

ARTS LAB

A CREATIVE WELLBEING PROGRAMME BY AND FOR YOUNG PEOPLE IN CORNWALL

Delivered by Creative Kernow, HeadStart Kernow and Arts Well.

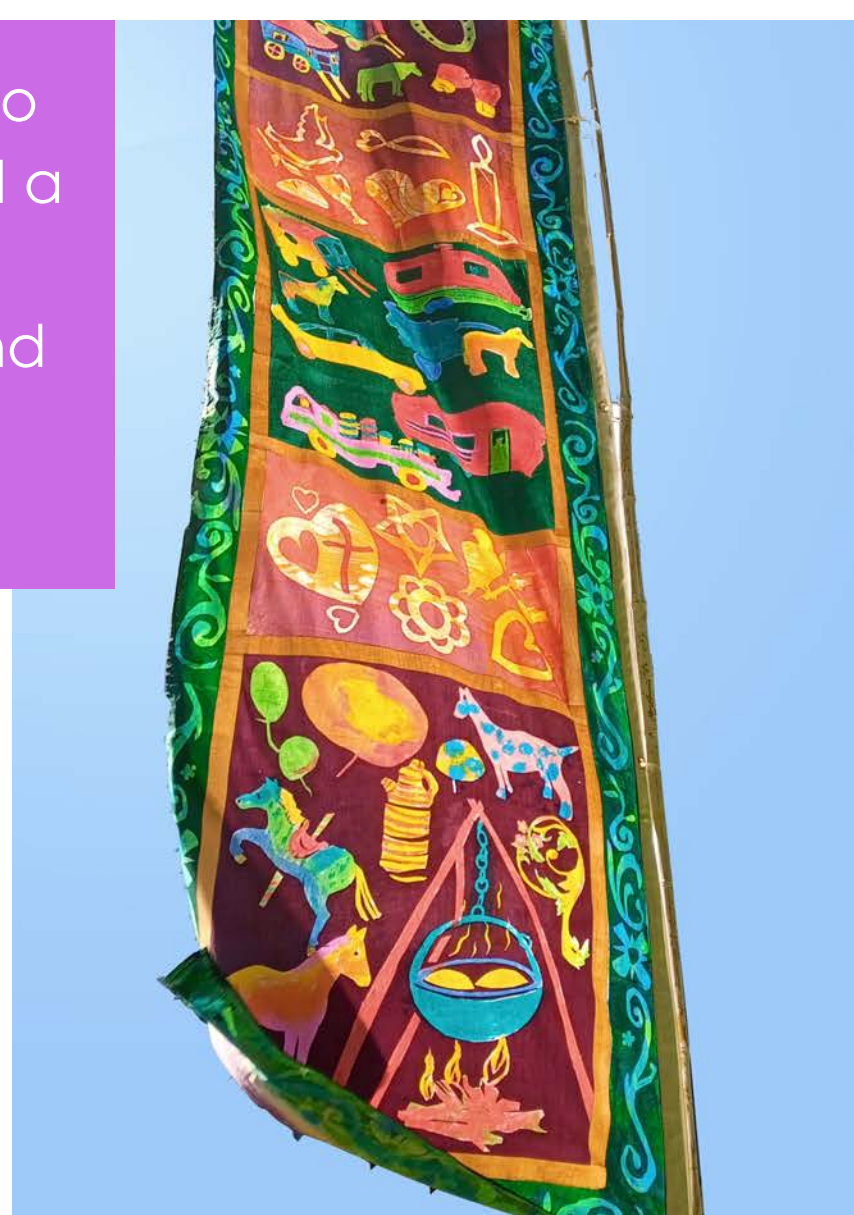
ARTS LAB AIMS

- Arts Lab connects groups of young people aged 10-16 in formal and informal education settings with artists.
- Together they explore a range of art forms through workshops that use the 5 Ways to Wellbeing as a framework.
- The programme supports young people to consider their emotional health and resilience and how creativity can nurture self-expression, improved mental health, connection and joy. Young people have told us that projects have helped them to feel heard, happy, less lonely and more resilient.

"It was...really helpful in helping them to forge new friendships... one student had a very powerful response – [the project] made them feel much more positive and helped them to push away intrusive thoughts."



"[I learnt] that despite having anxiety and level 2 ASD that I could still belong."

