

CREATE

ARTS.ORG.UK

IMPACT REPORT 2021/22

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



CHAIR

Eddie Donaldson OBE

FOUNDING CHIEF EXECUTIVE

Nicky Goulder

PATRONS

Sir Matthew Bourne OBE, Esther Freud,
Dame Evelyn Glennie CH DBE, Howard
Goodall CBE, Ken Howard OBE RA,
Erwin James, Shobana Jeyasingh CBE,
Tim Marlow OBE, Nicholas McCarthy,
Lord Moynihan, Susannah Simons,
Isy Suttie

AMBASSADOR

Alistair DK Johnston CMG

YOUTH AMBASSADOR

Abi (16)

TRUSTEES

John Broadis, Tony Cates,
Eddie Donaldson OBE, Holly Khan,
Marit Meyer-Bell, Vanessa Sharp,
Paul Thimont, Carol Topolski



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

CONTENTS

Foreword	3
Our vision, achievements, aims	4
Our impact, awards	5
Where we worked	6
Our artists	7
Feedback, outcomes	8
What our partners say	9
2021/22 at a glance	12
Antony Gormley interview	14
Our environmental commitment	16
Our focus on sustainability	17
Who we work with	18
Young carers	20
Adult carers	22
Older people	23
Disabled children and adults	24
Prisoners	26
Young hospital patients	27
Young refugees	28
Vulnerable adults	29
How to support us	30
Thank you	31



FOREWORD

As a composer and workshop facilitator, the past few years have been incredibly difficult, trying to navigate the coronavirus pandemic safely, while also making a living.

Create adapted instantly to the lockdowns in 2020/21, which was inspiring to witness and be a part of. Not only did this mean that we could still reach our participants but it also enabled the charity to continue to employ artists at a pivotal time when the cultural sector was under huge strain.

This year, I have been excited to start working with participants in-venue again, seeing the joy that music-making can bring to people's lives, feeling the palpable energy in the room.

My own Create journey has taken some fascinating twists and turns this year, too. I was delighted to be part of the team of staff and artists who took part in Al Gore's Climate Reality Leadership Training in October. Learning more about the climate emergency was eye-opening and disturbing, but it was also exciting to know that as an artist I can make a real difference; that through my practice and through Create's projects I can share what I've learnt and inspire others to take action and effect change.

I was really proud to be invited to join Create's Board of Trustees during the year, and to play a role in ensuring that an environmental focus is built into everything we do at the charity. There is a greater resonance here, too: I am pleased that Create is giving an opportunity to me – a young woman of colour – to help shape the future and strategic direction of the organisation. Diversity of voices is critical if we are to achieve our mission, and I am deeply passionate about the amazing work that Create does, sharing the joy of creativity with the most marginalised and disadvantaged people across the UK.

In these challenging times, we have a crucial message: that there is fun, laughter, escape and healing to be found in being creative, either on your own or with others. Creativity is for everyone, regardless of background, age, race, gender or disability. This magic is for all of us!

I am excited for the future. We have ambitious plans at Create to double the number of people we reach through our projects by our 25th anniversary in 2028. But to get there, we need your support. As you read this report, please consider how you can help us: you can find out more on page 30.

Holly Khan
Create Trustee and Composer/Workshop Facilitator

OUR VISION AND ACHIEVEMENTS



Slowly but surely we emerged from the coronavirus lockdowns this year. Connecting once again with our participants in-venue, and seeing them connect with each other, has been incredibly special.

The last couple of years have been tough for everyone, and I am immensely proud of the Create team for the speed and flexibility they showed when the pandemic first hit, reimagining all of our projects for online delivery. **Create Live!** – the online delivery mechanism we launched in April 2020, just two weeks after that first lockdown – has been a big success, and I was delighted and moved when Charity Times chose us as the recipient of its *Digital Transformation of the Year* award in September 2021.

Our focus at Create is always on our participants. **Create Live!** enabled us to continue to reach them when many were at their lowest ebb, struggling with loneliness and isolation, unable to see friends and family. To give them a creative outlet, a chance to express themselves collectively alongside our professional artists, was more than just important – it was vital.

As the pandemic has eased, we have been offering our partners and participants a hybrid model, enabling them to choose either an in-venue project or an online one. This has given us the chance to expand our work further into Scotland and Wales, and to those who are unable to leave home or access a venue, delivering online projects with communities we would otherwise be unable to reach.

Excitingly, we have also been able to return to work in prisons: this year we launched a groundbreaking project called *My Dad's In Prison*, which you can read about on page 26. Our new hub in Manchester is enabling us to expand our work across the North, in line with our ambitious targets to double our reach and income by our 25th anniversary in 2028. This year we also invested in training for staff and artists on the climate emergency, and have been rolling this learning out across our projects and workplace practices (see page 16).

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

A handwritten signature in black ink that reads "Nicky Goulder".

