

THE
ICE
PROJECT
CELEBRATION
2019





INSPIRE - CREATE - EXCHANGE



Welcome to the second 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 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

Again this year, we have been blown away by the passion, commitment 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, The Barker-Mill Foundation 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 important area of arts and mental health with children and young people, demonstrated by the fact that we were invited to represent the project at a round table discussion hosted by the All Party Parliamentary Group for Arts, Health and Wellbeing at the House of Lords in February 2019. It was an honour for the work to be recognised in this way and we hope it inspires many others to provide similar opportunities around the country.

Helen Dove & Charlotte Slinger
Project Partners

Photograph: Helen Dove from Hampshire CAMHS, Jennifer Tibbert, participant of *The ICE Project* and Charlotte Slinger from Hampshire Cultural Trust at the House of Lords in February 2019.



WELCOME TO CAMHS

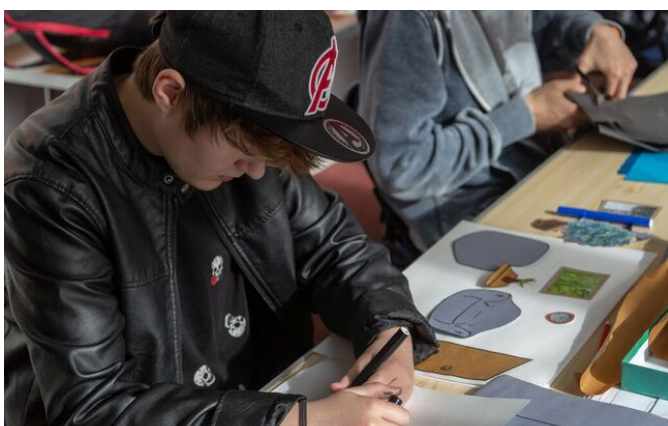
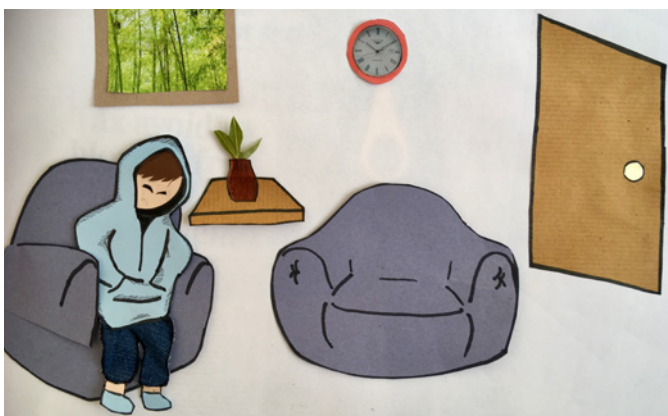
Strong Island Media and Fareham & Gosport CAMHS

Young people from CAMHS worked with a professional animator to make an original 'welcome and information' film for other young people who are referred to Hampshire CAMHS. They all agreed that when you are first referred, it is scary and unknown, so they wanted to help and reassure others going through their own journey. The final film is young-person friendly and will be played on the waitin room screens in Hampshire clinics as well as on the website to benefit other service users.

"I felt really accepted by the group and made friends." WILL

"I learned how to express my ideas and work well in a group. I can now create animations!" JOSH

"I would love to do more creative activities in the future. It was so enjoyable and valuable and I will miss it a lot. I have learned how to work well in a team and respect everyone, which is so important." AJ





FILM-MAKING

A GLIMPSE OF HOPE

Strong Island Media & Hampshire CAMHS Specialist Eating Disorder Team

Young people referred by Hampshire CAMHS Eating Disorder Team (HCEDT) worked alongside a Clinical Psychologist from the HCEDT and Strong Island Media to develop, create and produce a short film about life with an eating disorder. This ground breaking piece seeks to educate and raise awareness of eating disorders, told from young people's perspective, in their own unique way. The creative process involved exploring pertinent themes, key messages and windows of insight as well as channelling their knowledge, ideas and experiences into different creative mediums in order to produce the film. The film has already received wide praise and positive feedback in relation to its quality, utility and importance as a resource for others. It is hoped the film will be widely distributed for the benefit of others to better understand what it is like to have an eating disorder as well as provide hope about recovery.



