlish Arts Festival, and have launched a Poetry Trail. For several members, reading aloud and sharing their own poems for the first time was a great achievement.

- “It’s given me the confidence to share.”
  Annie, 51 yrs, Open Daw Participant
Children and adults alike have talked of feeling more confident as a result of their participation in arts wave devon activities.

Artists have also noticed this change during sessions, in how participants are interacting with one another, progressing with their activities and applying their knowledge and skills.

“*The children’s improvement in confidence was revealed through their approach to drawing. They took more time on it, accepted the challenge enthusiastically, the results were more thought out and very successful. Lots of showing results to each other, wanting to show parents results. Great focus, very relaxed, everyone very busy, focussed and in a good mood throughout.*”

Jess Carvill, animation artist, Denbury School, Feb 2106

A snapshot of the children’s comments reflected this:

“*I learnt how to be happy and if I am bored at home I can do art! I’ve learnt how to animate and shown how to make felt*, “it was brilliant”, “it was fun and interesting”.

Denbury School students, aged 8-10 yrs
example, a group of adults with learning disabilities worked intensively over a few weeks, with a group of students from Great Torrington School (GTS), to research, devise and perform a play at the Plough Theatre, about a local saint, St Nectan.

“I believe that the Great Torrington School students were particularly affected in a positive way by working with adults with learning difficulties. One of the adults who took a main part really developed in confidence. All of the participants were very happy with the work they produced.”

Samantha Remnant, artist, St Nectans Theatre Project, Torrington, Dec 2015

Jacolly Puppet Theatre worked at Lydford School (Sept 2015) and commented:

“The class of 25 included their whole KS2. The very mixed ages, though, seemed to work wonderfully supportively well together. This is the first workshop I can remember when a child has not said “I can’t...”. A powerful case for small schools! Children loved the workshop. Several said it was a “lot of fun”, they enjoyed different aspects of it, and one commented “thank you for teaching us about shadow puppets, I think my fish is great!”

Widening horizons/raising aspirations - in learning and applying new skills during social media workshops, several young participants in Holsworthy spoke of their hopes to develop careers in the media:

“All of the participants enjoyed the workshops and wanted to increase their use of social media. They all have an increased interest in local, national and international news. One of the participants ran their own blog and because of the workshop began to use Twitter to keep people up to date with their blog. All of the group were inspired when they visited the local primary school to report on the animation workshops. Many of them said they would like a career in media (possibly as reporters)”

Tony Walker, artist, Social Media Workshops, Holsworthy, March 2015
Outcome 3
Participants have an increased sense of wellbeing

The phrase “wellbeing” encompasses many expressions of feeling “well” and “engaged” in the environment. New Economics Foundation (nef) have developed “5 Ways to Wellbeing”, with each element being seen to contribute to an individual’s overall personal sense of wellbeing. arts wave devon has shaped its Wellbeing Outcome around these 5 elements.

5 Ways to Wellbeing

CONNECT…
With others: your family, your friends, your community

BE ACTIVE…
Exercise. Dance. Play. Move your mood

TAKE NOTICE…
Be Curious. Be aware of what is going on around you

KEEP LEARNING…
Try something new. Sign up for that course

GIVE…
Your time. Your presence. Your appreciation

Aspects of these elements overlap with other arts wave devon outcomes, eg. engaging in artistic activity, and increasing creative skills and knowledge. All of arts wave devon creative activities brought with them the opportunity to pursue several of these elements. For example:

CONNECT…
Several participants commented on the joy of engaging in arts activities with their family. arts wave devon enabled family and friends to play together, gave space for new friendships to grow, and worked to bring partners together in the community.

- “My favourite moment was watching a grandfather interact with his grandchildren. He thanked me for the opportunity to spend such a nice time with his grandchildren. All the participants happily took their finished lanterns off to join in the evening parade. They were excited to show their friends and family. The atmosphere was very communal with everyone producing work for a community event.” Jules and Tony Walker, artists, Dawlish

- “Lots of families came to the fun day, lots of mums and children working together. Many people made postcards to send to relations in different parts of the country.” Tony Walker, Ilfracombe

- “I learnt new drama techniques.” Adam, 14, Cyberbullying project, Tiverton

- “A great opportunity to learn new skills alongside my children”, Chloe, 47, Dawlish

- “I felt included. More workshops like this please - I found working through the actual professional process so useful! I enjoyed being accepted - having a chance to dance, create and learn. Loved every second. Thank you!” Josie, 24 (considers self to have disability), Dawlish
**BE ACTIVE...**

Through dance projects, theatre performance, drumming workshops, mask making, circus skills, photography and other art forms, participants enjoyed moving and being active, at whatever level they were able.