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

65 projects across the UK

981 creative arts workshops

1,367 disadvantaged and vulnerable participants

13,439 hours of contact

48 professional artists

55 volunteers donated 571 hours

AWARDS



Digital Transformation of the Year 2021

116

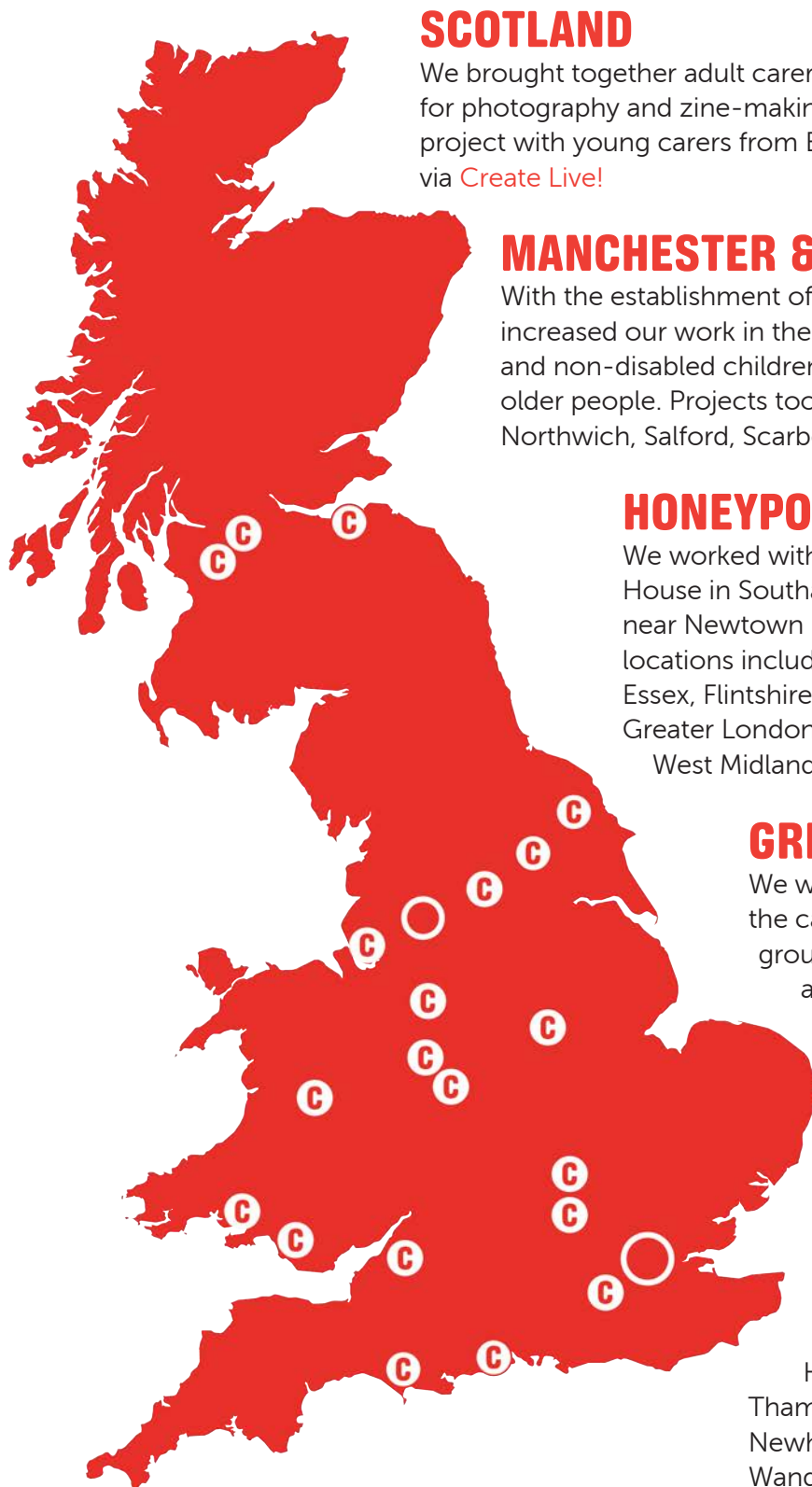
awards since 2012



The Create staff team

WHERE WE WORKED

The map below shows the locations of our participants in 2021/22.



SCOTLAND

We brought together adult carers from Edinburgh and Glasgow for photography and zine-making projects; and delivered a dance project with young carers from East Renfrewshire. All were delivered via [Create Live!](#)

MANCHESTER & THE NORTH

With the establishment of our new hub in Manchester we increased our work in the North of England, working with disabled and non-disabled children, young and adult carers, and vulnerable older people. Projects took place in Bury, Liverpool, Manchester, Northwich, Salford, Scarborough, Sefton and York.

HONEYPOT – ENGLAND & WALES

We worked with young carers connected to Honeypot House in Southampton and Honeypot Pen y Bryn near Newtown in Wales. The young carers came from locations including: Buckinghamshire, Cheshire, Conwy, Essex, Flintshire, Greater Manchester, Hampshire, Greater London, Merseyside, Staffordshire, Torfaen and West Midlands.

GREATER LONDON

We worked with 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, homeless/at risk of being homeless adults, LGBTQ+ young people, older people with dementia, prisoners, young patients living with mental illnesses, and young refugees. We worked with participants from: Barnet, Brent, Bromley, Ealing, Enfield, Greenwich, Haringey, Harrow, Havering, Hillingdon, Hounslow, Islington, Kingston upon Thames, Lambeth, Lewisham, Merton, Newham, Southwark, Sutton, Tower Hamlets, Wandsworth and Westminster.

THE SOUTH WEST

We ran projects with young carers in Dorset (in partnership with MYTIME Young Carers), and Bristol (with Carers Support Centre Bristol & South Gloucestershire).

ELSEWHERE

Each dot represents a 2021/22 project. We worked in: Birmingham, Bridgend (Wales), Buckinghamshire (Aylesbury), Llanelli, Milton Keynes, Nottingham, Surrey (four locations) and West Midlands (Featherstone).

SINCE 2003 ...



41,539
participants



12,057
workshops



330,943
hours of contact



153
professional artists



£9,470,694
income raised

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.



Artists on the *Nurturing Talent* programme

NURTURING TALENT

Our *Nurturing Talent* programme gave seven 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 224 workshops across the year.

Heather Milsted, *Nurturing Talent* artist

YOU GET TO MEET AND WORK WITH SO MANY DIFFERENT ARTISTS, AND YOU ALSO GET TO MEET AND WORK WITH THE CREATE TEAM WHO ARE AMAZINGLY SUPPORTIVE THROUGHOUT. IT HAS BEEN A FANTASTIC EXPERIENCE.