"I found the process so much fun, although it was really tough to talk about my own eating disorder and to reflect on what I learned from being ill and recovering. Learning how to produce a film and using camera equipment definitely helped to break the ice and let us be ourselves. I met other young people with similar mental health problems, who understood me and gave me a whole new perspective on my own situation. We worked together to produce something we all wanted to be proud of (which is hard for a group of perfectionists!)." JENNIFER, AGE 17



ART & DESIGN

ALTERNATIVE PORTRAITS

Claire Vine, Iris Hill and Winchester & Test Valley CAMHS

It is hard to look at ourselves, to know ourselves and to present ourselves to others. This group have explored a variety of art techniques to make incredible abstract portraits of themselves. The group have been inspired by various professional artists and worked small scale and large scale with printing, charcoal, chalk, ink, paint, wood, papier maché and much more.

Their final artwork will be exhibited in City Space in response to the prestigious BP Portrait Award 2018 in The Gallery, both at Winchester Discovery Centre, from 6 – 24 April 2019.



“Art is relaxing, it can help with your mood and your day. I love everything about this project.”

STEPH, AGED 14



OUR VIEW

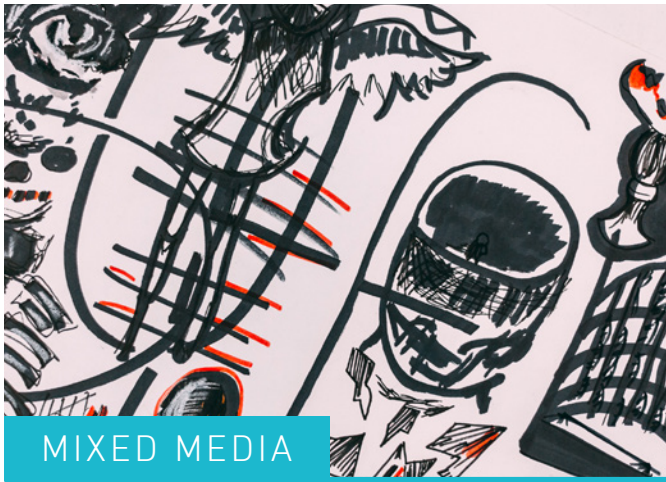
In Focus and Fareham & Gosport CAMHS

Young people from CAMHS have been working with Faye Philips from In Focus at the Ashcroft Arts Centre to learn technical camera skills and creative ways of capturing their thoughts and themes. The young photographers also made curatorial choices about which photographs to display as personal collections to communicate messages of light and darkness, original viewpoints, the beauty of nature and perceptions of mental health.

The photographs were exhibited at Ashcroft Arts Centre from 2 January – 15 February 2019



“Many, many congratulations on a fantastic exhibition showcasing such outstanding work. I understand that it is not easy to put your work up on display for all to see, it takes courage. I am so pleased that you did, it was a privilege to see your work and I thoroughly enjoyed taking in the diverse range of techniques used and approaches to your different subjects.” VISITOR FEEDBACK