- “I liked fiddling with the clay. I am happy”
  - Joel, 9, Tarka Pottery, Torrington

- “Best part? Learning a new art, meeting new people and getting out and about – for me and my son.”
  - Participant, Dawlish

- “Everybody can do it at their own level. Relaxed. My favourite thing was paper making.”
  - Adult (with learning disabilities), ROC Welcome, Tavistock

- “Colouring was best, I made 2 masks and a crown. Fun day”.
  - Ayla, 5, Kingkerswell Fun Day

- “Really enjoyed working with The Parkour Team and experiencing how they piece things together. They encourage you to create your own choreography but give expert guidance regarding what will look good in performance. Excellent to work with Alister and Mirander, made it fun and gave our group confidence that we could create something worthwhile. Thank you! Initially I was concerned about ensuring that the frailer members of our group were not pushed into situations outside of their capabilities but I needn’t have worried, we were all very well taken care of!”
  - Annie, 66, Dawlish

- “Best part? Getting out with my husband who has Alzheimer’s and getting involved together.”
  - Jenny, 65, Crediton

**TAKE NOTICE...**

37% (38) of adults who gave feedback were “curious” to get involved in arts wave devon. Many workshops encouraged participants to take inspiration from what’s around them; people and place, and to express that in their art. The Crediton Photography Group’s exhibition theme, “Reasons to Stop”, focussed on details in the town landscape that are often overlooked in increasingly busy lives. Their Pop-Up Exhibition stimulated conversations about a sense of place and belonging, with family, friends and passers-by.

**KEEP LEARNING...**

Learning is fun! From children’s feedback, 107 children mentioned “fun”, 43 mentioned “learning”, 25 said “enjoyed”, and 30 felt “happy” in themselves (in addition to the 281 who felt “happy” about the work they had produced).

Of the 106 adults who gave feedback, the motivation to learn and have fun was a strong one for getting involved in arts wave devon. 54% (56) wanted “to have some fun”, 53% (55) were “interested in the topic”, 46% (48) wanted to “try something new”, 41% (43) wanted to “learn, to practise”.

After participating, 73% (78) adults said they had fun during the project, 55% (56) had learnt new things, 49% (49) had explored their “interests and talents”, and 41% (41) felt they had done something positive for themselves.

*arts wave devon has enabled people to learn new skills, in positive environments. For some, it has been entirely new. For others it has been about extending existing learning, finding out about new genres within dance, for example, or about new poets.*

- “It's re-energised me in terms of optics and photography. I have been interested all my life in photography and have not been able to do that for a long time (I am a wheelchair user). This project helped me get back into photography.”
  - David, 68, photography group, Crediton

- “I’m happy because I learnt how to make a hat and sword.”
  - Amelie, 8, Pirate Craft, Teignmouth
Helping others and being part of a community, is an important part of who we are, as social animals. Giving and receiving help, and working together, can be hugely satisfying. When participating in arts wave devon, 51% (52) adults said they’d worked in a group on a project, 34% (34) felt they did “something positive for the community” and 20% (20) said they’d “helped someone else”.

- “One participant with a disability to her hands spent over an hour working on her willow fish. She also spent time assisting her younger sister, using her new found skills.”
  Sera Byrne, artist, Frithelstock Festival

- “I have a deep sense of contentment, sharing enjoyment with others in my village. The pleasure of being creative with others in the community. We need lots more of these kind of arts projects in our rural community which has poor access to such opportunities.”
  Marjorie, 69, Colebrooke

- Members of the Dawlish Dancers significantly increased their confidence when they realised that their own knowledge and enthusiasm inspired others to take part in dance.”
  Janet, Dawlish Dancer, Dawlish

There is a significant body of evidence that links creative expression and engagement in the arts with improved mental and physical wellbeing. For many arts wave devon participants, “it was fun”, “I enjoyed it”, “I loved it”, illustrate a sense of being and feeling well, at least for the duration of the sessions. 54% (55) commented that they “felt happy” during sessions, 43% (43) “felt relaxed” and 30% (30) felt “well and healthy”.