FEEDBACK / OUTCOMES

OUR PARTICIPANTS

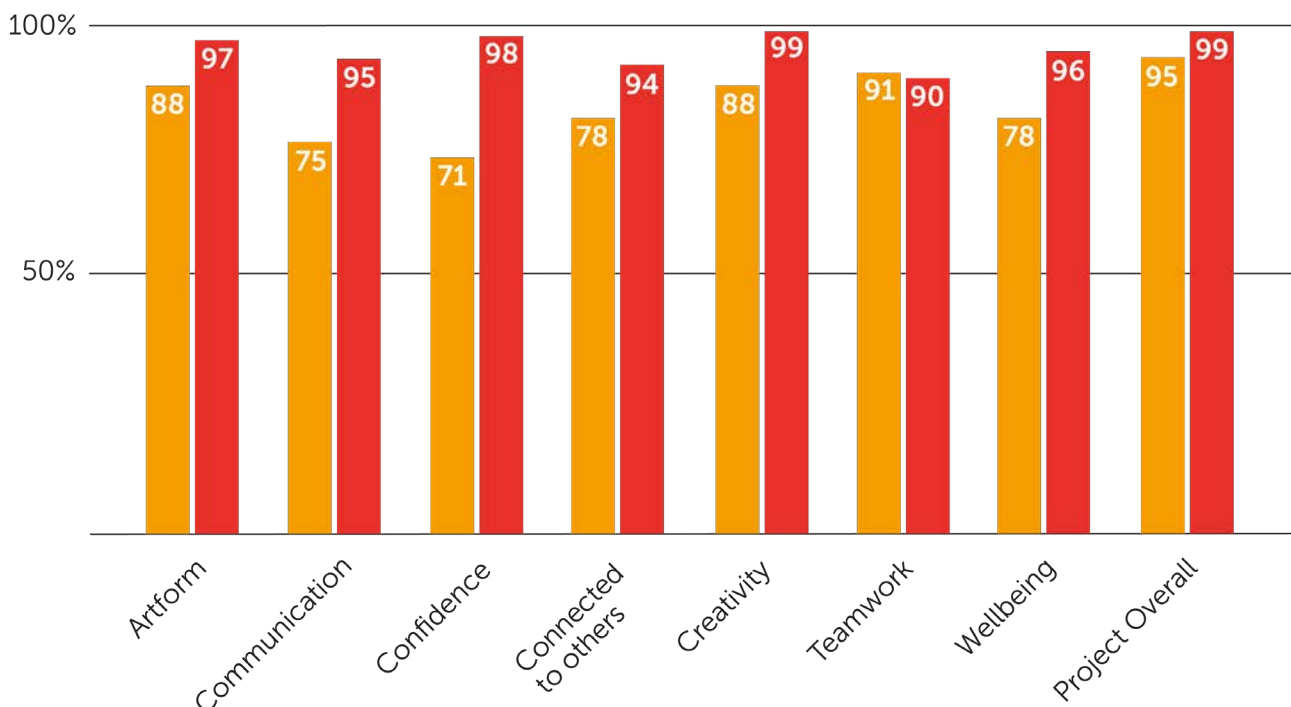
We use ongoing feedback to improve the work that we do. Each workshop ends with a feedback circle allowing participants to share how they feel; and at the conclusion of each project we ask all participants, staff, volunteers and artists to complete a short questionnaire. We use a blend of qualitative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

I'VE ALWAYS FOUND IT DIFFICULT TO TALK TO PEOPLE. THE PROJECT WITH CREATE TOTALLY PUT ME AT EASE. I LOVED EVERY MINUTE OF IT.

Lachlan, an adult carer from Scotland

Participant skill development / wellbeing / overall project rating

Participant rating Community Partner staff rating





WHAT OUR PARTNERS SAY

COMMUNITY

WE'VE MET MANY OF CREATE'S ARTISTS NOW AND THEY'VE ALL BEEN FANTASTIC AT BUILDING RELATIONSHIPS WITH YOUNG PEOPLE, AS WELL AS TALENTED AND SKILLED IN THEIR FIELDS.

Lucy Elgood, Project Manager, Salusbury World



CREATE'S WORK IS A DIRECT REPRESENTATION OF ITS VALUES. THE PROJECTS THAT I HAVE TAKEN PART IN HAVE LEFT ME WITH NO DOUBT OF THE CHARITY'S AIMS, AS THEY PERMEATE EVERYTHING THEY DO.

Simone Wright, Assistant Headteacher, Alexandra School



WHAT OUR PARTNERS SAY

CORPORATE

YOUR PROJECTS ARE AMAZING. YOUR ARTISTS ARE INCREDIBLE, THE WAY THEY BRING STUFF OUT OF PEOPLE, WHETHER IT'S THE PARTICIPANTS OR THE VOLUNTEERS. CREATE IS A FANTASTIC ORGANISATION AND EVERY YEAR YOU SEEM TO BE GETTING BETTER AND BETTER. IT HAS BEEN AMAZING TO WATCH YOUR GROWTH AND THE AMOUNT OF SUPPORT YOU'RE PROVIDING TO THE WIDER COMMUNITY.

Carole Mehigan, Responsible Business
Manager EMEA, Reed Smith

ReedSmith
Driving progress
through partnership

I ABSOLUTELY LOVE WORKING WITH THE CREATE TEAM. THEY'RE REALLY ENGAGING, THEY CARE ABOUT THE WORK THEY DO AND THE IMPACT THEY MAKE ON THEIR PARTICIPANTS' LIVES. THEY LISTEN TO WHAT WE WANT TO GET OUT OF OUR PARTNERSHIP AS WELL AS CONTINUALLY DELIVERING THE GREAT WORK THAT THEY DO.

