

**CREATE** ARTS.ORG.UK  
**CHARITY OF THE YEAR 2020**



## **IMPACT REPORT 2020/21**

The UK's leading charity empowering lives and enhancing wellbeing through the creative arts

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YOUTH AMBASSADOR

Abi (15)

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Cover image: photograph taken during a Create Live! workshop with young carers in Kingston

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Abi taking part in a Create project

FOREWORD

It has been such a strange year.

I’m Abi and I’m a young carer. I help look after my older brother Jonny, who has autism and learning disabilities, and my little sister, Amira. I also support my mum.

When we first went into lockdown, not so much changed for me. I always spend a lot of time in our flat looking after my siblings. There is so much to do that I rarely have time to see my friends. So, I found it interesting seeing other people suddenly experiencing what my life is like every day!

But as lockdown dragged on, it got harder. Not being able to go to school was tough. School gives me a chance to see my friends and take a break from my caring role. Instead, I had no respite, and everyone – including Jonny – felt more stressed.

I was so happy that Create found a way to continue running its projects. And I loved being involved. At the end of March 2020, the CEO, Nicky, called me and Amira to ask for our advice about a new way of working. Then, just a few days later, she invited us to pilot an online workshop. It was amazing: the musician had completely reworked his session so we could take part over Zoom. And we met new people. I gave some feedback, and before I could blink, Create had moved all its projects online.

A highlight for me was a project for Young Carers Action Day this March. I joined other young carers from across the UK on Zoom, and we worked with Create’s visual artist for three days to design “visual CVs” that showcase our skills.

Another highlight was being made Create’s Youth Ambassador and then contributing to its online Gala with Patron, Dame Evelyn Glennie.

Taking part in Create projects has been amazing for me. I have learnt so many new creative techniques, met other young carers, and become more confident. By creating things, I can escape my everyday life. It makes me feel less stressed and allows me to dream.

I’m so glad that Create found a way of reaching people like me this year. Its work has had a big effect on me and the projects highlighted in this report show the impact it’s had on so many other groups of children and adults too.

Please consider supporting Create’s incredible work so it can help more people like me.

Abi (15), Youth Ambassador



# OUR VISION AND ACHIEVEMENTS



The last year has probably been the most demanding and rewarding since I started Create 18 years ago.

Back in March 2020, when the UK went into lockdown, I set to work with the team, thinking, consulting, designing, piloting and safeguarding a new way of delivering our creative arts projects. What I knew was that our participants, many of whom were more isolated than ever, had never needed us more. We simply *had* to find a way to reach them.

You can read more about [Create Live!](#) – the online delivery mechanism we launched just two weeks after that first lockdown – on page 6. All but two of the projects we delivered this year took place via [Create Live!](#), each painstakingly tailored to our participants' needs.

What the last year has taught me above all is that our work has never been more important. I feel privileged to lead an organisation that is run by such a dedicated team; whose projects are delivered by such talented professional artists; whose work is funded by committed, flexible organisations and individuals; and whose participants get me out of bed every morning.

Seeing the wonder on the faces of older participants who "meet" friends for the first time in a year – having braved the new technology of Zoom – to join us for a music project, the relaxation of adult carers who take time for themselves to come to our visual art project, the joy of young carers who create a new dance piece with us that they then share with their families, and the fascination of disabled children exploring environmental issues creatively has helped me manage my own lockdown experience.

What more could one need than to be told by a young person: "I'd describe the workshop as one of the best experiences of my life."

Please consider supporting Create. With your help, we can continue to bring isolated people together to learn, experiment and have fun, helping to create a society that is fairer, more caring, more inclusive and more sustainable for all.

**Nicky Goulder**, Founding Chief Executive

## OUR AIMS

- 1** To tackle inequality by giving society's most disadvantaged and vulnerable people free access to the benefits of the creative arts.
- 2** To engage participants in tailored projects led by exceptional professional artists in areas where provision is poor and engagement is low.
- 3** To listen to, advocate for and give a voice to participants.
- 4** To connect, empower, inspire and upskill participants, developing creativity, raising self-esteem, enriching lives, reducing isolation and enhancing wellbeing.
- 5** To promote the value of creative arts engagement in achieving social outcomes.
- 6** To provide high quality work and training to a diverse pool of professional artists.
- 7** To create a society that is fairer, more caring, more inclusive and more sustainable.