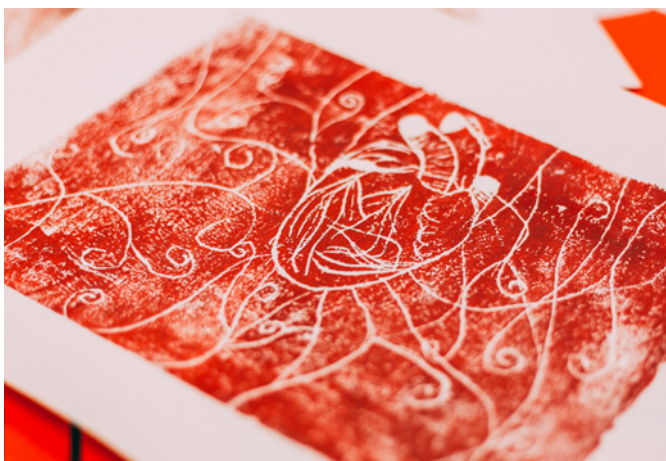


MY WORLD

People's Front Room & Aldershot CAMHS

Young people have been working with professional artist Sarah Gaiger at the West End Centre. The group have tried a variety of arts materials and techniques, including screen printing, collage, drawing and painting. They have found a place to discuss life and relax at the end of the day. Once they had experimented with styles and methods, each member of the group created their own original piece of art, to represent their own worlds.

"Thursdays are my worst day at school and very stressful, this art class is the only thing that makes it doable! The other girls are so individual in an awesome way and so different from me but we are oddly similar too which is great." DAISY, AGE 14



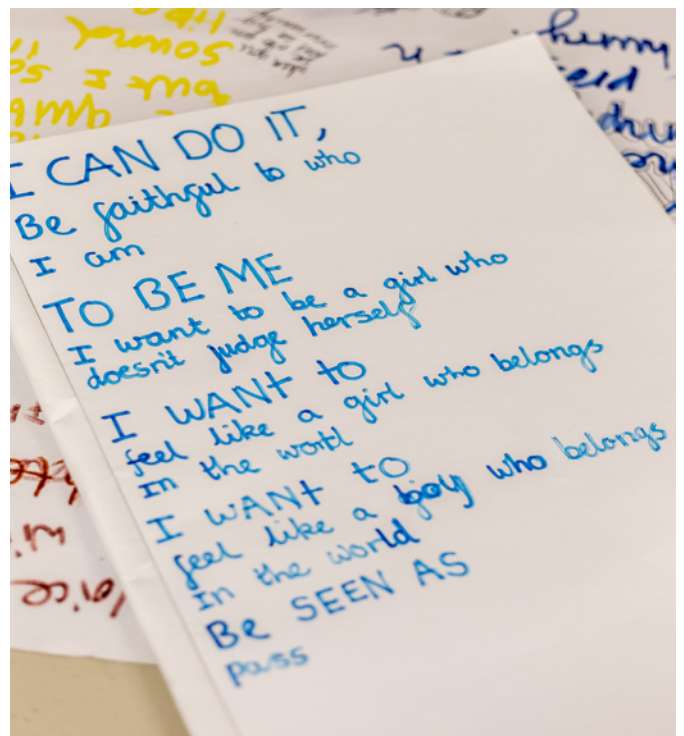


THEATRE

HEAR ME, SEE ME, SPEAK ME

BearFace Theatre & Children in Care, Hampshire County Council

Our performance piece is born from playful discussions about voice, identity and where we feel we are heard. Developed from personal experience, it explores how people and organisations could better hear us when they try to listen. This brand new group formed for this project from all corners of Hampshire. They have been using movement, spoken word, mask and some original sound tracking to bring you their musings and poetry in a co-created piece: *Hear me, See me, Speak me.*