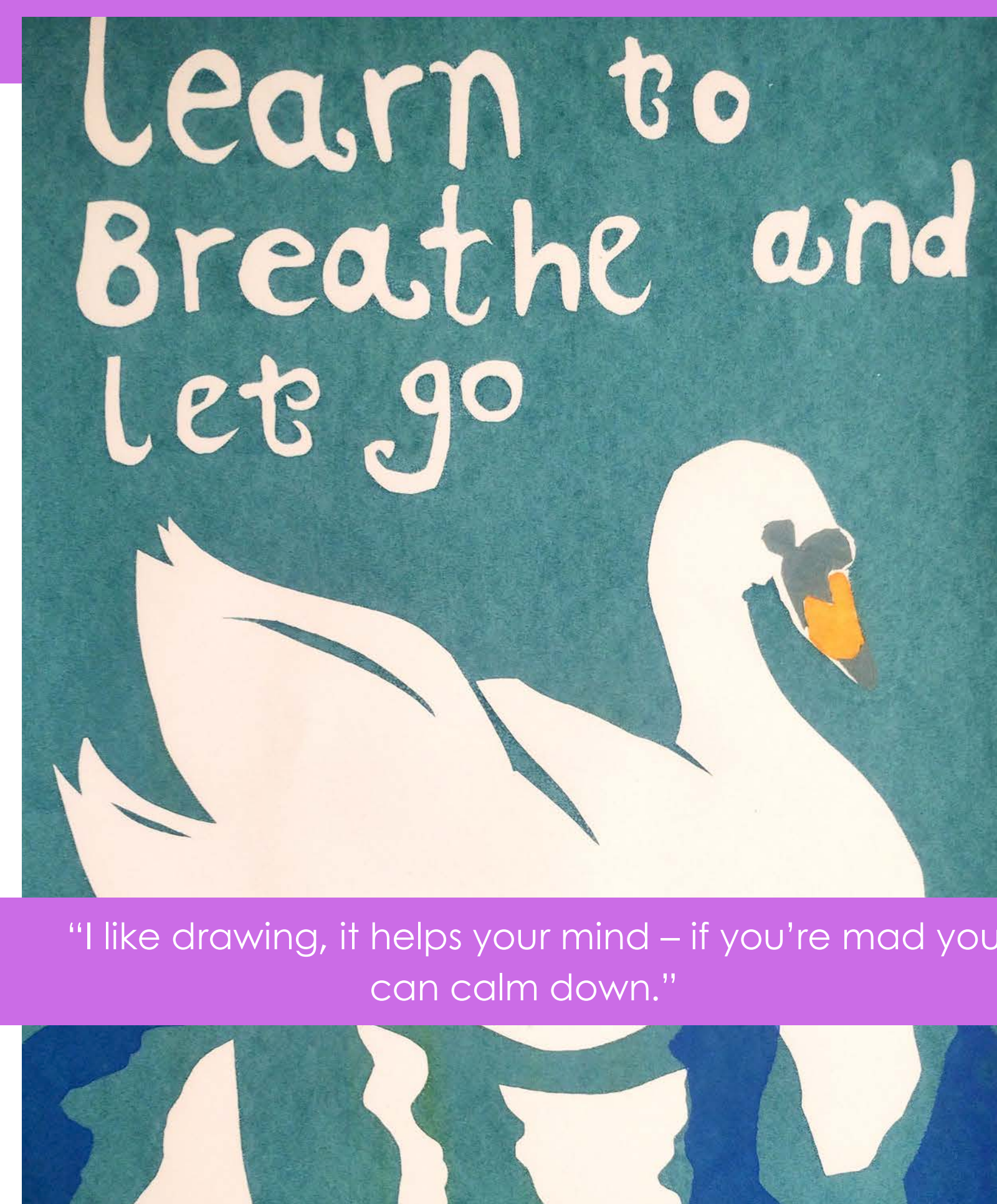


OUR IMPACT

- The programme has worked with over 3,000 young people to date in over 85 settings across Cornwall.
- These range from mainstream primaries and secondaries, to SEND schools, alternative provisions, CAMHS groups, hospital schools, youth clubs, refugee support and socially prescribed groups.
- 100% of staff who have fed back - teachers, youth and support workers - believe that Arts Lab projects have had a positive impact on young people's wellbeing.
- Over 100 artists have been engaged to deliver workshops, who receive training in trauma-informed practice and using the 5 Ways to Wellbeing before projects begin. This workforce support is an important strand of the programme.



"I made a lot of friends. It made me feel better... It was like therapy but in school. It was amazing, and I finally felt accepted."



"I like drawing, it helps your mind – if you're mad you can calm down."

BY AND FOR YOUNG PEOPLE

- A primary aim of Arts Lab is to give young people autonomy to make creative choices during the projects. Artists provide a framework within which young people can explore their creativity.
- This leads to young people feeling safe to express themselves, work together, play, learn about themselves, each other and the world around them.
- Artists also work with young people to plan how they will share their work with the wider community. This includes curating exhibitions and designing performance showcases.
- Arts Lab is open to any group of young people aged 10-16. We work with whole classes and targeted groups who may need specialist support due to their needs and/or experiences.



"At first I felt concerned and anxious. Over the past 10 weeks I have built skills and grown in confidence... every child in Cornwall should get to do this. Singing, dancing, activity, performing! This is one of the best experience I have ever witnessed."

© Steve Tanner



CREATIVE
KERNOW



Find out more or get in touch with us at



Arts Lab is commissioned by The Cornwall Council
Wellbeing and Public Health Service

feastcornwall.org/arts-lab/