## OUR IMPACT

**59** projects across the UK

**938** creative arts workshops

**1,303** disadvantaged and vulnerable participants

**14,133** hours of contact

**33** professional artists

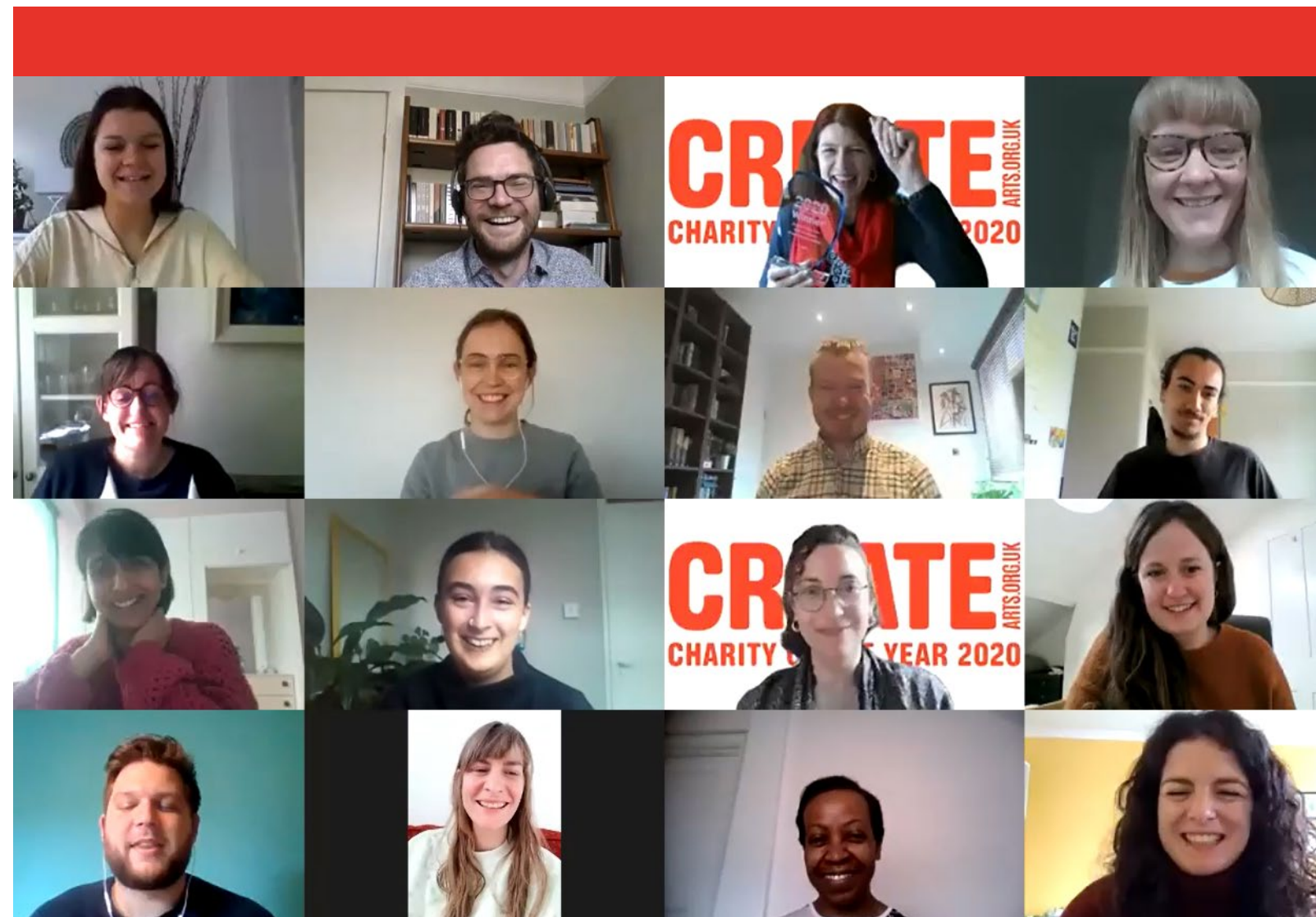
**81** volunteers donated 649 hours

## AWARDS



• 5 Koestler Awards

• Our project with Ashurst LLP won the Legal Week CSR Innovation (Collaboration) Award



The Create staff team celebrating being named Charity of the Year



# CREATE DURING THE PANDEMIC

"We launched Create Live! – our online delivery mechanism via Zoom – on 7 April 2020, just two weeks after the first lockdown was announced. This followed extensive consultation with our participants, community partners and artists as well as trial workshops and detailed planning to ensure our participants' safety and wellbeing. Of the 938 workshops that we have run during this financial year with participants from across England, Scotland and Wales, all but 21 have been via Create Live!.

"The impact has been incredible. Taking our passion for creativity and commitment to our participants online has allowed us to reach more than 1,300 people, including many who have never previously been able to access our projects in-venue. We have enabled participants to celebrate their home environments through photography; experiment in music workshops with saucepans and graters (my personal favourite); and write radio plays about escaping to far off planets.

"We have also brought together participants from different geographical locations, helping them to enjoy new perspectives and meet new people. When I visited one of our Christmas projects, I was amazed to see gorgeous snowy photographs from elsewhere in the UK, reminding me that a White Christmas was available for some.

"We have been encouraged throughout by such positive feedback from our participants, many of whom have told us how relaxing it has been to do something creative with other people during a stressful and isolating year; how wonderful it has been to meet new people or connect with old friends; and how much they have enjoyed developing new skills. Their ongoing feedback has enabled us to adapt and shape our delivery as the year has progressed.

"I am of course looking forward to running our workshops in-venue once again, but the future of Create will be a blended approach in-venue and via Zoom. Create Live! is here to stay."

Nicky Goulder, Founding CEO



**A LOT OF PEOPLE ARE LONELY, ESPECIALLY WITH THE LOCKDOWN. AS YOU CAN IMAGINE, THEY DIDN'T SEE A SOUL. THESE WORKSHOPS MAKE SUCH A DIFFERENCE TO EVERYONE. IT'S BEEN A LIFESAVER REALLY.**

Diana, 69, Age UK participant

We continued to adapt **Create Live!** throughout the year:

- We ran a music project over the phone with older adults who had no access to video technology, and then trained them to use tablets.
- We connected disabled children across three classroom bubbles, enabling them to "meet" friends who had been bubbled away from them.
- We worked with METRO charity to ensure that LGBTQ+ young people who lacked the confidence to attend online sessions had access to art materials so they could contribute privately.

# WHERE WE WORKED

The map below shows the locations of the participants.

## SCOTLAND

We brought together carers from Edinburgh and Glasgow for a visual arts project run in partnership with First Sentier Investors, enabling them to meet new people and develop creative skills including drawing, print-making and weaving.

## WALES

We worked with young carers connected to Honeypot Pen y Bryn in Cardiff, Conwy, Denbighshire, Powys, Torfaen and Wrexham (and Birmingham, Bristol, Chester, Gloucestershire, Manchester, Shropshire, Staffordshire and West Midlands).

## ELSEWHERE IN ENGLAND

Each dot represents a Create project that took place in 2020/21. We worked with disadvantaged participants across the country, developing and delivering individually tailored projects with partners in each location.

## LONDON

We worked with multiple community partners across the capital to deliver projects with diverse groups of participants including young and adult carers, adults living with mental ill-health, disabled children and adults, frail older people, young refugees, and LGBTQ+ young people.

We worked in: Barnet, Brent, Bromley, Camden, Croydon, Ealing, Enfield, Essex, Harlesden, Harrow, Havering, Hillingdon, Hounslow, Kingston, Lambeth, Lewisham, Merton, Newham, Redbridge, Sutton, Southwark, Tower Hamlets.

## DORSET & HAMPSHIRE

We ran projects with young carers in Dorset in partnership with MYTime Young Carers, and with young carers connected to Honeypot House Hampshire.

## BUCKINGHAMSHIRE

We ran a series of dance projects with young carers in Buckinghamshire in partnership with Carers Trust. One of the participants told us: "I'd describe the workshop as one of the best experiences of my life."



# LONGER-TERM IMPACT

## MAKING IT MATTER

We are committed to open, honest, rigorous evaluation of our work. Alongside our evaluation of each project, we revisit two projects each year, 6-24 months after their completion. We call this initiative *Making it Matter*.

