

THE
ICE
PROJECT
CELEBRATION
2018





INSPIRE - CREATE - EXCHANGE



This ambitious, innovative programme is a collaboration between Hampshire Cultural Trust and Hampshire CAMHS (Child and Adolescent Mental Health Service, provided by Sussex Partnership NHS Foundation Trust). We set out with the joint view that arts and cultural activities can have a positive impact on our psychological health and emotional wellbeing.

We have been pleased to work with 20 partners and 100 young people on this county-wide programme.

The aims of *The ICE Project* are for young people to:

- experience the positive psychological benefits of participating in the arts
- increase in confidence, self-esteem and social skills
- understand the benefits of arts and culture to maintain a balanced emotional and psychological lifestyle
- express themselves and to comment on important issues
- share their work and opinions with a wider audience

Each strand has included the three elements of 'Inspire' through experiencing high quality

culture; 'Create' through taking part in arts activity; 'Exchange' by sharing work at our showcase event.

We feel incredibly proud of and inspired by all the creativity, honesty and boldness expressed by young people across all the groups. We sincerely hope the individuals will continue to participate in arts activity since it appears to have been beneficial to their emotional wellbeing.

Our deep thanks to the funders who made this possible: Artswork, Hampshire CCG and the Coles-Medlock Foundation. This important work would not have happened without your investment.

A huge thank you to all the arts and youth organisations who have delivered such fantastic outcomes for young people. Finally, to the young artists themselves – thank you for taking a chance and being part of something amazing.

We sincerely hope to continue this work in the future. Stay creative!