For some, the positive effects of taking part in arts wave devon are personally significant:

- “Felt I had something to get up for, helped relieve my depression and anxiety, made me feel less useless. It’s made me feel better and taught me how to make masks by myself. I loved it, because it was uplifting, playful and very productive. Jules and Tony were fun, positive and full of gentle banter which created a great atmosphere. They helped when I asked but also let me do it myself. I was really glad to do the activity and get a good result.”
  Amanda, 41 (considers self to have a disability), Mask Making, Holsworthy

- “It was Therapeutic, Absorbing, Enabling, Refreshing, Rewarding; providing an oasis to be creative in a very positive atmosphere. This is a season of life as carers for two elderly people - (including dementia) and the workshops were a most welcome break during the weekly routines.”
  Andrea, 60, Colebrooke

For children, their favourite parts of the sessions encompass all the elements of wellbeing.

- 72% (246) enjoyed the designing and planning
- 13% (44) enjoyed performing
- 7% (24) enjoyed all of it
- 5% (16) enjoyed meeting new people and/or working as a group
- 45 (12) enjoyed learning something new.

- “My favourite part was sticking the tiles to the calf. It was so much fun. I’m happy because it was fun and I learnt something. THANKS!”
  Freya, 10, Landscape Mosaic
Participants were asked what had happened through being involved in arts wave devon. 101 people answered this question (choosing 1 or more options). They told us:

- 37% I did/ made something I am proud of
- 46% I challenged myself
- 49% I explored my interests/ talents
- 56% I learnt new things (knowledge)
- 52% I worked with a group on a project
- 44% I showed my work to others
- 44% I felt proud of myself
- 25% I took a risk and survived!
- 46% I got good feedback from others
- 43% I felt relaxed

101 people answered this question (choosing 1 or more options). They told us:
64% I TRIED SOMETHING NEW

57% I ENJOYED MAKING/DOING SOMETHING “ARTY”!

23% I LEARNT ABOUT OTHER PEOPLE/OTHER CULTURES

46% I MET NEW PEOPLE/MADE FRIENDS

55% I FELT HAPPY

34% I DID SOMETHING POSITIVE IN MY COMMUNITY

30% I LEARNT NEW SKILLS E.G. FLAMENCO DANCING

18% I DEVELOPED SKILLS FOR EMPLOYMENT

78% I HAD FUN TAKING PART

30% I FELT WELL AND HEALTHY

33% I DEVELOPED MY CONFIDENCE

20% I HELPED SOMEBODY ELSE

16% I DEVELOPED SKILLS FOR STUDYING/TRAINING

23% I LEARNT ABOUT OTHER PEOPLE/OTHER CULTURES
Outcome 4
Participants engage in artistic activities

With very few exceptions, the feedback from artists relating to 98 workshops, together with that from 106 adults, 356 children, plus video and photo images, paints a picture of active learning and engagement in the workshop sessions, with participants contributing ideas, working in groups, designing, making, listening, performing, reflecting, sharing successes and so much more. And having fun!

“This has been the BEST workshop EVER!!!!!!!!!!”

This reflects, in part, the skills of the artist tutors, providing a safe, supportive space in which participants could relax, meet and work with (sometimes new) people, and overcome shyness or anxieties and the possible fear of doing something new. Participants of all ages appreciated this.

- “Best bit was doing what I want without being judged. THANK YOU FOR BEING THERE FOR ME. I just feel better for expressing myself.”
  - Jade, 13, expressive drawing, Axminster

- Best bit was the animating. Thank you for making and helping me with my work. Mine looked good on camera.”
  - Luke, 11, animation workshop, Silverton

- “The best thing? Avatara – her energy, enthusiasm, knowledge and encouragement. She is so positive and wanted us to have the very best dance experience.”
  - Shelley, 24 (considers self to have a disability), Exeter
“I felt Charlotte was an outstanding facilitator – a great enabler – building others’ confidence from any starting point. Well organised, knowledgeable and skilled. The perfect tutor!”
Esther, 60, Colebrooke

“Excellent teacher, gave us confidence. Enjoyed doing something different.”
Betty, 88, Cheriton Fitzpaine

LITP projects ran over 6 weeks and several participants mentioned looking forward to the next sessions. For some participants, it has provided a reason to get up and out of the house. For one child attending animation workshops at school, “she now waits at the school gate each week waiting for us (tutors) to arrive, in order to help bring in the equipment, no-one has asked her to do this. In their individual ways the children are all starting to own the sessions. The children express a lot of delight and enthusiasm.” Jess Carvill, artist, Denbury Primary School.