Our consultant conducts in-depth focus groups with participants and detailed interviews with staff and parents. This year, we focused on our projects with young carers across the UK.

## OUR WORK WITH YOUNG CARERS

Our commitment to providing respite and a creative outlet for young carers, whether in person or via Zoom, has been developed through strong partnerships with young carer services. This ensures the projects are high quality, collaborative, interactive and creative, while also building skills and reducing isolation, leading to enhanced wellbeing.

This year's focus groups and interviews were conducted with children, staff and parents from seven young carer services. These explored the impact of in-venue projects between August 2019 and March 2020; and those delivered via Create Live! from April to September 2020.

The study found that our projects had a lasting impact on young carers, more critical than ever during lockdown with reduced education and increased isolation impacting attainment levels and mental health. Projects enabled carers to build long-term friendships, enhance social skills, reduce isolation, improve wellbeing and build self-confidence. They increased participants' creativity and artform (eg: music) skills; and inspired many to engage in further creative activities. They also changed some participants' perception of their caring role.

## CREATE'S IMPACT MEASUREMENT IS ABOUT AS GOOD AS IT GETS.

The Business School



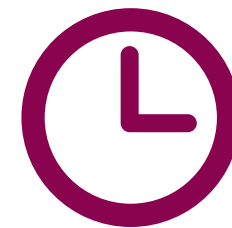
## SINCE 2003 ...



**40,172**  
participants



**11,076**  
workshops



**317,504**  
hours of contact



**146**  
professional artists

## OUR ARTISTS

Our programmes are delivered by exceptional artists who share our commitment to empowering lives. All are professionals in their specialist fields (eg musicians, photographers, dancers) who have outstanding communication skills and a wealth of experience in leading creative arts projects in community settings.

They act as facilitators, encouraging and motivating our participants to explore their creativity, develop existing and new life skills, become more confident and have fun. All participants' contributions are encouraged and valued: their ideas and the development of their creativity are at the heart of every Create project.



## NURTURING TALENT

Our *Nurturing Talent* programme gave six emerging artists the opportunity to work as supporting artists on a range of projects, attend professional development training days and work in pairs to design and deliver their own workshop in a community setting. Each artist received a bursary and collectively supported 231 workshops across the year.

*Nurturing Talent artist*

**MY CONFIDENCE SEEMS TO  
INCREASE AFTER EACH PROJECT,  
AS I REALLY FEEL THAT I AM  
CONSTANTLY LEARNING,  
DEVELOPING AND IMPROVING.**



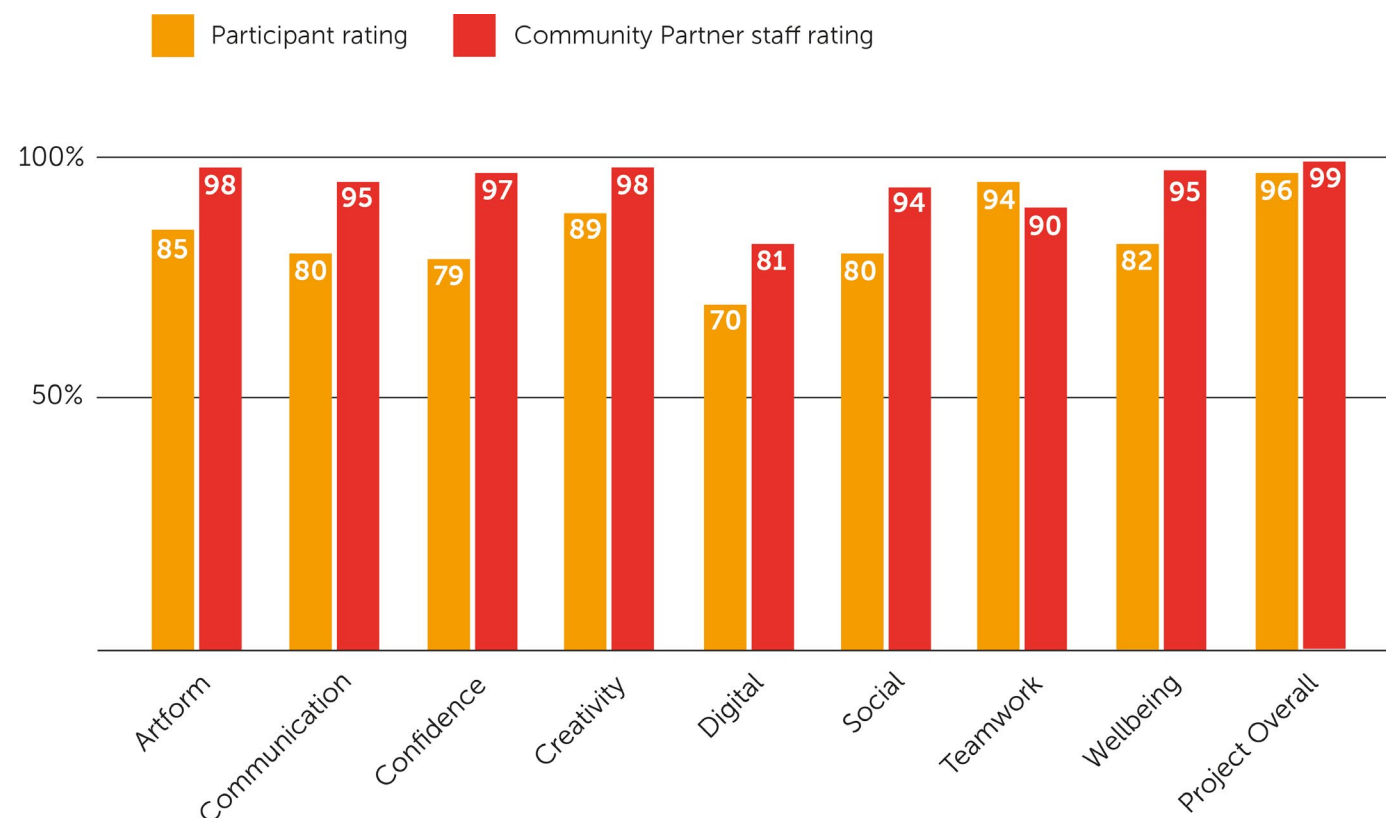
# FEEDBACK / OUTCOMES

## OUR PARTICIPANTS

We use ongoing feedback to improve the work that we do. Each workshop ends with a feedback circle allowing participants to share how they feel; and at the conclusion of each project we ask all participants, staff, volunteers and artists to complete a short questionnaire. We use a blend of qualitative and quantitative data to create an evaluation report. Below is a snapshot of the year's results.