Helen Dove & Charlotte Slinger

Hampshire CAMHS and Hampshire Cultural Trust project partners

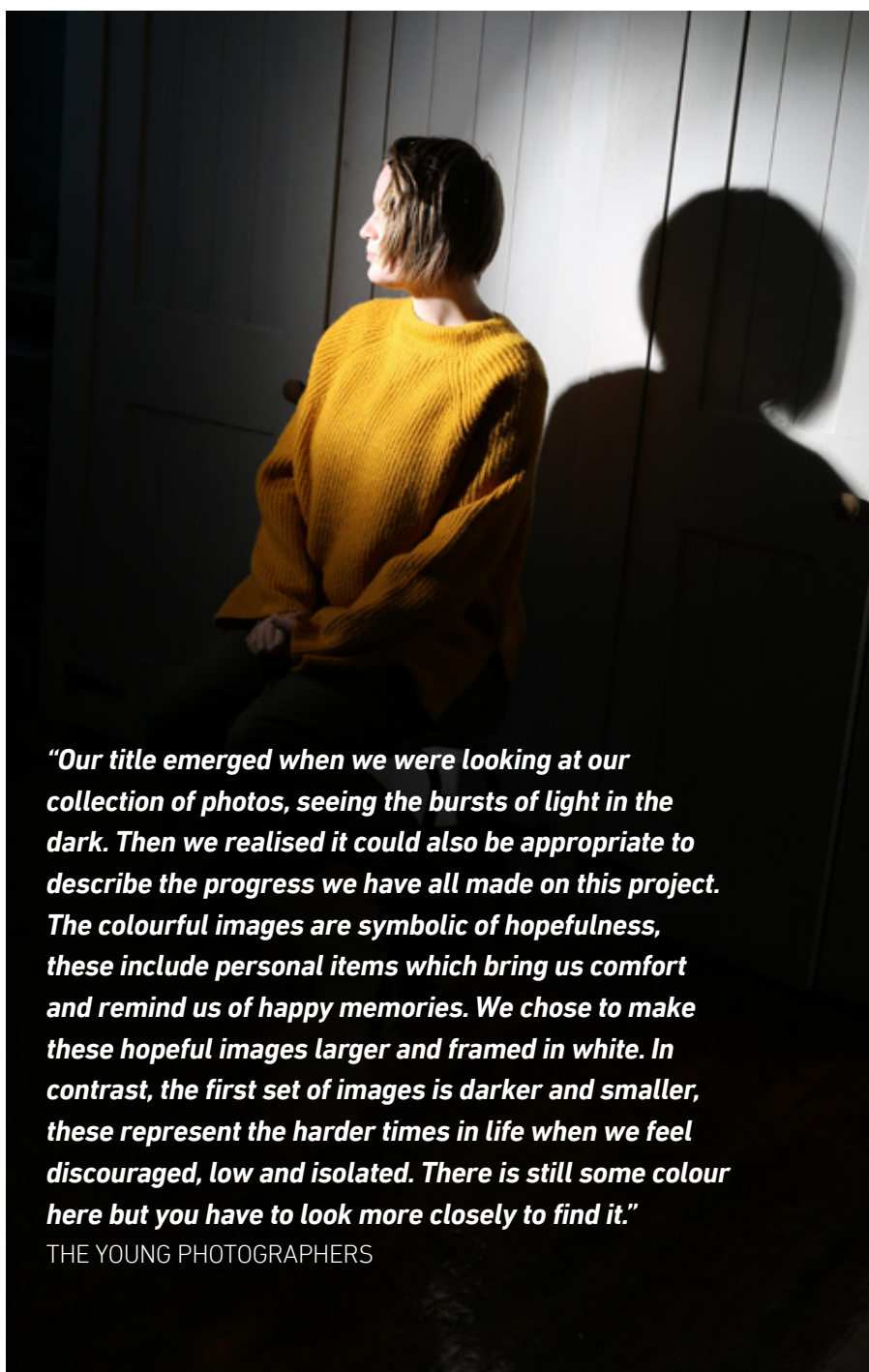


PHOTOGRAPHY

DRAWN TOGETHER BY HOPE

Hampshire CAMHS & In Focus

Young people referred from Hampshire CAMHS attended photography sessions at the West End Centre in Aldershot. The group worked with professional photographers from In Focus Education to learn the technical functions of a DSLR camera, created their own photographs and curated their original exhibition.



“Our title emerged when we were looking at our collection of photos, seeing the bursts of light in the dark. Then we realised it could also be appropriate to describe the progress we have all made on this project. The colourful images are symbolic of hopefulness, these include personal items which bring us comfort and remind us of happy memories. We chose to make these hopeful images larger and framed in white. In contrast, the first set of images is darker and smaller, these represent the harder times in life when we feel discouraged, low and isolated. There is still some colour here but you have to look more closely to find it.”

THE YOUNG PHOTOGRAPHERS



“Being able to partake in this course was the highlight of a difficult year for me, and it has filled me with its own hope for the future – I’m even considering a career in photography!”

CHRISTIANE



BE YOURSELF & JOURNEYS

Hampshire CAMHS & Strong Island Media

Young people referred from Hampshire CAMHS attended half-term film-making courses at Forest Arts Centre in New Milton and Ashurst Family Centre. The groups made original films by creating characters, storyboards and scripts and learning how to use professional film equipment. They chose filming locations in the New Forest, including fields, a park and the beach!

The first film focuses on the progression young people experience when supported by CAMHS from isolation and doubt through to understanding and unity.

The second film tells a story of individuals working out who they are and deciding that being true to yourself is the most important thing.



"It's nice to feel part of a group of people who are all understanding and motivated towards the same things that I am."

GEORGIA





MUSIC

ABSOLUTELY FREEZING

Hampshire CAMHS & SoCo Music Project

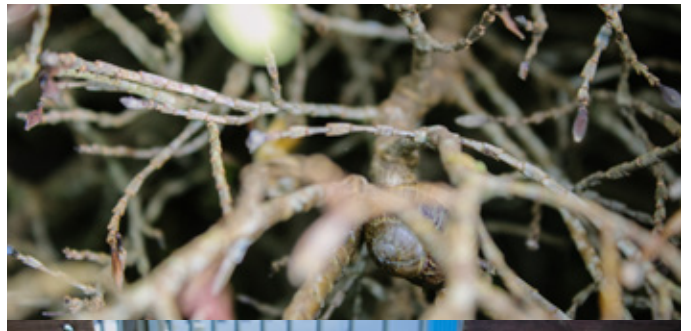
Young people referred from Hampshire CAMHS attended music sessions at Unit 12 in Winchester. They took part in a variety of musical activity including song-writing, drumming, using music tech apps, playing instruments and recording their own original tracks. The young artists explored their personal experiences, emotions and sense of self through music. The group also enjoyed listening to different styles of music and sharing reflections and opinions.



