

THE
ICE
PROJECT
CELEBRATION
2020





INSPIRE - CREATE - EXCHANGE

Welcome to the third and final annual celebration of *The ICE Project*, an ambitious and original collaboration between Hampshire Cultural Trust and Hampshire CAMHS (Child & Adolescent Mental Health Service, provided by Sussex Partnership NHS Foundation Trust). *The ICE Project* promotes the benefits of arts and culture on our emotional and psychological health and wellbeing.

Our aims for the third 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

We have been amazed by the passion, bravery and creativity of all the artists, youth organisations and most of all, the young artists themselves.

We hope you have been inspired by the variety and quality of the work made by young people in Hampshire exploring issues that are important to them.

Enormous thanks to our funders: Artswork (on behalf of Arts Council England), Sussex Partnership NHS Foundation Trust and Nadine & David Collinson. This work would not be possible without your generous investment.

We are proud that Hampshire is leading the way in this vital area, showing how the arts can benefit the mental health and wellbeing of children and young people. The project's success has been demonstrated by the fact that this year we were year shortlisted in the Mental Health Innovation of the Year category in the Health Service Journal Awards alongside nine other incredible projects from across the country. It was an honour for our work to be recognised in this way and we hope it inspires many others to provide similar opportunities around the country.

Helen Dove & Amy Whittlesea
Hampshire CAMHS & Hampshire Cultural Trust



HAVANT CLINIC ROOMS REDESIGN PROJECT

Havant CAMHS & Claire Vine and Iris Hill

Young people referred from Hampshire CAMHS attended art sessions at the clinic with artist and yoga teacher, Iris Hill, and designer, Claire Vine.

Their aim was to redesign two clinic rooms and the family room. The group created personal artwork over three days which was then used as inspiration for the final designs. These were then installed onto the clinic's wall as vinyls, bringing a calm, colourful and positive vibe to the therapy rooms.

Claire Vine and Iris Hill emphasise process over product and create a space for the imagination to thrive, encouraging participants to experiment with abstract art, sound, motion and colour through playful and fun workshops.

Image credits: Claire Vine and Iris Hill





MUSIC

NOW I'M FEELING GOOD

Hampshire CAMHS, SoCo Music & Strong Island Media

Young people referred from four different Hampshire CAMHS teams came together to work over five sessions with SoCo music to create individual songs based on their experiences. The group was inspired by a live performance from a local musician, who had the group joining in with original sea shanties and folk songs.

Once the group had composed and shared their songs, they worked for a further five sessions with Strong Island Media, pulling out themes from all of their songs and creating one narrative which they then made into a short film. The film was a celebration of all participants' stories. The group worked on learning filming techniques like storyboarding and on deciding which style of shot to use to convey emotion.

"She absolutely loved being involved in the project, she didn't want it to end" PARENT

"It's just been great for them all to come together like this, where they can just be themselves without having to pretend that everything is ok. That's so important" PARENT



PHOTOGRAPHY

SPIRIT

Basingstoke CAMHS & InFocus

Young people worked with artists from InFocus to explore their photography skills. These sessions took place inside one of the CAMHS clinics, so the participants had to learn to be creative with their approach. Over the course of 10 sessions, the group learned how to take the perfect photograph, explored themes chosen by the group as a stimulus for their work and curated an exhibition for family and friends. They were also inspired by a visit from collections held at Hampshire Wardrobe and enjoyed photographing them.





VISUAL ART

INDIVIDUAL ART

Fareham and Gosport CAMHS & The Colour Factory

Young people worked with artists from The Colour Factory for three mixed media workshop days, experimenting with unusual and inspiring art materials and techniques. The workshops were process led and required no experience; they were fun and engaging, positive and enriching.

This amazing group of young people produced a considerable volume of artwork that inspired the paintings on display in the clinic. During the workshops, the group explored and experimented with colour and pattern and the finished paintings showcase the specific processes. Although they all used the same materials and techniques, the results were totally different emphasising their own uniqueness and individuality. The techniques used included inks, fluid art, gold leaf and foiling, sponging, acrylic techniques, modelling paste and stencilling.