### Participant skill development/wellbeing/overall project rating



## WHAT OUR PARTNERS SAY

### COMMUNITY

**I AM SO GRATEFUL THAT CREATE MAKES THESE SESSIONS POSSIBLE, GIVING [OUR YOUNG PEOPLE] EXPERIENCES AND PERSPECTIVES THAT THEY WOULDN'T HAVE ACCESS TO OTHERWISE. I COULD ENDLESSLY TALK ABOUT HOW AMAZING IT'S BEEN.**

Nicola Jones, Youth Lead for Croydon and Southwark



**NONE OF THE YOUNG CARERS WHO TOOK PART IN THE CREATE WORKSHOPS VIEWED THEMSELVES AS PHOTOGRAPHERS AT THE BEGINNING. BY THE END, THEY ALL SAID THEY SAW THEMSELVES AS ARTISTS, WHICH IS JUST INCREDIBLE! ONE OF THEM HAS DEVELOPED A KEEN INTEREST IN PHOTOGRAPHY AND IS LOOKING TO PURSUE IT FURTHER.**

Krista Sharp, Chief Executive





# WHAT OUR PARTNERS SAY

## CORPORATE

I WOULD DEFINITELY RECOMMEND CREATE AS A CHARITY PARTNER. THEY TAKE THE TIME TO WORK WITH YOU TO CREATE A TARGETED, BESPOKE PROGRAMME TO PUT YOUR FUNDING TO WORK IN THE AREAS WHERE IT CAN MAKE THE GREATEST DIFFERENCE, AND TO HELP CO-ORDINATE MEANINGFUL OPPORTUNITIES FOR VOLUNTEERING. WE REALLY ENJOY WORKING TOGETHER.

Sarah Mahomed Ross, European Marketing & Communications Manager



WE HAVE LOVED WORKING WITH YOU AND ESPECIALLY THE AMAZING PARTICIPANTS OVER THE PAST YEAR; AND WHEN WE STARTED ZOOMING, IT WAS LIKE WATCHING A MIRACLE UNFOLD. IT WAS TRULY MAGICAL! I KNOW THE OTHER VOLUNTEERS AND I HAD SORE CHEEKS BECAUSE WE HAD SMILED ALL AFTERNOON! BRILLIANT!

Helena Yeaman, Social Impact Manager



# WHAT OUR PARTNERS SAY

## TRUSTS & FOUNDATIONS

FROM OVER 20 APPLICATIONS FOR OUR MAJOR PROJECT AWARD, THE TRUSTEES UNANIMOUSLY CHOSE CREATE. AN UNMET NEED AMONG YOUNG CARERS, DEVELOPING LIFE-CHANGING FINANCIAL SKILLS, CLEAR OUTCOMES AND MEASUREMENT CRITERIA AND SUCH AN INNOVATIVE APPROACH – CREATE COULD NOT HAVE TICKED MORE BOXES.

Hilary Lindsay, Chair of Trustees

CREATE'S PROFESSIONALISM, FLEXIBILITY AND DYNAMISM MEAN THAT IT IS ABLE TO LISTEN AND DELIVER WORK THAT TRULY IMPROVES THE LIVES OF LOCAL PEOPLE THROUGH A CO-CREATED MODEL, WHICH IS HIGHLY VALUED BY ITS PARTNER ORGANISATIONS. CREATE'S PROJECTS SHOW THAT ENGAGEMENT WITH CREATIVITY IS AN IMPACTFUL APPROACH TO ENHANCING THE WELLBEING OF THOSE WHO MOST NEED IT.

Anna Hoddinott, Senior Grants and Communications Manager



JOHN LYON'S CHARITY



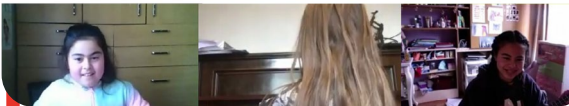
# 2020/21 AT A GLANCE

## 7 APRIL CREATE LIVE! LAUNCHES

We ran our first workshop via Create Live! with a group of young carers from Ealing and Hounslow. The launch took place after 14 days of research, consultation and planning, and was informed by feedback from a pilot music workshop with three children via Zoom.



## CREATE LIVE!



## 7 JULY CREATE TURNS 17!

## 1-8 AUGUST THE CRE8IN8 CHALLENGE

Supporters ran 8km or a half-marathon every day for eight days. They raised £13k to support our work, vital income when so many events had been cancelled.

## 3 SEPTEMBER CREATE CROWNED CHARITY TIMES "CHARITY OF THE YEAR"

## 20 SEPTEMBER BBC RADIO 4 CHARITY APPEAL

Our BBC Radio 4 Charity Appeal was broadcast, raising a total of £39,439. The appeal was read by actress, writer and comedian Isy Suttie, who has since become a Create Patron (see page 16). It told the story of young carer, Abi.

## 30 OCTOBER OUR INSIDE STORIES PROJECT WITH PRISONERS SCOOPS FIVE KOESTLER AWARDS

## 30 NOVEMBER WE DELIVERED OUR FIRST WORKSHOP SAFELY CONNECTING STUDENTS BUBBLED IN SEPARATE CLASSROOMS VIA CREATE LIVE!

## 16 DECEMBER SPEAK WITH MY VOICE EXHIBITION OPENS

Launch of a window exhibition in southeast London, showing photographs and writing created by adults who are vulnerable through homelessness, mental ill-health, loneliness and social exclusion.

## 11 MARCH CHANGING:MINDS SHOWCASE

An online showcase featured the spectacular environmental artwork, dance and drama created over several months by 111 special needs children in Harrow as part of our *changing:minds* project.



## 16 MARCH YOUNG CARERS ACTION DAY

An online showcase in partnership with Carers Trust celebrated Young Carers Action Day 2021. A group of 17 young carers presented stunning visual CVs produced over a three-day project on the theme "Protect Young Carers' Futures"; and our Youth Ambassador, Abi (15), talked about the importance of creativity for her future.