Jonny Breeze, Founder and CEO, Yellow Cat Recruitment

YELLOWCAT





WHAT OUR PARTNERS SAY

TRUSTS & FOUNDATIONS

THE CHARITY IS VERY WELL GOVERNED AND LED WITH REALISTIC PASSION. WE HAVE BEEN IMPRESSED BY THE TEAM'S ENTHUSIASM, DESIRE TO INVOLVE US AND VERY EFFECTIVE COMMUNICATION WITH US.

Hilary Lindsay, Almoner and Past Master, Chartered Accountants' Livery Charity



I LIKE HOW THE DIFFERENT AREAS OF WORK THEY DO, LEARN AND EVOLVE FROM EACH OTHER. THEY DON'T SEEM LIKE SILOS WHICH CAN OFTEN HAPPEN IN ORGANISATIONS THAT DELIVER A WIDE VARIETY OF PROJECTS ACROSS A LARGE GEOGRAPHY.

Clare Gilhooly, Home School Community Programme Manager, John Lyon's Charity



2021/22 AT A GLANCE

16-18 JUNE

DURHAM STUDENTS RAISE £56,000 FOR CREATE

Students from DUCFS ran a fashion show fundraiser, with all proceeds going towards Create's projects.



1-8 AUGUST

THE CRE8IN8 CHALLENGE

An incredible team of supporters ran 800m, 8km or a half-marathon every day for eight days. They raised £15,117 to support our work.



16-24 OCTOBER

CLIMATE REALITY LEADERS

Four staff members and five artists took part in Al Gore's Climate Reality Leadership training, to improve our understanding of the climate emergency and how best to implement changes. The artists then shared their learning with other Create artists at the Artist Sharing training day in November.



7 JULY

CREATE TURNS 18!

13-21 AUGUST

NEW GROOVES GALLERY

Eleanor Cowell and Zoë Da Poian hosted a gallery of artworks at Blaze Image in Notting Hill, raising £170 for Create.

9 SEPTEMBER

CREATE WINS CHARITY TIMES "DIGITAL TRANSFORMATION OF THE YEAR" AWARD

9 JULY-21 OCTOBER

DR.JART+ PARTNERS WITH CREATE FOR SOHO POP-UP SHOP

The Korean skincare brand chose Create to receive a share of profits on sales at its exclusive pop-up shop on Carnaby Street, where customers could also colour in the walls!



22 OCTOBER

PUPILS MAKE MUSIC IN MANCHESTER

Create worked with four schools in Manchester and Salford, bringing together disabled and non-disabled children. The project culminated in an uplifting concert at Manchester Central Library as part of Manchester Literature Festival.



8 NOVEMBER

OUR NEW PRISON PROJECT, "MY DAD'S IN PRISON", LAUNCHES

30 NOVEMBER

ARTIST AND TIKTOK SENSATION GABRIELLA ANOUK CHOOSES CREATE AS CHARITY PARTNER FOR LAUNCH SHOW IN LONDON

15 DECEMBER

SPEAK WITH MY VOICE EXHIBITION

After 12 weeks of photography and creative writing workshops, marginalised and vulnerable adults from London took part in a performance and showcase of their work at Deptford Lounge.

3 MARCH

ANTONY GORMLEY AT WHITE CUBE

At a special event at White Cube in Bermondsey, we hosted an intimate conversation between our Patron Tim Marlow OBE, Chief Executive and Director of London's Design Museum, and internationally-acclaimed artist Sir Antony Gormley.



16 MARCH

YOUNG CARERS ACTION DAY (YCAD)

Over February half-term, we teamed up with Carers Trust to deliver four creative projects with young carers in England, Scotland and Wales. They then came together on YCAD for an online showcase celebrating their talents.



21 DECEMBER

CREATE MOVES INTO NEW CITY OF LONDON OFFICE



20 JANUARY

CREATE'S REDESIGNED WEBSITE GOES LIVE



25 MARCH

PHILIPPA PERRY VISITS CREATE PROJECT FOR CHANNEL 4 SHOW

Artist and psychotherapist Philippa Perry visited our visual art project with young carers in Lambeth, along with her film crew. The resulting film featured in episode two of *Grayson's Art Club* (series three), themed "Heroes and Heroines".

ANTONY GORMLEY

IN CONVERSATION WITH TIM MARLOW

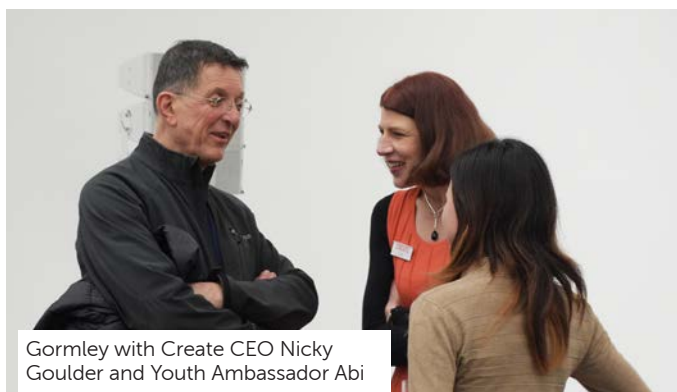
On 3 March 2022, Create hosted an exclusive event at White Cube in Bermondsey: an intimate conversation between world-renowned artist Sir Antony Gormley and Create Patron Tim Marlow OBE, Chief Executive and Director of London's Design Museum. As well as discussing Gormley's wide-ranging work and career, they talked about the power of creativity and the importance of losing yourself in the act of making things. Below is an edited excerpt from the conversation.