“As professional artists we were amazed at the commitment and skill shown by the young people during the three days which provided us with all the material we needed to replicate on a larger scale” ARTIST





VISUAL ART

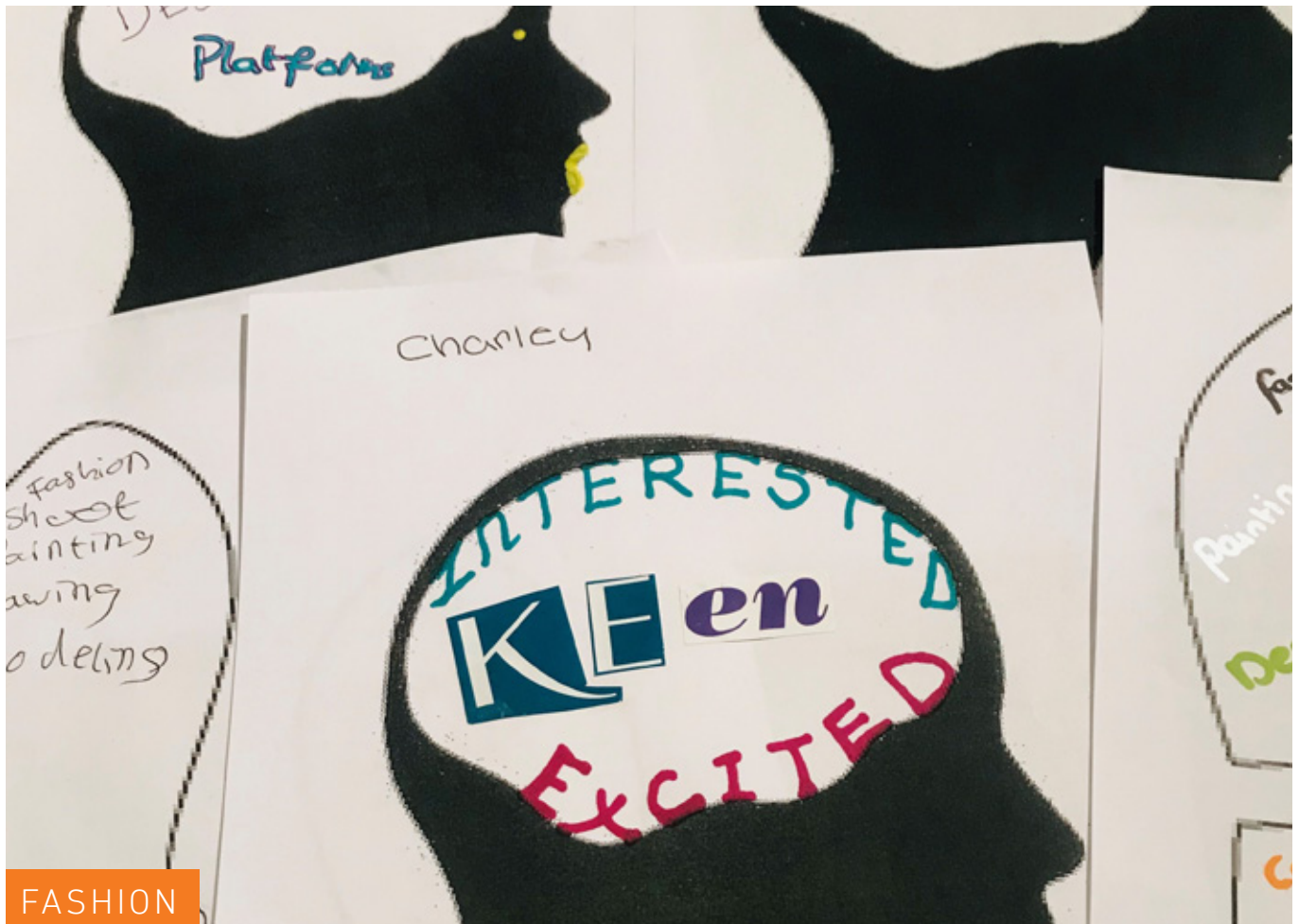
ART JOURNALING

Young Person's Safe Haven & Core Art Journaling

Professional artist Deborah from Core Art Journaling led workshops with a group of young people at the Young Person's Safe Haven, operated by Just Wellbeing. Over 10 sessions they created upcycled art journals. The aim of the sessions was for each young person to build personal, creative wellbeing tools and to learn new mixed media techniques, enabling a visual conversation with themselves and making their journals a safe space for them to express their feelings and thoughts.

"I really like the free flow writing because I can put down what I don't want to say, I like the idea of covering it with new art ideas" PARTICIPANT





HEAD OVER HEELS

Hampshire Youth Offending Team & Complex Simplicity

Young people referred by Hampshire Youth Offending Team attended a series of insightful, creative workshops devised by Roz, Head Designer from Complex Simplicity.

The project gave Roz the opportunity to share her knowledge, experience and passion for a range of design skills and techniques, with a particular focus on her specialist area of fashion/textiles. Young people were encouraged to work effectively as a design team to learn, share and utilise a broad range of skills in a creative and unique manner; the group also took part in activities to support their confidence and self-esteem.

Hampshire Wardrobe visited the group to inspire them with a range of different garments from various styles and periods. This, combined with exploring contemporary themes and influences in their sessions, including pop-art inspired artwork, led to the creation of customised shoes and avant-garde, fashion-inspired items, all featuring highly creative and exploratory elements. A combination of traditional and contemporary materials, equipment and production methods was cleverly used to create the final designs.