## 1 MAY CREATE AWARDED THE MAXIMUM GRANT OF £35,000 BY ARTS COUNCIL ENGLAND

## 8 OCTOBER YOUNG CARER ABI (15) ANNOUNCED AS OUR FIRST YOUTH AMBASSADOR

## 9 JUNE FIRST PROJECT WITH THE HONEYPOT CHILDREN'S CHARITY

This partnership enabled us to reach increasing numbers of young carers from across England and Wales who had been isolated during the pandemic.



## 28 OCTOBER ROCK BAND BIFFY CLYRO CHOOSES CREATE AS ITS CHARITY PARTNER FOR THEIR "SPACE FOR THE ARTS" VIDEO



## 28-30 DECEMBER SHARING THE JOY OF CREATIVITY WITH YOUNG CARERS OVER THE FESTIVE PERIOD



## 15-19 FEBRUARY OUR BUSIEST FEBRUARY HALF-TERM TO DATE, RUNNING 17 PROJECTS ACROSS THE UK



## 31 MARCH WE DELIVERED OUR FINAL WORKSHOP FOR THE FINANCIAL YEAR

We ran 938 workshops over 12 months, an increase of 8.9% on the previous year, and our greatest reach to date.



# ISY SUTTIE

## WRITER, COMEDIAN AND ACTRESS

Isy Suttie became a Create Patron this year after presenting our BBC Radio 4 Appeal in September. She has since attended several of our projects online, including our showcase for Young Carers Action Day. Here she talks about what creativity and being involved with Create mean to her.

None of us could have predicted what has happened in the past year, and we're yet to see the extent of the pandemic's effects on the less visible, less life-and-death aspects of us as human beings, like creativity. How meeting up with someone for a coffee can spark a thought, which leads to a new creative endeavour. How travel to a new environment can ignite a different part of our brain, which affects what we might feel like making.

I've found that the smallest, most innocuous thing – overhearing something a stranger says that sticks in my memory, for example – can inspire. And we've had a lot less of that stuff for a year, so we've been forced to be more resourceful in our search for inspiration and motivation.

I've been bowled over by what I've seen Create do this past year, having not experienced any of its workshops in 'real life'. Working in what are surely extremely trying circumstances for any creative venture, when I've watched the workshops over Zoom I've quickly forgotten we're not all in the same room, such is the kindness, skill and (undoubtedly meticulous) preparation that's gone into things. Nobody is left out, and the professional artists give due attention to each person's work: everyone feels valued. The Young Carers Action Day online showcase was a prime example of this. The young people involved spoke so confidently and passionately about the works they had produced in the Create workshops, it moved me to tears.

When I'm creating something and I'm completely absorbed in it, I don't feel alone. It's like a friend in my pocket, a warm thing bursting with its own energy. I have felt this more keenly in the past year, when I've been unable to meet up

**WHEN I'M CREATING SOMETHING AND I'M COMPLETELY ABSORBED IN IT, I DON'T FEEL ALONE.**

with other people to share thoughts about what we're working on, or even sit side by side knitting together or writing in silence, knowing the other one is there if we want to bounce ideas off each other. Projects have begun to serve a slightly different purpose – to be a source of solace and sheer escapism in a more intense way than when I can freely see others.

Create has always played a large and very valuable part in its participants' lives, and I imagine its role has become even more important in the past year. When we are surrounded by uncertainty, we want constants – and Create has managed to stay a constant in its participants' lives and routines. I am sure that when its participants look back on the pandemic, the time spent creating with Create will be something that brought them both joy and strength, perhaps even a lifeline.



Young carer Abi's 'visual CV', which she created as part of our Young Carers Action Day project in partnership with Carers Trust.



**I'VE BEEN BOWLED OVER BY WHAT I'VE SEEN CREATE DO THIS PAST YEAR.**





## OUR ENVIRONMENTAL COMMITMENT

We have been committed to our environmental responsibility throughout our 18-year history. Current initiatives include:

- Monitoring targets set out in our Green Action Plan
- Offering projects with an environmental focus to educate, inspire and motivate participants
- Using reclaimed/recycled materials within relevant visual art projects
- Developing music projects using junk instruments, household objects and found sounds
- Offering the Create Live! digital delivery mechanism to partners to minimise travel
- Supporting those Create artists who have sustainability at the heart of their practice
- Providing training to our other artists and staff members to drive a sustainability agenda



## OUR FOCUS ON SUSTAINABILITY

As a charity whose vision is for “a fair, caring, equal, inclusive, sustainable society in which the creative arts play a transformative role in empowering every individual to fulfil their potential”, we are committed to playing our part in achieving the UN’s Sustainable Development Goals where possible through our projects and employment / operational practices, in particular goals 3, 4, 5, 10 and 12.

Image: artwork created by SEND students in Harrow as part of our *changing:minds* environmental project



# WHO WE WORK WITH

To ensure we reach participants in areas of greatest need, we prioritise partner organisations that receive little or no provision from other arts providers. We select these using poverty indices and government statistics on areas of deprivation alongside data including: disability; pupil premium/entitlement to free school meals; and use of English as an additional language.

## OUR SEVEN KEY GROUPS

- Disabled children and adults
- Young patients
- Young and adult carers
- Vulnerable older people
- Young and adult prisoners
- Schoolchildren in areas of deprivation
- Marginalised children and adults (including homeless adults, LGBTQ+ young people, refugees)

We worked with:

73.1%

participants who are aged 0-18

12.4%

participants who are aged 60+

48.5%

participants who are entitled to free school meals

England average 17.3%

49.8%

participants who are Black / Asian / ethnically diverse

37.4%

participants who are disabled / have special educational needs



Image: photography by young carers from Brent in response to the Black Lives Matter movement