Tim Marlow (TM): Do you think the world that you grew up in, in the late 1960s, and the world we inhabit now in this country fundamentally views creativity differently? Although I don't want to be an apologist for the current state of affairs, more people go to art galleries and museums, more people allegedly are engaged in creative lives. Am I too optimistic?

Antony Gormley (AG): I think that art has, on the one hand, gained from this extraordinary process of evolution within our culture here. If we think about the difference between 1970 and now, art has become institutionalised, commodified and, in a way, made into a specialism that I think it wasn't. I don't want to be nostalgic about the time when there weren't any collectors in London. The rise of Charles Saatchi and Boundary Road Gallery, that was such an extraordinary moment.

But there was something about making work for your peers, which was true in the 1970s. Now, if you haven't got a gallery by the time you leave art school, you're a failure, which seems to me extraordinary. I never really thought I was going to live by selling my work, I assumed that I would teach or maybe sell a bit of work to the odd museum.

TM: There is this compulsion that we have to make and create. I wonder whether one of the things you're saying is that there's too much pressure on emerging artists,



Gormley with Create CEO Nicky Goulder and Youth Ambassador Abi

**HOW DO WE VALUE CREATIVITY?
WE HAVE TO VALUE IT IN THE
MAKING. IT'S THE JOURNEY,
NOT THE ARRIVING AT THE
DESTINATION.**

Antony Gormley

that if you can't make it early, it's something that's not worth doing. But it's worth doing for its own sake.

AG: I guess the question I'm asking is where the motivation for making art comes from. How do we value creativity? We have to value it in the making. It's the journey, not the arriving at the destination. And I think that has been skewed somewhat by the very success of art, the transformation that has happened in the last 50 years. A lot more people are looking at art. But I wonder whether, in fact, the proliferation of galleries and the professionalisation of being an artist has somewhat diminished people's thinking that "I can do that too".

TM: One of the extraordinary things about the work you've done outside the galleries is public engagement. The way that people react, are choreographed, respond.

AG: I've never wanted to be defined by a medium or style. I want to engage with material, with a line, with a piece of paper, but I also want to engage with life itself. Doing the fourth plinth in Trafalgar Square (One and Other) was a slow, analytic process of working out how you could use this leftover bit of mid-19th-century street furniture in a creative way. I didn't need a block of marble and chisels. I needed a call centre with 68 call operators that would be able to field the calls. It was a crazy project. How can I make the absolute opposite of a statue of William IV? How can I make statement of a plinth meaningful in the 21st century? I realised that the best way was simply to have one person for one hour, 24 hours a day, night and day, rain and shine, on the plinth for 100 days.

The thing that links the plinth project and Horizon Field Hamburg – and maybe Clay and the Collective Body – was this notion of how can we use the space of art to allow the viewer to become the viewed? How can we break down the proscenium arch?



Tim Marlow (left) and Antony Gormley on stage at White Cube

The Hamburg project was this large monochrome painting, 50 metres long and 25 metres wide, seven-and-a-quarter metres above the floor of the Deichtorhallen, an enormous old flower market in the centre of Hamburg. That huge monochrome that had seven tons of black paint as its surface was also a black mirror. It was hung by cables and had a swinging motion of about 11 hertz.

100 people were allowed onto that great black mirror at a time. They could do whatever they liked on it. It was a demonstration of pure democracy. Your movement affected the movement of everyone else on that platform. It could move in any direction. Through your feet, you could feel the movement of everybody else. If you ran and then stopped, the thing would stop moving. And if you got your friend to do the same thing, it would move even more. People had to find out how to interact with it and through it with each other. That was the magic. Some people did cartwheels. Some laid on their back and looked at the sky through the moving ceiling.

TM: Are we more risk averse now? Do you think that is a stifle to creativity?

AG: I'm not sure. We do get a health and safety executive coming into the studio quite often, and it drives me nuts. The laws by which we govern our actions are ever more filled with appendices.

But I think the very fact that that's the way the world is going makes the need for art so much greater. The whiteness of a sheet of paper can become the infinity of a snowy landscape in Svalbard. It's an invitation for a kind of journey, an invitation to dream with your eyes open. An invitation to make a mess ... to try mixing a bit

THE WHITENESS OF A SHEET OF PAPER CAN BECOME AN INVITATION TO DREAM WITH YOUR EYES OPEN.

Antony Gormley

of olive oil and a bit of poster paint and a bit of mum's lipstick, and just see what they do to each other on this arena. And then maybe begin to learn from it and find something in there that belongs to you. That invitation to adventure, I think, is what art is about.

We spend so long on our phones, I can't believe it. How did that happen to us? I think we need spaces and places and activities more than ever. These two years of COVID have been so valuable. This is when the world stopped. I grew up with having to do the Angelus, you know, 12:00, 3:00 in the afternoon. It doesn't matter what you're doing. You have to stop, the bell goes and you have to say your Hail Marys. Well, that's what COVID was for the whole of us. Suddenly it wasn't about being productive in a late-capitalist way.

Yes, there was a sense of isolation, but there was also a sense of time, a time in which they could look again at their values and maybe do things they had abandoned doing. People took up knitting or drawing or singing. And I'm hoping that we grow from what these last two years have given us.

Watch their conversation in full at createarts.org.uk



OUR ENVIRONMENTAL COMMITMENT

We have been committed to our environmental responsibility throughout our 19-year history. In 2021/22:

- Four senior staff members and five artists completed Al Gore's Climate Reality Leadership training. This provided key information and tools to help raise awareness of the climate emergency, which is being fed into our project planning/delivery and organisational strategy.
- The environment was a key theme for our three-year *changing:minds* project at five special needs schools/units in Harrow, enabling students to explore environmental issues creatively.
- We established our Green Committee, which scrutinises all decision making and processes to ensure we hit targets being set out in our Green Action Plan.
- We used reclaimed/recycled materials within all relevant visual art projects.



