

The ICE Project

Summary Report – Year Two (April 2018 – March 2019)

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 Two £35,000 from Artwork (Arts Council England’s ‘Bridge’), £25,000 from Hampshire CAMHS (Sussex Partnership NHS), £5,000 from The Barker-Mill Foundation and £5,000 from donors to HCT.

Young people: 130 at-risk and vulnerable young people ages 11 – 18 engaged and benefitted in Year Two.

Professionals: 100 NHS staff took part in arts activities, 26 arts professionals benefitted from relevant training.

Delivery hours: ICE ‘core’ group of CAMHS-referred young people: 108 hours, ICE ‘at-risk’ groups: 148 hours and ICE ‘mainstream’ school group: 28 hours; staff and professionals: 52 hours participation or training

Wider audiences: 200 people attended the celebration event and thousands saw young people’s artwork in exhibitions at 3 arts venues including audiences of 1,258 in person and over 1,500 online.



Our aims for the second year were:

- To **INSPIRE** young people in Hampshire to connect with their own mental health through arts and culture
- For young people to participate in arts activities and **CREATE** artwork, in order to acquire skills, express themselves and experience a personal journey
- For young people to **EXCHANGE** their ideas, opinions and advice about mental health with the public and feel a sense of achievement

Impact:

- ❖ 61% of respondents at the end of the project said that taking part in creative activities helped to **improve their confidence and self-esteem.**
- ❖ Most young people said they would be **more willing to try new things** by the end of the project.
- ❖ Young people said that arts and creative activities not only gave them new and better means to express themselves, but a means to express their thoughts and ideas about their mental health specifically, which in turn led to other benefits such as **self-awareness, relaxation and a sense of freedom.**
- ❖ 90% of survey respondents at the end of the project either 'strongly agreed' or 'agreed a bit' that taking part in arts and creative activities helped them to **concentrate and focus.**
- ❖ 97% either 'strongly agreed' or 'agreed a bit' that creative activity helps young people to **relax and have fun.**
- ❖ Young people expressed **pleasure and pride** in the art they had made.
- ❖ Enabled **45** young people to **gain a qualification** through Arts Award (16 at Discover level, 17 at Explore level and 12 at Bronze level.)
- ❖ Most young people expressed a strong desire and likelihood of **continuing with the arts** post-project.



Quotes from young people:

"When I first joined the group I was really nervous and didn't know if I'd fit in or not but as I've joined weekly to this group I've been able to relate and be myself through being with people who've had the same experiences I have."

"I think it's a really good experience and it has made me want to like try more groups because I was so okay with this group really quickly, like much quicker than I thought I would be, so I think it's kind of more of a confidence builder and helps kind of push you into doing new things as well."