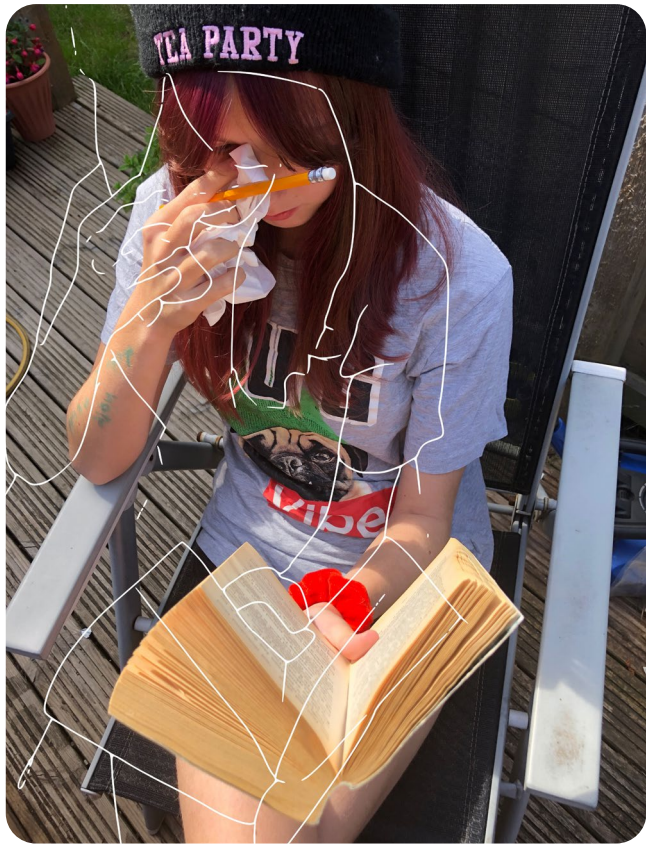


# YOUNG CARERS

Enabling young carers to take a break and be creative

## THE NEED

- A young carer is someone under 18 who helps look after a family member or a friend, who is ill, disabled, has a mental health condition or misuses drugs or alcohol. (Carers Trust)
- There are an estimated **800,000 young carers** in the UK. (Carers Trust)
- During the pandemic, **40%** of young carers reported worsening mental health. **69%** reported feeling more isolated. (Carers Trust)



A self-portrait taken by a young carer from our inspired:arts project in Buckinghamshire

## MEET HARRY (9)

*"I have to look after two siblings: Juliet, my sister who has autism and needs help a lot; and my brother, Oliver because he's a baby. When my sister goes to the toilet, she needs someone to be with her to supervise her. For my brother, I have to try and distract him while my mum cooks. I always keep an eye on him."*

*"I really enjoyed the comic-making workshop. I especially enjoyed drawing my characters and helping everyone get ideas. I learned about characters, sound effects, speech bubbles, thought bubbles, captions, panels and backdrops. The workshop made me happy."*

*"I think projects like this are good for young carers because they refresh their minds. I can take a break just until 3 o'clock and then go back to helping mum or dad. I feel like I have taken a big break and I feel refreshed."*

# CHANGE:MATTERS

Upskilling young carers about money in the home

## THE NEED

- **17%** of young carers aged 16-17 help with financial matters in the home, as compared to 0% of young people who are not young carers. (Department for Education)
- A 2016 survey involving 1,400 young carers showed that many of them want to learn about **budgeting their finances and managing their money**. (Children's Society)



Comic book illustrations made by young carers during a change:matters project

## WHAT WE DID

*change:matters* is our new multi-year programme that takes a creative approach to upskilling young carers across the UK about money and family finances.

Delivered via Create Live!, we enabled 116 young carers to learn these new skills through music, photography, radio drama or graphic novel; and created a new resource bank on our website.

## MEET LAURA (17)

*"I care for my twin siblings who both have autism and my mother who has fibromyalgia and arthritis."*

*"Through the project I learnt about the difference between a current account and a savings account. I thought they were the same. I also learnt about the difference between a debit card and a credit card and how interest works."*

*"I also got to enjoy myself. It's really wonderful to be part of a community of young carers."*

*"The workshops have helped me learn the value of money. When you're growing up, you don't realise how much or how little money you have, or how it works in the real world."*



# ADULT CARERS

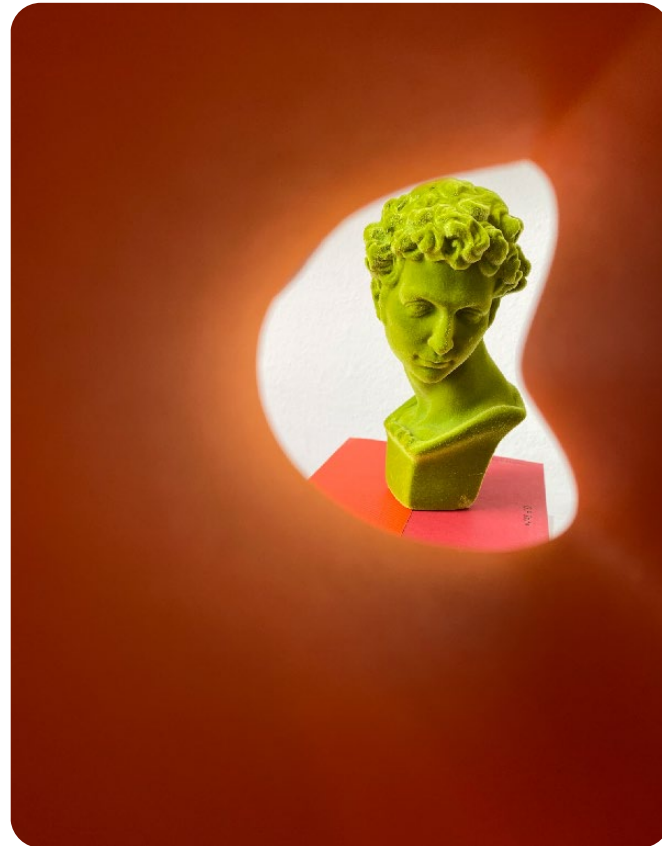
Providing a social and creative outlet

## THE NEED

- Before the pandemic, there were an estimated **9.1 million** unpaid carers in the UK. This number grew by nearly **50%** just weeks after the COVID-19 outbreak. (Carers UK)
- Adult carers are **twice as likely** to report anxiety and **seven times** more likely to be lonely compared to the general population. (Carers UK)

## WHAT WE DID

Our *creative:voices* project delivered via Create Live! enabled 158 adult carers in England and Scotland to explore their creativity while taking a break from their caring responsibilities, building trusting relationships with other carers who understand their situation, and developing communication skills and confidence. Many projects brought carers from different locations together.