SUSTAINABLE DEVELOPMENT GOALS



OUR FOCUS ON SUSTAINABILITY

Our 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”. As such, we are committed to contributing to the UN’s Sustainable Development Goals through our projects, employment and operational practices, in particular goals 3, 4, 5, 10 and 12.

Image: artwork created during our *art:links* photography project in Havering

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. When choosing locations, we also consider the government's levelling up/Arts Council England under-provided priority places.

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:

63.5%

participants who are aged 0-18

21.5%

participants who are aged 60+

48.4%

participants who are entitled to free school meals

England average 20.8%

40.5%

participants of colour

40.7%

participants who are disabled / have special educational needs



A young carer taking part in an
art:space project in Ealing

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.
- There are an estimated **800,000 young carers** in the UK. (Children's Society)
- **27%** of young carers aged 11-15 miss school or experience educational difficulties; **68%** are bullied and feel isolated at school. During the pandemic, **69%** reported feeling more isolated. (Carers Trust)

WHAT WE DID

Through our *art:space*, *community:matters* and *inspired:arts* projects we worked with 26 young carer services across England, Scotland and Wales, delivering 453 workshops both online and in-venue.

These enabled 596 young carers to develop their skills, enhance their creativity, build their confidence, connect with other young carers and enjoy a break from their caring responsibilities.



Young carers on a visual art project in Southwark

MEET HARRISON

"I care for my mum because she is going through a tough time right now. She has helped me, so I repay her by taking care of her. Sometimes it can get a bit stressful for me because when my mum is in pain it upsets me and makes me worried."

"Lockdown was really hard for me because I had to stay home. I didn't feel great as I had to spend more time alone. These projects have helped me feel less isolated because I get to be with other people."

"I would like to take photography as a GCSE now. I went to the photography project and I feel like it can really help me when I grow up. I was interested in photography before but the project made me a lot more interested. We were able to grow, learn different things and be creative."

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)



Young carers from Bromley Well learn about money by making comic books

WHAT WE DID

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

Delivered both in-venue and via Create Live!, we enabled 88 young carers to learn these new skills through animation, drama, music, photography, visual art and zine-making. We have also created a resource bank on our website.

QUOTES FROM PARTICIPANTS

I LEARNED HOW TO MANAGE MY MONEY AND NOW I'M MORE FINANCIALLY AWARE AND KNOW ABOUT THINGS LIKE INTEREST RATES.

Participant

IT'S BEEN GREAT TO SOCIALISE WITH OTHERS AND AMAZING TO BOUNCE OFF OF OTHER CREATIVES. THE PROJECT HAS REALLY MADE ME SMILE AND HELPED MY WELLBEING.

Participant

I'VE SET UP A SAVINGS ACCOUNT AND HAVE BEGUN TO BUDGET!

Participant

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 to an estimated **13.6 million** in 2020 during 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:release* and *creative:voices* projects delivered both in-venue and via Create Live! enabled 202 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. The project in Scotland brought carers from Edinburgh and Glasgow together.



Carers take part in a *creative:voices* music project in Harrow

MEET ALEXANDRA

"I've been caring for about six years now. My father has a lung condition, which is terminal. A couple of other family members have had illnesses that have left them feeling very anxious and struggling with their mental health.

"Having the chance to be creative helps you use your brain in a different way. We spend a lot of time doing things that we have to do and you can get very stressed if that's your whole life. Creativity gives you that mindfulness space, that time to recharge your batteries, or to have a go at something you didn't think you could do and get that sense of achievement from doing it.

"It also gives you a chance to be you. A lot of the time carers lose a big part of their identity when they become the person who is looking after someone else. They sacrifice a lot of their own life, their own wishes and ambitions and things they'd like to be doing with their time because they have these other responsibilities. So this gives a little bit of that back. You can do something for you."

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)
- Before the pandemic, **1.4 million** people aged 50+ in the UK said they often feel lonely. Age UK predicts that this figure will reach **2 million** by 2026. (Age UK)
- Arts activities provide a way of reducing loneliness and social isolation, while also improving the **quality of life** for those living with dementia. (WHO)

WHAT WE DID

Our *art:links* and *creative:engagement* projects with older people, many of whom live with dementia, enabled 221 participants to express themselves creatively, learn new skills, feel less lonely and have fun.

We worked closely with our partners in deciding whether projects should take place in-venue or online, in order to comply with COVID safety regulations and ensure participants felt safe.



Participants on our *art:links* project in Merton working with stencils

MEET LEAH

"I've been going through a really difficult time. My life is really quite lonely. It's been really good to get out and meet people again."

"The last time I did something particularly musical I was in my late 20s, maybe early 30s, when I was in a community choir. And then I just got busy with work because I was travelling, and I had to drop it. And that was it."

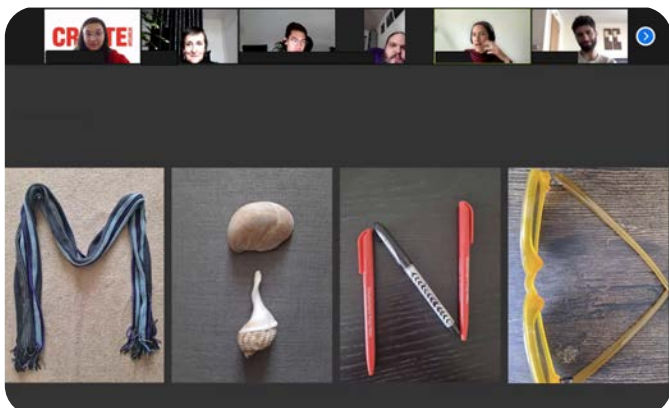
"It was like missing a limb, but I didn't actually understand that until I came back and started doing something again. I'm not letting it go again. I will have to find ways, but music is going to be a part of my life in an active way, not just listening to the radio or going to concerts, I actually want to be involved in making music."