“Parents and me think their children have been doing lots of the activities from the sessions at home. Children in the sessions clearly being absorbed in the activities (dance, story map making). Parents tell me they had learnt ways to engage creatively with their child.”
Pip Jones, dance artist, Kingsbridge Children’s Centre

“One child with severe health problems was able to access these sessions and really enjoyed them and the social art aspect too - a very positive time for his mum too.” Sarah Thomas, mosaic artist, Dawlish

“The children seemed spell-bound by the storytelling. They responded enthusiastically to the creative dance sessions – particularly when they could wear their masks and an animal print cloth. They loved creating their own movements with a little help from me when we were moving to each scene. They tell stories about animals who talk and the African dances are inspired by animal movements. They definitely were in Africa throughout this experience!” Rebecca Jeffery, dance artist, Appledore Holiday Club

“Several of the ladies in the group are in early stages of dementia and didn’t remember who we were each week or why we were there. One of the 3 Joyses, in particular always asked me what we were doing
and when I said we were going to be dancing, she said every week she didn’t really think she’d join in, but every week she was very engaged and contributed to the movement. I think their physical confidence had increased over the time we have been going there. I felt on March 9th, people’s stamina in the session was greatly increased, we did a lot more active dance pieces than we had done previously and they were asking for more. The process of creating the dances and the talking about their experiences of spring, dances, sport ... I think gave everyone a chance to contribute to the process and discussions.”

Katie Kelsey, dance artist, working in residential home, Dawlish

There is a keen desire locally to keep up the momentum of the LTP projects. Some are trying to secure funding to run further projects, and are in discussions with other local organisations to get projects off the ground. In Honiton, parents of one participant bought a set of arts materials to enable the group to carry on, as the children had enjoyed it so much.

Producing artwork or a performance at the end of the workshops can be an important affirmation of participants' creativity and their learning journey. When asked if any of these things had happened, through being involved in arts wave devon activities, 44% (44) adult participants said they felt proud of themselves; 37% (37) did/made something they were proud of; 44% (44) showed their work to others; and 46% (46) received good feedback from others. All of which will contribute to participants' sense of wellbeing.

- What beautiful pieces! So many imaginative uses of materials and we love all the thought that has gone into these colourful works!”
  Written visitor feedback at the Home Education Art Group’s Exhibition, Torrington

- “It was fun and provided a sense of achievement. I liked doing something different that was fun and creative.” Jane, 65, Parkour workshop, Dawlish

- “I enjoyed everything! This has been the BEST workshop EVER!!!!!!!!!!!” Rianna, 10, DJ workshop, Torrington

“You’re never too old to learn.”
What happened?

Deep Impact (DI) projects focussed on the larger market towns across Devon. They were hubs for activity over a number of months. The agenda was fairly free in terms of the remit for what local groups and artists should do, and a range of themes and activities were devised by local people working with artists. Some activities ran for several sessions, others were one-off events.

In Torrington the theme was Fire and Water. This was interpreted through dance, theatre, collage, visual arts, pottery and much more.

In Holsworthy, workshops focussed around crafts, poetry, banner making, mask design and animation. In Dawlish the theme was Dawlish Journeys, a metaphor for many types of journey, to be explored through poetry, dance, lantern making and procession, mosaic, parkour and other media. This flexibility was appreciated by artists and increased local ownership of the project.

Each DI was kick-started with an open event, where all local organisations, artists and residents came together to find out more about arts wave devon, DI and ways to get involved. An aspiration of the DI approach was to strengthen links within communities, to spark new connections, to raise awareness locally of what is going on, and to find ways to work together. Each DI project culminated in a community-wide event, a celebration and showcasing of people’s artistic endeavours and coming together of local people. In some cases, these worked with a major community event such as the switching on of Christmas Lights.

Community Collaboration

In co-ordinating the focus groups, and from the discussions during the focus groups, the value of key movers and shakers in creating and maintaining community cohesiveness was highlighted.

Cullompton DI was a project early in the life of arts wave devon and highlighted the importance of co-ordinated planning and networking with key players locally. Two years on, several of the groups engaged in DI are still active, including the then fledgling community choir, and the town team remain keen to...
consolidate existing activity and to encourage and bring more participative arts into the locality.