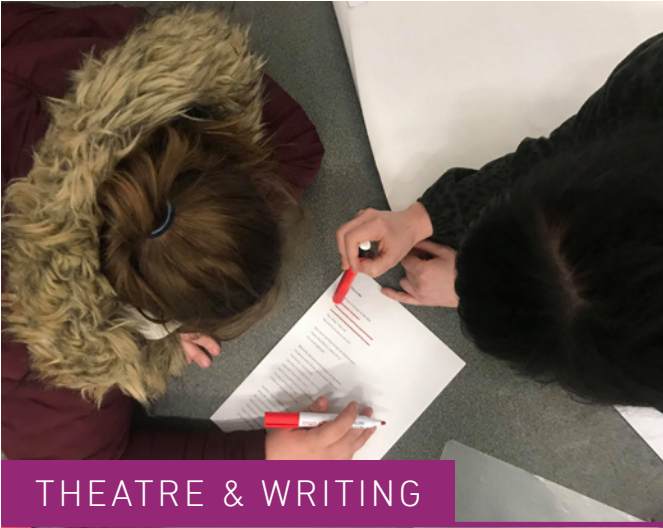
I AM ME

My Friendly Planet & Y Services

I AM ME: My Creative Journey gave Y Services LGBT+ youth group an opportunity to explore, express, experience and exchange ideas and concepts of identity relating to the LGBT+ community. Young people's mental health and emotional well-being were threads that ran through the meaningful relationships between young people and the medium of art. The group have experimented with wire work, collage, soap-making and bead work to create a unique final installation. The project helped young people with their emerging sexual identity and gender identity.

**I am me, I am you, I am him, I am her, I am us,
I am they, I am them, I am: I am.**





THEATRE & WRITING

THIS IS ME
Fluid Motion Theatre
& Hampshire Foster
Carers Network

This is Me is inspired by Fluid Motion Theatre Company's autobiographical performance *Rum in the Gravy Boat* and how powerful it is hearing people telling their own stories on stage. Through drama games, writing prompts and storytelling techniques the young people have explored their own experiences, ideas and observations about life to create original, performed stories about themselves, in their own words.

"I have met new people, it has also given me more confidence and more opportunities at drama. It is amazing, thanks" PARTICIPANT

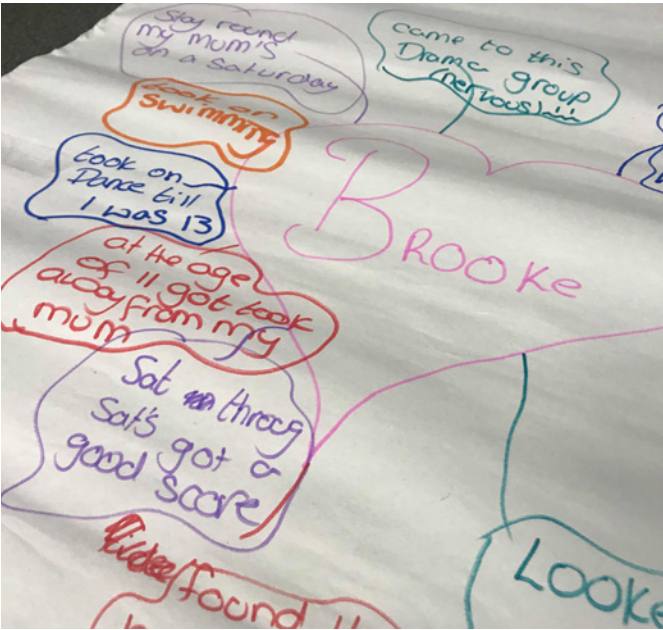


SCULPTURE

REMEMBERING
Granary Arts Centre
& Simon Says

Simon Says is a charity that supports young people who have been bereaved. Their New Forest group have been working with artist Kezia Hoffman who taught the young people the anatomy of the face through drawing with little tricks they can use to help them create portraits. They then transferred those skills into clay to create a character. This prompted important discussions; there is a similar structure within all of us, it's our imperfections that make us unique, including the scars.

"They have learned so much about themselves, each other and the craft!" VICTORIA, VOLUNTEER





DARE; THE BRICK IDENTITY

Chapel Arts Studios & Romsey Young Carers

We started in a box offering games, as invitations to play, to explore different ideas and concepts around identity. Laurence Rushby, our artist, gave us each a passport to mark our journey through a set of challenges. A visit to John Hansard Gallery kick started "DARE", exploring the art gallery through a set of truth or dare challenges. A picture of a brick spotted amongst the works caught our imagination and became our focus point. We have done lots of different activities such as poem writing and experimenting with techniques such as stencil making, screen printing, block print making and tie dye, which all helped us develop our final installation about identity.

Young people's responses on a visit to John Hansard Gallery in Southampton:

"I like the pictures of buildings because it showed that you can make art out of nothing."