A photograph taken by an adult carer on our *creative:voices* project in Harrow and Lewisham

## MEET JENNY (60+)

*"I've been a carer since 2002 for my father who was diagnosed with schizophrenia and struggles with alcohol and gambling addiction."*

*"When you're giving all your time and energy to somebody else, your world can become narrower and narrower and more and more restricted. So to have that opportunity to step outside of it and to meet other people who are in the same situation is so important."*

*"I can come into the start of the session sometimes feeling quite low but step out of it feeling boosted and exhilarated as if I've travelled to far-flung places. It gives me a huge sense of achievement."*

*"I think carers need the opportunity to be creative, to step outside themselves and to explore the world outside. It's life-changing and life-enhancing."*

# OLDER PEOPLE

Reducing isolation and fostering imagination

## THE NEED

- The Eden Alternative identifies the three plagues of old age as **loneliness**, **helplessness** and **boredom**. (ONS)
- Anxiety and loneliness increased among older people during the pandemic owing to increased fear of contracting the virus. **26%** of older people reported feeling nervous about spending time with family. (Age UK)
- **1 in 3** older people reported feeling less motivated to do the things they enjoy since the start of the pandemic. (Age UK)

## WHAT WE DID

We ran five programmes in London that empowered older participants to express themselves creatively, learn new skills, feel less lonely and have fun.

Online and telephone-based solutions via Create Live! were trialled and tailored to ensure participants could join in the workshops safely during the pandemic.



A participant on our *art:links* project in Southwark shows off her artwork

## MEET KARA (60+)

*"I have not seen my grandchildren for five months. My son was worried about us because we are vulnerable, because of our age and medical conditions."*

*"We have been creating poetry. I have not done any creative poetry before. I have enjoyed it very much."*

*"Being creative has actually made me put my thinking cap on, to think: what can I write, what can I make beautiful, what can I expand on? I go back to my notebook after the workshop and I start scribbling and making some changes to my writing. I'm always learning something new and I have learnt not to limit myself."*

*"It's very meaningful to have the freedom to express myself. This project has been like much-needed therapy."*



# DISABLED ADULTS

Improving social skills and building self-confidence

## THE NEED

- In the UK, disability affects **20%** of adults directly, and even more indirectly. (Papworth Trust)
- Disabled people remain significantly **less likely to participate** in cultural, leisure and sporting activities than non-disabled people. (Arts Council England)
- **Two-thirds** of the British public feel uncomfortable talking to disabled people. **36%** tend to think of disabled people as not as productive as everyone else. (Scope)

## WHAT WE DID

Our *more:creative* project enabled 27 adults with learning disabilities from Bede House in the London Borough of Southwark to explore their creativity through high-quality music and visual art workshops, delivered via Create Live!.

Coming together, they developed their peer relationships, reducing isolation; learnt new skills; and built confidence, enhancing wellbeing.

**MEETING NEW PEOPLE  
AND MAKING MUSIC  
MADE ME FEEL BETTER.**

Participant

## PARTICIPANT SKILL DEVELOPMENT

**100%**

enhanced their creativity

**100%**

developed their teamwork

**83%**

improved their self-confidence

**75%**

felt more comfortable communicating their ideas

# DISABLED CHILDREN

Learning about the environment through the creative arts

## THE NEED

- Disabled children have **limited opportunities** to access activities in their local areas, often facing negative attitudes that prevent sustained engagement in these activities. (C4EO)
- **Arts activities** have been shown to affect disabled children positively by improving social skills, sensory perception, emotional regulation and more. (WHO)

## WHAT WE DID

The second year of our three-year *changing:minds* environmental project comprised 60 comic book, dance, drama and visual art workshops, delivered via Create Live! with 111 children from the five special needs schools/units in the London Borough of Harrow. It culminated in an online Showcase.

Our *creative:explorers* project enabled 134 children with special educational needs at seven schools in Essex, London and Salford (Greater Manchester) to explore their creativity and self-expression in high-quality creative workshops.



A painting made by a *changing:minds* participant from Woodlands School

## MEET JOAN (MUM TO MABEL)

"The dance sessions with Nikki Watson [Create's professional dancer] were brilliant. Mabel loved them. She loved the dancing, the music. It kind of got her going for the day.

"I like how Nikki got each child involved. She said the child's name, not the parent's name, or 'mum can you do this'. No, the child does it and we weren't included and I thought that was the best bit. It was for the child.

"Projects like this give us something to do because when you're just stuck in the same four walls, there's nothing to do. There's only so many times you can paint and only so many times you can do sticky paper and glitter. You don't want to do it too many times because the kids get bored. It's something else to do and it gives you energy.

**"There was something for everyone – not just for one particular type of child. It was for everyone of all different abilities."**



# LGBTQ+ YOUNG PEOPLE

Encouraging self-expression and building a sense of community

## THE NEED

- LGBTQ+ young people are more likely to experience mental ill-health owing to a range of factors including **stigma, discrimination and social isolation**. (MIND)
- The pandemic has led to **increased levels of stress and depression** within this group, particularly among young transgender and gender-diverse individuals. (UCL and University of Sussex)
- **1 in 10** LGBTQ+ people reported feeling unsafe at home during the pandemic. (UCL and University of Sussex)

## WHAT WE DID

*creative:together* comprised a six-week zine-making project with LGBTQ+ people aged 16 to 25 from the London Boroughs of Croydon, Lewisham and Sutton, delivered via Create Live!

The project offered participants an opportunity to develop their creative thinking and self-expression in a safe environment while reflecting on the legacy of Pride and what it means to live as an LGBTQ+ young person today. It also enabled them to connect, build skills and share their experiences through writing and visual media.