In Dawlish, key movers and shakers included the librarian, Town Centre Manager (new in post), local minister involved in Strand (community) Centre and Dawlish Arts Festival; professional artists, some of whom were local to the area; local voluntary arts groups; and individuals with a passion for sharing their love of art and making it more widely available. It was agreed that Dawlish Journeys had been a great boost to the town, in bringing people together, in raising a sense of pride in the town, and in strengthening local connections and making new ones. The mosaic project had produced permanent reminders, at the Tourist Information Centre and Train Station, and also resulted in another mosaic commission for the artist at the Strand centre. Existing groups, such as the Dawlish Dancers who feel “revitalised and reinvigorated” through participating in DI, continue to meet and perform regularly.

For individuals, existing activities were discovered for the first time as a result of arts wave devon. For a husband of a Dawlish Dancer, who was delivering a Memory Café session at the Library for people with dementia, he was delighted to find a place where he himself felt relaxed and “fitted in”. And his wife, as his key carer, was also delighted, for both of them.

- “One of the best outcomes of the project has been that carers from the Memory Café have discovered and wanted to join the regular dance classes provided by the Dawlish Dancers. Also one of the Dawlish Dancers who cares for her husband who has dementia has started going with her husband to the Memory Café because he enjoyed his participation in the dance session so much and felt that he fitted in at the Café.”

Anna Leatherdale, dance artist, Dawlish

Dawlish Journeys culminated in a community-wide celebration, including a lantern procession and performances from many of the participants of the project, including dance, poetry, parkour, mosaic and more. The event was filmed and broadcast by BBC Spotlight and organisers in the community felt there was a palpable sense of pride and excitement in the town.

- “The high point of Dawlish Journeys for me was seeing people queuing to get in to the Strand Centre – I have never seen that before! Also the renewal of ideas for the arts festival moving forward, involving the Poetry for Pleasure group and more children’s activities happening in Dawlish. There is a growing sense of community now.”

Revd Whitehead, Dawlish Arts Festival and the Strand Centre, Dawlish, 2016

The Town Centre Manager, Librarian, Revd Whitehead and key artists involved in DI Dawlish have followed
up with new initiatives and are clear about the project legacy - a commitment and optimism for increased and improved collaboration in coming years.

In Tavistock, community organisations and artists engaged in DI with a range of motivations. For the Library, it was to raise the profile and to widen understanding of what’s available at the Library, especially with the service transformation into a social enterprise, Libraries Unlimited, in April 2016 in mind. For the Burrator Heritage Learning Officer it was about creating links with artists to work on-site; for others it was being new to the area and offering “speed-arts-networking” opportunities, or just wanting to offer more arts activities in the locality, and linking in to health and wellbeing. Everyone reflected at the focus group that all of these aspirations had been achieved to a large extent. Connections were made through arts wave devon that otherwise wouldn’t have happened, and new work established beyond the end of the project, at local care settings, Plymouth Royal and The Wharf, new groups established and work continued beyond the scope of the project. These continuing initiatives are mainly down to artists’ connections together with the Library and Burrator Heritage, in the absence of other community organisations taking a strong lead.

- “Walking the Burrator footpath… who has put these beautiful, unobtrusive pieces or art around?” tweeted about the Burrator Arts Trail, 2015

- “We had mainly positive feedback, huge amounts of it, the vast majority of people had a brilliant time. Whole day was amazing. We displayed lots of stuff and very positive comments back about what we are doing.”
  Helen, Tavistock Library, 2015

Comments from Barnstaple DI project, and more generally, also suggest a strengthening of community networks as a result of involvement in arts wave devon:

- “Arts Wave Devon in Barnstaple rekindled old networks – of artists and of venues. The legacy is evident in the number of new partnership projects which we have recently established – between the museum and Daisi, White Moose, Copse Creatives, Jo Bushell and Arlington Court. There is a willingness to continue working collaboratively.”
  Julian Vayne, Barnstaple Museum

- “lovely to work with the libraries and we are actively plotting to get more stuff going.”
  Peter Harris, artist
During Year 1, arts wave devon invited VINESWORKS to work with consortium partners to devise an Outcomes Framework, specific tools, and guidance to artists, to help them gather evidence to check whether arts wave devon was making a positive difference for participants. From this work 5 outcomes were defined. Evidence was gathered primarily from participant feedback sheets (children and adults), artist observation, photos, video footage, verbal feedback and a range of creative tools, though artists used these less widely. Some artists through Year 2 continued to use their own evaluation forms.