DISABLED CHILDREN & ADULTS

Improving social skills and building self-confidence

THE NEED

- Disabled people remain significantly **less likely to participate** in cultural, leisure and sporting activities than non-disabled people. (Arts Council England)
- 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)



Top: participants from our *changing:minds* project during the final showcase event at Harrow Arts Centre. Bottom: a screenshot from our online *creative:discovery* project

WHAT WE DID ~ CHILDREN

The final year of our three-year *changing:minds* environmental project involved 112 children from the five special needs schools/units in the London Borough of Harrow through ceramics, drama, music, sculpture and visual art. The project, which comprised 58 workshops and had the theme 'Environment - Air', came to a close with a showcase event at Harrow Arts Centre on 24 November. This was attended by participants' families/friends, Create and school staff, and Harrow councillors.

Our *creative:connection* project brought together 48 disabled and non-disabled children from four schools in Manchester and Salford. Under the guidance of Create's professional musicians, the participants worked together to create songs about 'superheroes', writing the lyrics, melodies and musical parts collaboratively. The project culminated in a performance at Manchester Central Library as part of Manchester Literature Festival on 22 October. This was attended by family and friends of participants, staff, guests, and members of the general public.



A participant on our *creative:connection* project takes their turn on the microphone

WHAT WE DID ~ ADULTS

For our *creative:discovery* project, 12 service users at MIND in Camden and MIND in Tower Hamlets & Newham came together online for 30 photography workshops. Under the guidance of Create's professional photographer they worked together to create a stunning collection of new work.

QUOTES FROM PARTICIPANTS

I HAVEN'T HAD THE JOY OF MAKING MUSIC SINCE I WAS FIVE OR SIX YEARS OLD. I'M REALLY PROUD TO BE PART OF THIS PROJECT. THE SONG WE'VE CREATED IS ABSOLUTELY PHENOMENAL.

creative:connection participant

I THINK IT'S IMPORTANT TO TALK ABOUT THE CHALLENGES THAT FACE OUR PLANET. IT AFFECTS OUR FUTURE.

changing:minds participant

I REALLY ENJOY THE CREATIVE ELEMENTS. IT'S A GREAT DE-STRESSOR AND I ALWAYS FEEL LIKE I'M ACHIEVING SOMETHING.

creative:discovery participant

PRISONERS

Giving prisoners space to express themselves, learn and connect with family

THE NEED

- Re-offending costs the UK up to **£13 billion** each year. (Home Office)
- Maintaining family ties can reduce the likelihood of reoffending by **39%**. (Ministry of Justice)
- The arts can provide prisoners with a “springboard for positive change”. (Koestler Arts)

WHAT WE DID

We ran two prison projects once the pandemic eased. Thirteen prisoners at HMP Isis, a young offenders institution in London, took part in *Inside Change*, which brought them together to write and record a radio drama about money issues. This was broadcast by National Prison Radio.

Thirteen prisoners at HMP Oakwood in Staffordshire took part in our new creative writing and illustration project, *My Dad's In Prison*. Together they created a moving book to support families with a loved one in prison. It is available for free on Create's website.



A collage created by a participant on *My Dad's In Prison*

MEET ADIL

“When I walked into this project, I was apprehensive listening to what was going to be involved. All the feelings and issues we were going to be discussing. I’m only six months into my three-year sentence, so I didn’t really want to start touching on these feelings, I wanted to suppress them.”

“At the beginning I thought, what have I got myself into? But slowly throughout the week, it became almost therapeutic. Speaking to you guys and to my fellow residents in prison, it made me address a lot of the issues that I was scared of. It genuinely made me grow as a person and as a father.”

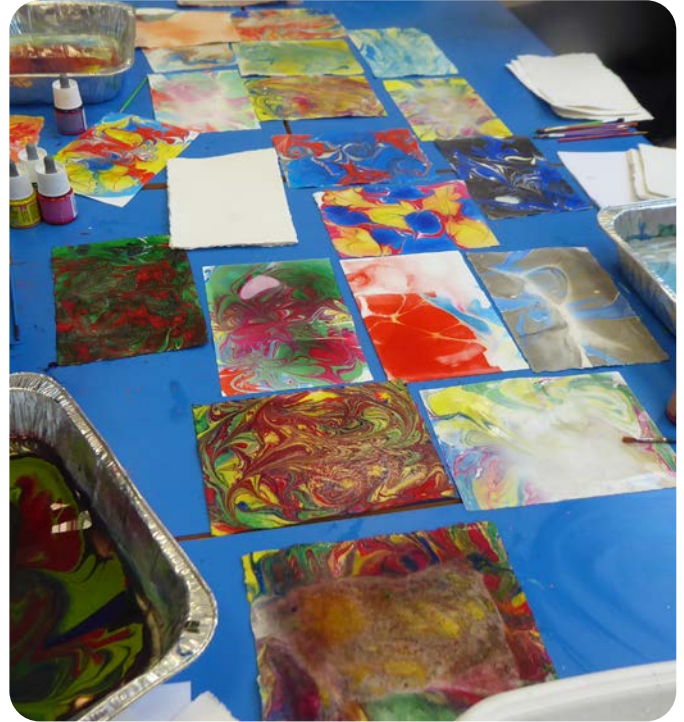
“Because my son is three years old, I’m hoping he might not remember my time in prison. But if it ever comes up and he thinks “Dad, where were you for three years of my life?” then this book can go a long way to show that at that time I was actually thinking of him.”