**WE DO A LOT OF WORKSHOPS WITH CREATE BECAUSE CREATIVITY IS A REALLY GREAT WAY TO PROVIDE SUPPORT.**

Nicola Jones, Youth Lead for Croydon and Southwark, METRO Charity



A collage made during our *creative:together* project

**I FEEL MORE CONNECTED TO PEOPLE. I CAN RELATE TO THEM AND DISCUSS RELEVANT TOPICS.**

Participant

# VULNERABLE ADULTS

Enhancing wellbeing through self-expression

## THE NEED

- **80%** of people struggling with homelessness report poor mental health. (Mental Health Foundation)
- "Art-making offers a temporary haven for people who have no home of their own; it offers time away from fear and intimidation; it offers **scope to begin healing**." (Creative Health: The Arts for Health and Wellbeing, APPGAHW)

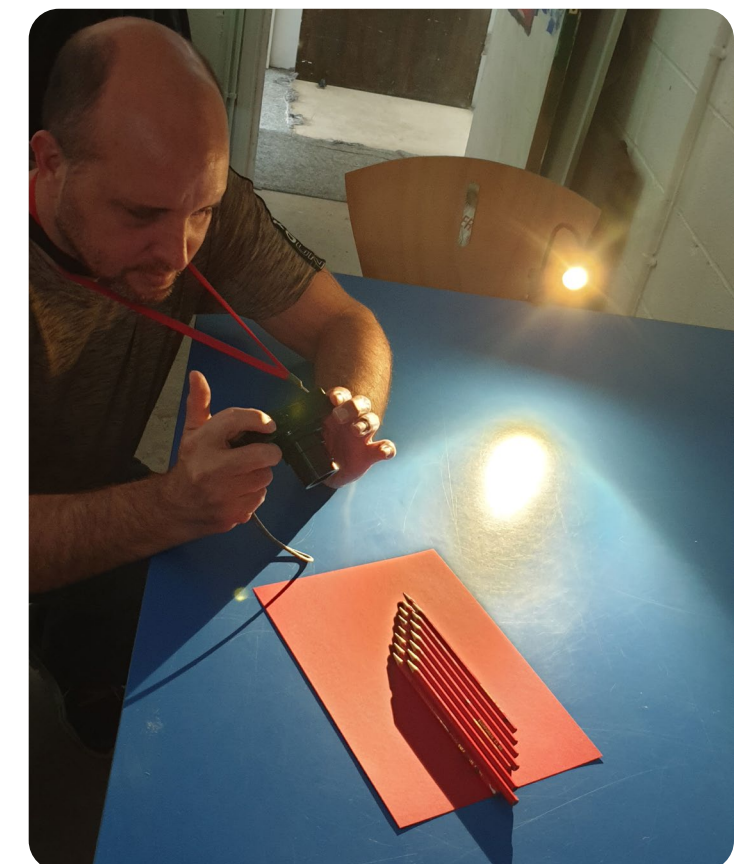
## WHAT WE DID

Our *Speak With My Voice* project brought together 17 participants who attend Deptford Reach, a day centre in the London Borough of Lewisham serving local people who are vulnerable through homelessness, mental ill-health, loneliness, social exclusion and severe poverty.

The socially distanced in-venue project empowered them to express themselves through photography and writing, and culminated in an exhibition at Deptford Lounge.

**IT'S HELPED TO BE A SANCTUARY OF SANITY THROUGH THE PANDEMIC.**

Participant



A participant takes a photo during our *Speak With My Voice* project. Top: the exhibition at Deptford Lounge



# HOW TO SUPPORT US

## 1. DONATE

If you believe in the power of the creative arts to increase acceptance, promote inclusion, enhance wellbeing and empower lives, please consider giving a gift to support our work today.

By making a regular gift to Create, you will maximise your impact on our work. You can support as an individual or a business. Please visit [createarts.org.uk](https://createarts.org.uk) for details.

## 2. FUNDRAISE

You can fundraise with your friends or club, at school or work, or through an organised event. Every pound you raise helps us empower disadvantaged and vulnerable children and adults. We have a wealth of creative ideas and tools for fundraising activities - along with a growing number of challenge events to sign up to - and can help you maximise publicity and reach your target.

The CRE8IN8 Challenge is our annual running fundraiser, and you are invited to take part! Run 800m, 8k or a half-marathon every day for eight consecutive days from 1-8 August and raise money to support our work. For more information, visit [createarts.org.uk/cre8in8](https://createarts.org.uk/cre8in8).

## 3. BECOME A CORPORATE PARTNER

Corporate Partners can sponsor a bespoke programme, fulfil Corporate Responsibility objectives, engage employees and demonstrate purpose. As a national charity, we can tailor a partnership to inspire joy in young carers through time away from their responsibilities; help young fathers in prison write and illustrate stories for their children; give disabled adults the chance to express themselves through music and dance; take the therapeutic benefits of the arts to young patients; or design a new, unique partnership, created just for your company.

## 4. OTHER WAYS TO GIVE

There are other ways to support our work: through a gift in your Will; a gift in memory of a loved one; or celebratory donations to mark a birthday, wedding or anniversary, for example. To discuss any of these options, please contact Ed Jackson, Director of Development: [ed@createarts.org.uk](mailto:ed@createarts.org.uk).

## 5. SIGN UP TO OUR NEWSLETTER

Our monthly e:create newsletter will keep you up to date with everything that is going on, including opportunities to attend exclusive events. Sign up here [createarts.org.uk/newsletter](https://createarts.org.uk/newsletter)



### CREATE THANKS THE FOLLOWING CREATE THE DIFFERENCE SUPPORTERS:

#### BUSINESSES

**Innovators:** Yellow Cat Recruitment  
**Collaborators:** Lauren Dickinson Clarke,  
Michael O'Mara Books, Uncommon London

#### INDIVIDUALS

**Champions:** Alistair DK Johnston CMG,  
Tim & Claire Jones  
**Catalysts:** Anne Baldock, Eddie  
Donaldson OBE, Whitney Gore  
**Curators:** Tony Cates, Gareth Davies,  
Philip Emery, Adam McNeeney, Alan Paul,  
Colin Sheaf, Mark Sismey-Durrant  
**Community:** Ozge Balk, Isabella Bragoli, Joanna Brendon, John Broadis, Zoe Brooks, Elizabeth Dossett,  
Bonnie Gilmore, Nicky Goulder, Natalie Graeme, Hayley Granston, Sean Hanson, Richard Holman, Dr RC Hooker,  
Sonja Jutte, Sally Horsington, Edmond Kamara, Paul Kemp-Robertson, Ben Knight, Tim Leeson, William Lidstone,  
Michael Litman, Michael Llewelyn-Jones, Julie Mernick, Marit Meyer-Bell, Tom Newman, Ben Newton, Mr M D J  
Quintrell, Alex Rawlings, Isabel Santaolalla, Richard Schrieber, Vanessa Sharp, Lara Sherwin, Emily Stubbs, Louise  
Stubblings, Jim Thornton, Carol Topolski, Michael Topolski, Zelig Walker, Natt Wallbank



All who wish to remain anonymous



## FURTHER INFORMATION

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