"It's not nothing, it's emotional impact!"

"It shows that art can come from anything"

"We got to express ourselves with poems we made. I really enjoyed it and I know my friends did too..."





OUR SONGS

SoCo & F.A.S.S (Family Autistic Spectrum Support)

SoCo Music Project have been delivering an innovative music project for young people within the autistic spectrum at Ashcroft Arts Centre in Fareham. Young participants have taken part in a variety of musical activities: digital music production, beat making, song writing and musical performance workshops. Sessions have been designed with our participants' needs and interests in mind, enabling them to develop musically and socially. Using fun and engaging music activities, young people have expressed their inner thoughts through music and have enjoyed making music individually and collaboratively.

"I enjoyed being creative and dancing to the music." ALFIE

"I liked playing the music games and singing the 'million dollar' song." ETHAN

"I liked taking part in the percussion group and making friends." SAM

"I loved singing and writing my own songs and lyrics about pizza!" MATTHEW

"It was very cool, I just loved all of it." MILO





DANCE

SUPPORT ME

Integr8 Movement

Integr8 Movement has been working on *The ICE Project* with their Winnall Academy based in Winchester. The academy aims to turn young people's lives around by training them in dance. We work with young people who often struggle at school, struggle to fit in, struggle with mental health and life's many challenges. We've worked with the pastoral teams from Winchester's secondary schools to help recruit for this project. In these sessions we've been exploring different emotions and how we can express these through movement along with creating duets and trios based around the idea of support.

"I feel like doing The ICE Project has been a great way to experience meeting new people and making new friends. It's been a great way to have fun and do what you love and can also help with your confidence."

"The ICE Project is fun and enjoyable. It helps you forget anything bad going on at home/school/with your friends."



SUPPORTING STAFF

The ICE Project aims to support the professionals who work so hard to support young people in need. A mental health awareness training day was designed and delivered for arts and youth professionals working on the project. An *Arts for Wellbeing* day was run for health professionals from Hampshire CAMHS to experience the benefits of the arts for themselves.

MIXED MEDIA WITH THE COLOUR FACTORY

A group of Hampshire CAMHS staff were invited to attend a regular mixed media class for their own wellbeing and sense of community. They experimented with various techniques using inks, print, collage, paint and much more.

“Staff just got stuck in immediately and made great use of the time and materials. They definitely went away from each session with a whole bundle of artwork, new ideas, inspiration and the feel good factor! They have talked about wanting to set up their own monthly art group so that’s a great result.” JENNY, ARTIST



CHOIR WITH KATE MELLORS

The group have worked on a variety of different songs, vocal techniques and finding their voices. From Russian gypsy punk, to a traditional Irish folk song, to dabbling in vocal improvisation, the choir have thrown themselves into each session and have been an absolute joy to work with.

“I have really enjoyed participating in the choir. It has given me the opportunity to unwind and relax after a long day, whilst also learning a new skill!”

IMPACT OF *The ICE Project*

In Year One 2017/18 we worked with:

18 young people referred from CAMHS
100 vulnerable young people at risk of mental health issues
90 young people in schools
160 NHS Staff
25 arts and youth professionals

In Year Two 2018/19 we worked with:

43 young people referred from CAMHS
90 vulnerable young people at risk of mental health issues
580 young people in schools
100 NHS Staff
26 arts and youth professionals

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 the second year fantastic.

Volunteers & Supporters

Peter Wilcock
Fiona Graham
Amy Nock

Film & Photography

Strong Island Media

Research & Evaluation

Emma Langley

Lead Partners

Hampshire Child and Adolescent
Mental Health Service
Hampshire Cultural Trust

Funders

Artswork, the South East Bridge
Sussex Partnership NHS
Foundation Trust
The Barker-Mill Foundation
Nadine & David Collinson

Proud to be delivering



FUNDERS



ARTS COUNCIL
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Sussex Partnership
NHS Foundation Trust

PARTNERS



Hampshire
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