At the end of Year 2, an arts wave devon Artist Practitioners Event was held at Exeter Library. Part of the agenda was to encourage artists engaged by arts wave devon to consistently gather feedback using the arts wave devon feedback templates, and to reaffirm the value of their role in capturing evidence of learning and change for participants. This led to a big increase in monitoring data for the final year of the programme. This evidence is held by Daisi on behalf of the consortium.
Where arts wave devon worked

The map shows the 31 Devon Local Learning Community areas as specified by this commission. The circles represent the level of arts wave devon activity that took place in each area.
Artist Observation Feedback

Artists completed Observation Feedback Forms for 98 sessions. They also encouraged participants to complete Adult and Children Feedback sheets.

Focus Groups – VINESWORKS facilitated two focus groups, in Dawlish and Tavistock, with artists and key local organisers who were involved in the Deep Impact projects in those towns. Discussions in these groups focussed around motivations for getting involved, successes and challenges, and any outcomes for organisations and communities as a result of engaging in Deep Impact.

Children’s survey feedback

356 CHILDREN COMPLETED FEEDBACK SHEETS. OF THOSE,
187 (55%) WERE GIRLS AND
154 (45%) WERE BOYS.
340 GAVE THEIR AGE:
13 (4%) < 5YRS OLD;
287 (84%) 6-11 YRS;
27 (8%) 12-17 YRS; AND
13 (4%) 18 YRS+.

Adults’ feedback forms

106 ADULTS COMPLETED FEEDBACK FORMS.
77 (81%) WERE FEMALE,
18 (19%) WERE MALE,
11 DID NOT SAY.
These were available as paper copy and online via Survey Monkey.

83 GAVE THEIR AGE:
19 (23%) <16YRS (including Ottery Scouts who should have completed the children’s feedback sheet instead),
9 (11%) 16-24YRS,
3 (4%) 35-44YRS,
7 (8%) 45-54YRS,
13 (15%) 55-64YRS,
20 (24%) 65-74YRS,
13 (25%) 75YRS+(UP TO 88 YRS). Only 10 people completed feedback forms between the ages of 25-54 years, suggesting a lower level of participation by that age group.
Additional Outcomes

With any project one can plan activities based on intended outcomes but often, other unanticipated outcomes and wider outcomes will emerge. For arts wave devon these have included:

Improved wellbeing and support for carers. Although the Crediton Photography Project was not specifically aimed at carers, it proved to be a highly valued addition to one carer’s weekly routine.

“I initially brought my husband to the group. He has Alzheimer’s. He used to be interested in photography. He wasn’t that interested in the activity and now has a limited attention span. But for me it was wonderful! I love taking photographs and learning about digital editing. The group is so supportive and welcoming. It’s the highlight of my week and is now the thing I look forward to the most. It helps keep me sane, and keeps me going!”  
Sue, Crediton Photography Group, 2016

In Exeter, several parents and the siblings of 2 young people with Downs Syndrome (i.e. young carers) also attended Light the Touch Paper pottery workshops. “The siblings engaged very well and looked forward to the sessions, returning each week with enthusiasm”. Parent, East Devon and Exeter Downs Syndrome group, 2015.

The 2011 Census shows the number of young carers has risen sharply in the UK. Opportunities to engage in arts and other social activities are usually reduced for young carers, due to restrictions because of their own, or their wider families, caring responsibilities.

In Dawlish, as part of the Deep Impact project, Dawlish Dancers (a local community group of mature women who enjoy dance), ran dance sessions at the Memory Café, hosted in the Library. The workshop leader observed: “Participants with dementia and their carers relaxed, they made new social contacts and had fun.” Specifically she noted:

“Two participants stood out at the Memory Café Session. One was the husband of one of the Dawlish Dancers - he has dementia and doesn’t usually go out. He enjoyed the dancing and liked meeting the other participants - particularly another man with advanced dementia. His wife and carer was really excited that he’d found a group he liked to be with. The other person who really stood out was a regular member of the Memory Café group. He didn’t want to do much dancing but really enjoyed playing spoons to accompany the dancing. He also sang and all the other participants danced in a circle around him, which everyone really enjoyed and which enabled everyone to feel creative and inclusive.”  
Anna Leatherdale, DawlishDancers, 2015

Additional work for artists.
Many artists reported that groups they had worked with were actively seeking funding to purchase more arts sessions from them. In several instances, artists’ involvement in arts wave devon has already directly led to additional paid work beyond the scope of arts wave devon, and the establishment of new groups. For example, this has happened as a result of the DI project in Tavistock, for dance, drumming and circus skills artists. This brings additional economic benefits to artists.

photo: Kevin Clifford
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