YOUNG HOSPITAL PATIENTS

Providing a creative outlet to young people living with mental illnesses

THE NEED

- 10% of children and young people aged 5-16 have a clinically diagnosable mental problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age. (ONS)
- The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition **more than tripled** between 2010 and 2019. (NHS Digital / The Independent)
- 3% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse. (YoungMinds)



Artwork created by participants at Bethlem Adolescent Unit

WHAT WE DID

creative:tandem is our multi-artform programme empowering young people who have been admitted to a mental health unit with a serious mental illness, including psychotic, depressive, anxiety or eating disorders, self-harm or suicidal thinking.

We worked with 52 young people in London during 2021/22, at Aquarius Ward in Wandsworth, Bethlem Adolescent Unit in Beckenham and Snowfields Adolescent Unit in Denmark Hill.

MEET NATALIA

"There were nice moments when I felt connected to other people. Moments where I was like, we've all made something together. It bonds you. It was cool to think, 'I made something.' It makes you feel pride, proud of what you've achieved, even if you're not a great musician. Creating something, even a little bit, makes you realise you've done something, you've contributed."

"Having the chance to be creative is important because in daily life you don't have time to be creative, get your hands dirty, let your hair down. It's really nice to have an opportunity to be yourself and be free, because life is busy and we're always saying we'll do things, but things get pushed back."

"It's really good to remind young people what it's like not to be glued to your phone 24/7 and to be creative and be yourself without worrying what other people think."

YOUNG REFUGEES

Encouraging self-expression and building a sense of community

THE NEED

- In 2020, more than 2,000 young people claimed asylum in the UK after leaving their countries of origin. (Migration Yorkshire)
- Young refugees are particularly vulnerable because “they may have had experiences involving violence, exploitation and trauma, and the risk of violation of their human rights and fundamental freedoms continues”. (The Council of Europe)

WHAT WE DID

We worked with 49 refugee and migrant children in the London Borough of Brent through our *community:matters* project, giving them a chance to develop their creative thinking, self-expression and sense of belonging – as well as connect with others and build skills – through ceramics, dance, drama, filmmaking, music and visual art.

The project was delivered in partnership with Salusbury World.

ARTS PROJECTS GIVE YOUNG REFUGEES AND MIGRANTS A GREAT OPPORTUNITY TO EXPRESS THEMSELVES.

Lucy Elgood, Project Manager, Salusbury World



Above: a group of participants make a film together.
Left: an artwork from a sculpture project



ON THE FIRST DAY I WAS A BIT UNCOMFORTABLE, BUT I BECAME SO MUCH MORE COMFORTABLE DAY AFTER DAY. IT FEELS NICE TO DO SOMETHING CREATIVE BECAUSE YOU LEARN SOMETHING NEW.

Afra, *community:matters* 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 16 participants who attend Deptford Reach, a day centre in the London Borough of Lewisham serving local people who have been affected by homelessness, drug and alcohol addiction, mental health issues and social isolation.

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

I'VE LOVED IT. I WOULDN'T MISS THIS PROJECT FOR THE WORLD. THE WORK WE DO HERE IS TOP QUALITY.

Speak With My Voice participant



Top: a participant takes a photo during *Speak With My Voice*.
Bottom: installing 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. Visit createarts.org.uk for details or email info@createarts.org.uk.

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 17-24 September and raise money to support our work. Please visit createarts.org.uk/the-cre8in8-challenge/.

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. Find out more: createarts.org.uk/support-us/corporate-support/

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 us: info@createarts.org.uk.

5. SIGN UP TO OUR E: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



Here/below: young carers on art:space in Ealing

**CREATE THANKS THE FOLLOWING
CREATE THE DIFFERENCE
SUPPORTERS:**

BUSINESSES

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

INDIVIDUALS

Champions: Whitney Gore, Alistair DK
Johnston CMG, Tim & Claire Jones

Catalysts: Anne Baldock, Tony Cates,
Eddie Donaldson OBE

Curators: Inez Anderson, Gareth Davies,
Philip Emery, Adam McNeeney, Alan Paul, Colin Sheaf, Mark Sismey-Durrant

Community: Ozge Balk, Isabella Bragoli, John Broadis, Zoe Brooks, Elizabeth Dossett, Bonnie Gilmore, Nicky Goulder, Natalie Graeme, Hayley Granston, Sean Hanson, Richard Holman, Sally Horsington, Sam Johnson, Anna Jones, Sonja Jutte, Paul Kemp-Robertson, Ben Knight, Jenny Leonard, William Lidstone, Michael Litman, Michael Llewelyn-Jones, Blanaid Mason, Julie Mernick, Marit Meyer-Bell, Tom Newman, Ben Newton, Kevin Parry, Michael Quintell, Alice Renaud, Isabel Santaolalla, Richard Schrieber, Vanessa Sharp, Lara Sherwin, Emily Stubbs, Louise Stubbings, Adrien Stum, Jim Thornton, Carol Topolski, Michael Topolski, Zelig Walker, Natt Wallbank

All who wish to remain anonymous



Back cover: photograph by a young carer on *inspired:arts* in Surrey

FURTHER INFORMATION

Nicky Goulder
Founding Chief Executive
T: 020 7374 8485
E: nicky@createarts.org.uk
[T](#) [@](#) @nickygoulder

Create
3rd Floor, 14 Austin Friars
London
EC2N 2HE

createarts.org.uk
[f](#) create charity
[T](#) [@](#) @createcharity

Registered charity number 1099733

IMAGINE MAKE CREATE

ARTS.ORG.UK