"I felt safe and happy in this group." FLOSSIE

"I feel very proud of what I created and I didn't know I could achieve this." KRISHNEL

"I felt able to open up and stay true to myself." SONIA



PHOTOGRAPHY & POETRY

SUMMER ARTS COLLEGE: ARE WE?

Hampshire Youth Offending Team & In Focus & Chris Redmond

The theme for this two-week project was body image and the young people interpreted this in an abstract way, finding images that represented the top, middle and bottom of the body. They also wrote corresponding metaphorical poems. The young people gained new technical and social skills as well as increasing their self-esteem and sense of pride.



"This has made me feel confident and I feel valued." JOSH

"The results of taking photographs whilst changing the settings on the camera were amazing... I was really pleased with my shots." BAILEE

"I enjoyed the photography because I could show how I express thought into a photo." CONNOR



FILM-MAKING

SIMON SAYS & STRONG ISLAND MEDIA

Young people from Simon Says, a local charity that supports young people who have been bereaved, have been meeting at The Point in Eastleigh to make a series of original mini films.

"I am really enjoying developing my creative skills in this film project, I think it's brilliant" PARTICIPANT



"This has been just brilliant, an amazing opportunity that allowed us to express our feelings in a different and creative way. To be given the chance to make a film, important to us, with our own thoughts and words was the best.

We wrote our own scripts, story boarded, learned the importance of different types of camera shots together with using the cameras and equipment to make our film. We all took turns in being director to actors.

Throughout this project we have learned so much, how to listen to each other, work together, compromise and respect our differences. We feel we have managed to put together a series of honest and thought provoking short films that we hope will help other young people grieving."

THE YOUNG FILM-MAKERS



MUSIC

MIND & MUSIC FUSION

Young people from East Hants MIND have attended sessions delivered by Music Fusion in Havant. In these sessions, they worked towards writing and recording original material. In the group they have a drummer, a bassist, guitarists, keyboard player, vocalists and producer. This is an incredible feat, bearing in mind that a lot of the young people previously had very little musical experience.

After attending Icebreaker Festival and watching a variety of local acts, they were inspired to create their own unique sound. The young people were extremely excited to record, currently they have honed their style, theme and direction.

"This is the best thing I have done all half-term!!"

CALLUM

It's quite incredible to compare how the group started out to where they are now. Initially, they were all very nervous, quiet and anxious. Now the group is chatting away, laughing, joking and making some great music! Friendships have been forged, talents developed and they have all grown in confidence. The group is keen to continue with Music Fusion, which is brilliant.

Partner organisations Music Fusion and MIND have learnt a lot about each other during *The ICE Project* and are keen to develop the relationship further which is fantastic



ART

LITTLE ART HAVEN

Hampshire Fostering Network & Hampshire Specialist Children's Home

Families from Hampshire Fostering Network have been attending regular weekend arts workshops and young people living at Ferne Lodge Children's Home have been taking part in arts sessions after school.

Little Art Haven believes that there is an innate human capacity for creativity and to be artistic. Through a series of workshops, we introduced our groups to hands-on art activities that inspire creativity and connect people to the confidence to be artistic and creative. We use art journals as mini studios – spaces where experimentation can be joyfully undertaken, where nothing is right or wrong, but can be accepted as useful experience. Colour, shape and pattern can be played with and each person's character can emerge through the work. We then introduce collage techniques to bring the elements together and produce art images.

"I always thought 'art' was something I couldn't do. I know now that anyone can do it!" PARTICIPANT



BREAK OUT YOUTH & WEST END CENTRE

Breakout Youth is an independent charity offering a confidential support service for young people aged 11 to 21, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. They have started a new group as part of *The ICE Project* at the West End Centre, an acclaimed arts venue based in Aldershot.

Art activities were led by Fatima Pantoja, an inspiring local artist. First the young people took part in an inspire day, when they heard from professionals within the LGBTQ+ community about the progress being made, including from the police and Breakout Youth on how they can offer support with issues they face.

