



## Information Sheet

### What is A Space To Be...?

This project will support the wellbeing of young people aged 14–18 using creativity as a tool to engage with the collections at six Hertfordshire museums. Workshops led by experienced artists together with a member of the museum staff and a mental health support worker will use different artforms and objects to draw out stories reflecting the young people's own experiences. In this way participants will develop a sense of belonging to their local community, combatting isolation and increasing resilience.

This is not art therapy, simply an opportunity to express oneself in a safe, supportive and non-judgmental environment.

The young people will take part in 9 sessions of 2hrs each and work in groups of around 10. Pizza will be provided to ensure that they don't go hungry! There is a little funding to get them home if that would be a barrier to attending. Transport will also be provided to access Mill Green in Hatfield.

### Who is it for?

A Space To Be... is an early intervention project for young people aged 14-18. It is suitable for those with emerging emotional wellbeing issues including:

- Low mood
- Difficulty coping with stress
- Anxiety
- Isolation
- Peer relationship issues

It is not suitable for those with complex mental health needs including the following groups:

- Those with eating disorders
- Those who are already referred to CAHMS

### When is it?

- After school from 4.30pm to 6.30pm
- 9-week programmes will run February/March – May and September/October – November/December 2020 and January – March 2021
- Young people can start up to week 3 of each programme

### Where and when is it?

- St Albans Museum + Gallery on Tuesdays

- Starting 25 February
- Artist is Jane Glynn - Jane makes books. She will introduce simple concertina book making techniques initially and develop skills over the project. Making their own book allows the group to explore drawing, painting, collage, writing, photography, etc
- Stevenage Museum on Wednesdays
  - Starting 26 February
  - Artist is Kate Lovell – Kate is a creative writer first and foremost and she will introduce the group to lots of different styles and formats of writing. There should also be the option for the group to illustrate their work.
- Watford Museum on Thursdays
  - Starting 27 February
  - Artist is Anna Schofield – Anna works in a range of mediums including painting, textiles, collage, sculpture and the written word. She is very flexible and happy to be led by the group.
- Mill Green Museum, Hatfield on Tuesdays
  - Starting 3 March
  - Artist is Anna Schofield – Anna works in a range of mediums including painting, textiles, collage, sculpture and the written word. She is very flexible and happy to be led by the group.
- North Herts Museum, Hitchin on Wednesdays
  - Starting 4 March
  - Artist is Sophie Bennett - Sophie is happy to let the group explore a range of options as the project develops although her starting point will be based around drawing, collage and print making.
- Royston Museum on Thursdays
  - Starting 5 March
  - Artist is Amanda Westbury – Amanda is happy to be led by the group and works in many different visual mediums and also spoken word.

### **What will the young people be doing?**

Different venues will be hosting different artists – it might be any form of visual arts or writing. Most importantly – you don't need any experience – everyone is welcome including complete beginners. It is NOT a formal art class

### **How do young people get involved?**

By filling in a registration form and returning it to [aspacetobeherts@gmail.com](mailto:aspacetobeherts@gmail.com).

Alternatively they can be referred by their school, counsellor or organisation such as Young Carers in Herts, YC Hertfordshire or Mind. Referral forms can be provided along with letters to send to parents to obtain their consent for those aged under 18. Please email Jo Askham at [aspacetobeherts@gmail.com](mailto:aspacetobeherts@gmail.com).

### **Other questions?**

Please contact Jo Askham, Project Manager:

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