By the end of the course, the young people were provided with the skills and experience to demonstrate their knowledge and understanding of key elements of the design cycle. This ranged from research through to production and ongoing reflection/evaluation of their work, which further progressed the young people from a design perspective and, more importantly, in their own personal development.

HAND PRINTS OF US

New Forest Young Carers & Sophie Douglas

New Forest Young Carers worked with dance practitioner Sophie Douglas and graduate dance artist Caitlin MacKinnon over the course of five sessions on developing their skills in contemporary dance and choreography. The sessions aimed to support the New Forest Young Carers in connecting with new friends, developing new skills in dance and choreography and exploring and expressing their own voice. The group was inspired by a trip to see ZoieLogic Dance Theatre's live performance, *Heist*, where they discovered that dance can tell a story without words. The experience inspired the group to co-create an original piece of choreography around the themes of celebrating difference, our individuality and uniqueness and a desire to feel free from judgement and stereotyping.

THE JOURNEY

Simon Says & Broken Physics Productions

Hampshire Cultural Trust and Hampshire CAMHS worked with young people from Simon Says to create a discussion-style podcast based on their experiences of childhood bereavement. The full podcast will be available for young people to listen to on the Hampshire CAMHS website.

The group then decided on two shorter parts of the full podcast, one section on their bereavement journey and the other on things that help them. These sections were discussed and the group was asked to imagine how they saw the conversations depicted visually. All of these ideas, from character to colour, were collected and sent to Broken Physics Productions, who animated the shorter clips. These animations will also appear alongside the podcast on the Hampshire CAMHS website.



PRINTMAKING

Simon Says & Sarah Gaiger

Professional printmaker Sarah worked with a group of young people attending a Simon Says group over nine months, meeting once a month. The young people discovered various forms of printing on paper and fabric using imagery and words, some significant, some not. The purpose of the sessions was to enjoy the process and to discover new art forms in a supportive environment.

"I didn't think I would be able to do this but I have!!"
PARTICIPANT



WRITING OUR STORIES

Hart and Rushmore Young Carers & Ricky Tart

The group worked with songwriter Ricky Tart over the course of nine sessions to create and explore original songwriting. Using a variety of techniques, the group learned about expressing themselves through lyrics and music making, using a range of software on iPads. The group received a visit from live looping artist, Fugitive Orchestra, for a small scale gig and used this as inspiration for creating their own looped songs.

"I think it's been great, putting words down can be very therapeutic" PARTICIPANT



IDENTITY

KIDS (Fareham and Gosport Young Carers) & Stand Tall Theatre

Young people worked with Stand Tall Theatre over the course of six sessions to explore theatre-making around the themes of identity and urban culture.

The group explored various theatre techniques utilising Stand Tall's methodology of creating theatre pieces based on lived experiences. The group used a living blog and also recorded digital material in sessions so that they could learn new skills and gain experience in using technology to enhance and build new contemporary theatre.



CHARACTER COSTUME CREATION

Eastleigh Young Carers & Diana Burch

Eastleigh Young Carers worked with professional artist Diana over the course of 10 sessions on the theme of Character Costume Creation. The aim of the sessions was to consider clothing as sculpture and the young people re-imagined all manner of materials, textiles and recycled clothing to create new characters and styles. During the sessions, they experimented with design, print and decoration to create their own ideas and they also had an inspiring, hands-on visit with activities from Hampshire Wardrobe.

“I liked dressing my friend up in bin bags” PARTICIPANT

“I liked using different, upcycled materials to create something brand new” PARTICIPANT

“I liked having the freedom to make whatever I wanted” PARTICIPANT

“I liked having my own mind – designing” PARTICIPANT





MUSIC

RAINBOW

Hampshire County Council & Winnall Rock School

Winnall Rock School worked with the Children in Care team at Hampshire County Council to introduce young people to songwriting and allow them the opportunity to explore issues important in their lives. The project's three stages allowed them to: be *Inspired* by meeting two professional singer/songwriters; *Create* their own songs with help from Winnall Rock School's experienced tutors; *Exchange* their ideas about their favourite songs and artists and to use this as inspiration to write their own material for sharing.





FILM

UNHEALTHY RELATIONSHIPS

Youth Commission & Strong Island Media

Young people involved with the Office of the Police and Crime Commissioner's Youth Commission were joined by other young people with an interest in the issue of unhealthy relationships. They all came together to work with Strong Island Media at The Nutshell in Winchester. The group set out with a clear purpose: to create a film that both explored the issue and raised awareness of unhealthy relationships, with a particular focus on LGBTQ+ young people. It would feature young people and be made to show to other young people. Each young person was involved in choosing the priorities for the film, storyboarding and filming, including learning about sound, lighting and film techniques.