Then young people have met regularly to explore their identity through visual art and sculpture, building relationships, raising their confidence and receiving specialist support. The group also attended *Testosterone*, an honest physical theatre comedy exploring being transgender by Rhum and Clay Theatre Company at the West End Centre.

The young people's work will also be presented as an exhibition of visual artwork at Aldershot Military Museum from Saturday 31 March, International Transgender Day of Visibility.

Breakout Youth has secured funding to keep the group running as a regular support group after *The ICE Project* has ended, meeting a clear need in the local community.



"It is a great opportunity to meet other young people with the same concerns in an artistic environment. For some of us it is really difficult to interact with new people. It's also quite nice to learn different art techniques." NATALIA

"This art project really helps me to express myself, I think it'd be a super good idea to have more of them." RANDALL



MUSIC

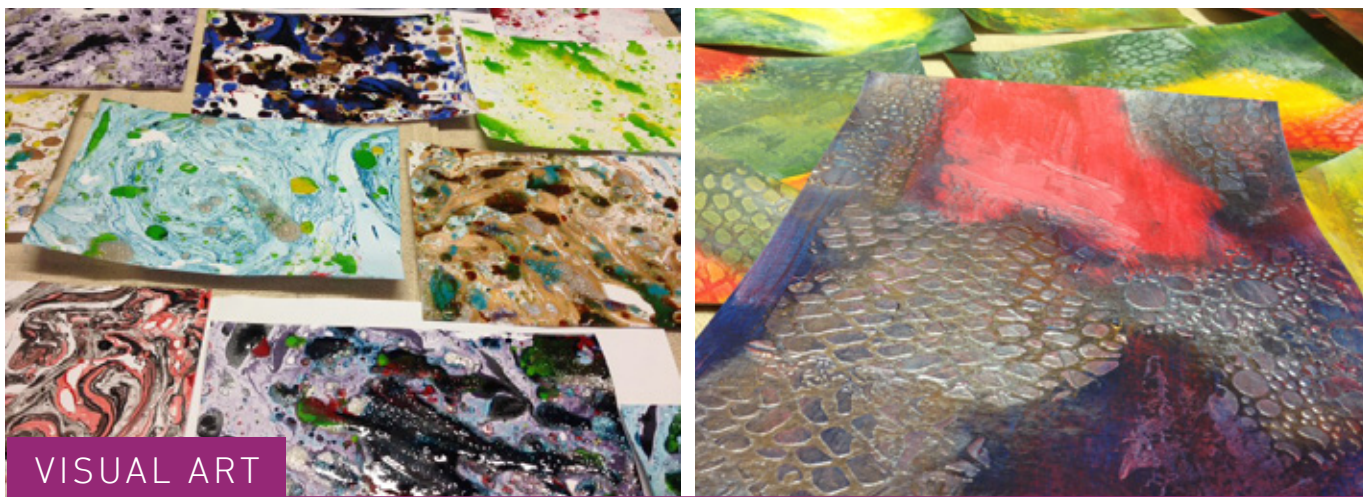
“On behalf of The ICE Project I have had the pleasure of working with Breakout and some of the young members of the LGBTQ+ community in Eastleigh. We’ve been exploring our relationships with music to gain further understanding of how it can enable us, empower us and give us a voice that is much more likely to be heard in today’s society. We have had a lot of fun song-writing together which in turn has greatly benefited the young people’s emotional wellbeing and provided them with an alternative approach to self-expression. The overall maturity, passion and sheer motivation of these young people have inspired me greatly and I hope that music can play a role in the development of the fantastic adults that I know each and every one of them will become.” OLLY, MUSIC PRACTITIONER

“The experience was enjoyable I learned a lot more about music and we did some fun activities and we got to write an amazing song”
YOUNG MUSICIAN

SOCO MUSIC PROJECT & BREAKOUT YOUTH

SoCo Music have been working with Breakout Youth to explore the importance of music within society, including discussion about particularly impactful songs across the last century and how music can enrich the lives of people across the world by sharing their personal favourites and inspirations. The project has focused on song-writing to improve the wellbeing of young members of the LGBT+ community and to help spread awareness and acceptance.





