

FLOURISH

Artist Training for creative practitioners new to Arts for Health & Wellbeing practice.

Programme outline

The Hera Partnership/Creative Future are delighted to be able to offer this FREE Artist Training programme to 10 artists who live or work in Brighton & Hove. The course is intended to be an introduction to working in Arts for Health and Wellbeing. This programme consists of

- 3 workshop / content sessions,
- 1 work-shadowing opportunity and
- one set of 3 x 1-hour individual mentoring sessions.

It has been designed to support creative practitioners / facilitators who are interested in this field of work and are complete beginners or have up to 1-year of experience.

The ethos of the course is to be introductory, exploratory and supportive. Over the sessions the ambition is for participants to get to know each other, and develop trust so they each feel comfortable with bringing questions and areas for discussion to aid their own development.

There are two programme aims:

- To share and discuss information about key areas of practice related to Arts for Health and Wellbeing creative facilitation.
- To provide opportunities for work-shadowing and mentoring to support skill development and reflection.

Workshops & Dates

Session 1 Context & Quality

Workshop Leader: Emma Drew

Weds 12th Jan 22

10.00am – 1.00pm

Venue TBA

Session 2 Needs & Support

Workshop Leader: Nicola Naismith

Weds 16th Feb 22

10am – 1.00pm

Online via Zoom

Session 3 Planning, Delivery & Evaluation

Workshop Leader: Dominique de Light

Weds 16th March 22

10am – 1.00pm

Venue TBA

Each workshop will follow the same timetable:

- 10.00 – 10.30 informal networking,
- 10.30 – 12.30 workshop session of 2-hour framework,
- 12.30 – 1.00 reflection time with the programme facilitator.

Programme facilitator

The course will be facilitated by Director of Creative Future Jane McMorrow. Jane as course facilitator will help to create a sense of continuity for the course participants. Jane will also lead a 30 minute reflective-thinking space at the end of each workshop.

Course participants

This programme is for creative practitioners who are interested in working in arts for health and wellbeing or have up to a maximum of 1-year experience.

There is no requirement to be currently delivering arts and health work to be eligible for the programme. We hope this will help to encourage those who find themselves in the situation of needing demonstrable experience to secure work but are unable to do so because they lack practical experience.

This is a Pilot Programme and as such all participants will be expected to evaluate the course and assist in the development of the final programme for future delivery. As we have one more year of confirmed funding for the Hera Partnership we anticipate running this course again in 2022/23

Supporting Access Needs

The programme is committed to supporting access needs, so you will be asked to complete an application form that allows a much information around access needs as possible to be collected.

Course programme and delivery

In-person and online delivery

After such a long period of social isolation there is an appetite to attend in-person training. Meeting in-person can help to cement relationships between the programme members helping to form supportive peer to peer connections. Working in-person may also give rise to anxieties for some so all care will be taken to ensure a covid safe working practices with necessary risk assessments in place.

Session details

1. Context and Quality Workshop Leader: Emma Drew Weds 12th Jan 22
10.00am – 1.00pm

In this session we will start with exploring what you may already know about Arts for Health and Wellbeing work. We will then go on to explore the local, regional and national landscape through a range of examples. There will be an opportunity to discuss local providers and the types of places Arts for Health and Wellbeing work happens and to think about the participant groups you are most interested in working with.

Notes:

- Thinking partnerships / trio's / buddy groups to be introduced and set up in this session. Groups will be allocated in this first session, different learning groups can always form other as the programme progresses.

2. Needs and Support – Workshop Leader: Nicola Naismith
Weds 16th Feb 22 10am – 1.00pm

Often Arts for Health and Wellbeing work focuses on the needs of the participant group. Working with people can be exciting and interesting, it can also be challenging. In this session we will consider our own needs and how

reflective practice can help support practice. We will experiment with a range of reflective practice activities so you can start to think about what might support you in your developing practice.

3. Planning, delivering and evaluating. Workshop Leader: Dominique de Light Weds 16th March 22 10am – 1.00pm

Developing skills in planning and delivering is key to quality practice. In this session we will explore how to complete a simple session plan, discuss what needs to be considered in terms of delivery and how to create a contract with participants to support a friendly atmosphere with clear boundaries. We will also explore the importance of evaluation, both informal and formal including visual documentation and GDPR. This session will connect to your work-shadowing opportunity where you will be able to spend time in a workshop situation with an experienced practitioner.

4. Work-shadowing

There will be a range of work shadowing opportunities e.g. with the Artists/Workshop leaders delivering the Hera programme for The Robin Hood Health Foundation. Opportunities will be discussed with successful participants and every endeavor will be made to ensure that the shadowing experience is relevant to individual practice. Having the opportunity to observe and support an arts and health session will help you to put the learning you have developed on the programme into context. You will experience first-hand the relationship between creative facilitator and any support workers who may be in attendance, and who is responsible for what in a session. You will also be able to reflect on how timetabling and boundaries work in practice. After the session you will have an opportunity for a 30-minute debrief with the creative facilitator which is a place to ask questions and discuss what you have experienced. There is potential for work-shadowing to take place face to face or on zoom.

5. Mentoring

Each programme participant will have the opportunity to work with a mentor over a series of 3 x 1 hour sessions. These one to one meetings will be a place for you to ask questions, reflect upon your learning on the programme and plan your next steps. As with the work-shadowing, mentoring

opportunities will be explored with successful participants and every endeavor will be made to ensure that the mentoring is relevant to individual practice. Dates and times for the mentoring will be set in advance, they can be agreed between the mentor & mentee at the beginning of the mentoring sessions. If timescale allows this could be 1-hour every 3-4 weeks. This gives time for approaches to be tried and experiences brought to the mentoring space. There is potential for mentoring to take place face to face or on zoom.

6. Summary Session

There will be an opportunity to meet up after the completion of the mentoring to reflect upon the programme, identify new areas of knowledge and experience and share next steps.

Course Handbook

Each person on the course will receive a course handbook. This will outline the aims of the programme as well as give logistical information around dates and times of meetings, alongside information about meeting access needs, expectations around confidentiality and what to do in the event of a complaint. The handbook will also have a list of resources - useful books and articles, other organisations, and sector support organisations which may be useful. The content of this Handbook will be developed as the programme progresses & participants can input to what content they would like to see included.

Timeline

Workshop sessions: January, February, March

Work-shadowing & Mentoring: April, May

Summary session: May