“The filming was amazing and hilarious. It was a chance to meet new people from different backgrounds and come together to make a short film to spread awareness about unhealthy relationships in couples” PARTICIPANT

“It was really fun to write, direct, film and star in our own short film. It was amazing to achieve so much and make great friends in only two days!!” PARTICIPANT





WELLBEING

WELLBEING IN SCHOOLS

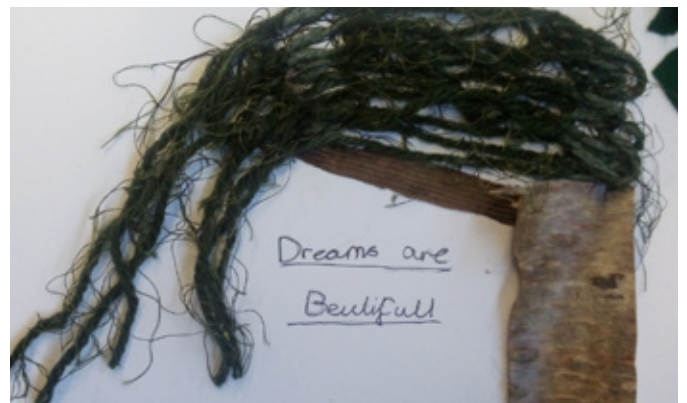
The ICE Project also supports young people in education settings, highlighting and promoting positive mental health and wellbeing.

This year, we worked with 275 year 5 and 6 students from four primary schools to deliver wellbeing days around the themes of kindness, hopes and dreams, happiness and friendship.

The schools received a presentation from CAMHS staff on their theme before working with artists Laura Day and Leandro Alenfel to create printed works of art based on the themes using relief and collagraph printing methods. They also participated in group discussion exercises, learned interview techniques and made short films from the questions they raised. On each wellbeing day, all students worked to achieve a Discover Level Arts Award.

"This was the best day ever!" PARTICIPANT

The project also worked with Crank Pots pottery to deliver tile designing workshops for 100 students at a secondary school. The students worked over the course of a day to paint and design tiles with a message of positive mental wellbeing, which were then fired, mounted and returned to the school to be installed in their garden as a large-scale ceramic mural.



NHS STAFF WELLBEING

The ICE Project aims to support the professionals who work so hard to support young people in need. 6 Arts for Wellbeing Days spanning the whole of the county were designed this year for six teams of health professionals from Hampshire CAMHS so that they could experience the benefits of the arts for themselves. Activities included willow weaving, songwriting, clay and ceramic sculpture, screen and plate printing and candle making amongst others.



IMPACT OF *The ICE Project*

Over three years, we have worked with:

103

young people
directly referred
from Hampshire
CAMHS

266

young people at
risk of mental
health issues

1145

young people
in schools

360

NHS staff

79

arts and youth
professionals

“During the last three years we have been inspired by every young person who has taken the opportunity to be creative and try new things, whilst supporting each other and making friends at the same time, which is wonderful to see.”

CAT COOKE, SENIOR CULTURAL ENGAGEMENT COORDINATOR, HAMPSHIRE CULTURAL TRUST

Over the last three years we have partnered with 18 youth organisations to deliver our work, they are: OPCC Youth Commission; Hart and Rushmoor Young Carers; Fareham and Gosport Young Carers; Just Wellbeing; Simon Says; Hampshire Youth Offending Team; Hampshire County Council – Children in Care; KIDS (Fareham and Gosport Young Carers); Eastleigh Young Carers; Y Services; Hampshire Foster Carers Network; Romsey Young Carers; F.A.S.S (Family Autistic Spectrum Support); Andover Young Carers; Breakout Youth; Solent Youth Action and Swanwick Lodge.

THANK YOU...

Participants

Thank you to all the young people, groups, arts organisations, youth charities and individuals who have participated in *The ICE Project* and worked hard to make this final year so fantastic.

Volunteers & Supporters

Fiona Graham
Bryony Hope
Beck Waite
Alex Walker

Film & Photography

Strong Island Media

Research & Evaluation

Jess Macpherson

Lead Partners

Hampshire Child and Adolescent
Mental Health Service
Hampshire Cultural Trust

Funders

Artswork, the South East Bridge
Sussex Partnership NHS
Foundation Trust
Nadine & David Collinson

Proud to be delivering



FUNDERS



ARTS COUNCIL
ENGLAND



HAMPSHIRE
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PARTNERS



Complex SIMPLICITY

Community First New Forest

- HantsCulture
- HANTS_CAMHS
- ArtsworkLtd

www.hampshirecamhs.nhs.uk

www.hampshireculture.org.uk/the-ice-project

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