VISUAL ART

THE COLOUR FACTORY STUDIOS & ANDOVER YOUNG CARERS

“In our experience as professional artists and educators we have found that young people get most inspired by having the opportunity to experiment with unusual art materials and techniques that are non-traditional and exciting to use. Our workshops are process led and require no experience; they are fun, engaging and inspirational and provide a positive and enriching experience. We believe everyone can make art.”

JENNY & RACHAEL FROM THE COLOUR FACTORY STUDIOS

Young people from Andover Young Carers have explored a wide range of exciting and unusual professional art techniques and materials which have been developed over ten sessions. Each participant has created their own individual series of nine or more different artworks, each showcasing the specific processes that they have discovered in each session. The project has been fun, imaginative and positive, there have been some amazing outcomes and discoveries, especially when young people have pushed the boundaries with the art materials and invented new and original ways to use them.

Sessions have included hands-on art techniques with the following materials:

Colour washing with high density moulding pastes, embossing, mirror foiling, gold leaf, acrylic paint techniques, sponging, spray painting, fantasy oil paints, printing, lino cut, marbling, metal stamping on copper and mixed media.

The group has also worked in sketchbooks to further develop their ideas and keep a catalogue of the various artworks and sample pieces for reference, inspiration and ongoing work.





DANCE

INTEGR8 MOVEMENT

Hampshire Fostering Network
Lakeside School

Integr8 Movement has been working alongside young people from Hampshire Fostering Network, Lakeside School and young people from the local area to create a dance piece around the word 'worry'. We explored what this word meant to each young person individually and to the group as a whole. The piece is a fusion of contemporary and hip hop and brings together each dancer's own ideas and choreography.

"I feel more confident and included, when I manage to do something I feel happy" AMY





MUSIC

SOCO MUSIC PROJECT & SOLENT YOUTH ACTION

Young people with additional needs from Solent Youth Action have been working with professional musicians from SoCo Music Project. During their workshops the group has explored accessible music making and performance. These fun and engaging sessions have included participants creating songs, producing music and making soundscapes in a Sound Lab. The young people have been able to capture and create original music using both instruments and apps.



"The music sessions have been awesome... I learnt how to be a DJ and play instruments ... I'm so happy to be part of it... SoCo are the best !" JAMES

"I enjoyed helping to write the lyric and record the song, it was fun" DIDI

"I have really enjoyed making music in the weekly sessions as it makes me feel calm and lets me express my emotions" HARVEY



THEATRE

SWANWICK LODGE & BEARFACE THEATRE

Young people from Swanwick Lodge and BearFace Theatre have created a performance installation looking at what it means to 'have a voice'.

We invite you to experience our installation which is designed to be experienced by one or two people at a time. It combines imagery, poetry, theatre and sound to explore our ability to speak up.

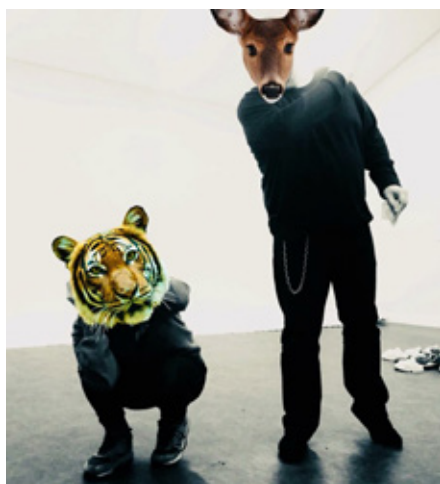


From Young People

"It has helped improve my confidence and self-esteem." TORI

"Excellent!! I had fun and I experienced new things really enjoyed being involved ... I never thought I would be doing painting, singing, performing and making music videos." JANE

"I thoroughly enjoyed playing with the iPad and all of the different apps, it was great!" CRYSTAL



From Staff

"I love the confidence it has given the young people." JESS

"It brought out the inner performer in us all, I did things I thought I never would." RICCARDO

"It has given the young people a great experience to try new things and to think on their feet, I also laughed and had fun." SAM

"We had a lot of fun, very worthwhile." JOHN

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 it such an inspiring success!

Lead Partners

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Hampshire Cultural Trust

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Strong Island Media

Research & Evaluation

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

www.sussexpartnership.nhs.uk/Hampshire-CAMHS

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