



plantation  
productions  
connect • grow • create

# Creative Steps

creative participation for Positive Mental Health

2019 - 2020  
progress Report

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# Welcome

to our 2019/2020 Progress Report

## About Us: Plantation Productions

Plantation Productions is a community arts and media charity based in the Greater Govan area of Glasgow. We deliver creative participatory programmes and activity for the advancement of citizenship and community development. Plantation Productions provide a creative recreational facility and resources with the object of improving opportunities and conditions for people and families who reside in areas of multiple deprivations.

Our current projects include a programme for children and young people, a seniors group, and a film and media arm which offers both training opportunities and commissions.

As part of our remit, we deliver the Creative Steps Programme.

## What is The Creative Steps Programme?

The Creative Steps programme uses **creative participation** and **peer support** to improve and promote positive mental health. We do this by providing arts and crafts groups for adults experiencing mental health conditions and isolation.

We use a 3 step progression model to provide our services.

**Step 1:** Outreach classes based within health settings to reach individuals in their place of treatment, somewhere they are already familiar with.

**Step 2:** Community based classes, in our base at Gallery 966 in the Portal (Govan).

**Step 3:** Wider Participation: Including extra classes, skills development, volunteering and community engagement.

**"I am determined that my illness will not rule my life. Coming here to the group makes it worthwhile. So, if there wasn't classes like this then I wouldn't be determined to do things. I am determined to get up every morning, get dressed and come to this group, because that sets me up for the rest of the week."**

This report sets out our outcomes, progress, achievements and learning for the last reporting year: **1st April 2019 - 31st March 2020.**

# What Have We Done?

We delivered a total of **438 classes** throughout the year, across the three steps of our programme.

We worked with a total of **201 participants** throughout the year.

We received a total of **114 new referrals** to the programme.

Of our new referrals, **86% were from NHS services.**

We recorded a total of **3365 attendances** at our various groups.

We have worked with **10 freelance tutors**, who have a wide range of skills and specialisms. Participants were able to take part in many creative activities, including glass painting, wreath making, jewellery design, felting, gardening, sewing and photography.



**"You've achieved just getting out the door for a few hours. If you've made something that you didn't think that you can do and it's turned out great, then you're like - even better. You know, it just gives you a boost."**

# Step Three

We ran **110 wider participation classes**

through the year in topics ranging from crochet to photography. This includes **40 machine sewing classes**, in partnership with Glasgow Clyde College, the launch of our volunteering programme and a photography class.

# Step One

We delivered **85 outreach sessions** throughout the year at **6 health settings** across the south of Glasgow.

By running these blocks of classes, we engaged with a total of **94 participants** in health settings familiar to them.

# Step Two

We ran **243 internal classes**, delivered by our creative tutors at our base in Govan.

Due to demand, we started a new weekly group, taking our total to **6 groups a week**.

There were **2190 individual attendances** recorded throughout the year.

# Step One

## Referral

Over the last year, we have received 114 new referrals to the service, 86% of which were from NHS services.

We have a key contact with each health setting that we operate from. They not only refer individuals to the group, but inform other members of staff, such as GPs, CPNs, OTs and nurses about the service and how they can get their participants involved. These successful relationships have meant that each class we have run over the past year has been at full capacity. In a number of instances, healthcare professionals have referred directly to our community classes (Step 2) through the identification of individuals who still need support but who feel able and confident to join at a further stage.



t PlantationProduction Retweeted

Phil Donnelly @philmakeslinks · Apr 26, 2019

The Creative Steps class at Midlock proudly displaying their work! Well done everyone and gratitude to Tina, @Plantation

1 3 7

Our links with other third sector organisations are additionally strong. We both receive referrals from organisations such as CarrGomm, GAMH and SAMH as well as providing information to our participants about further charity run community activities that they can get involved in, such as other arts organisations, women's groups and community activities organised by Govan Housing Association.

# Outreach

Through building connections with NHS services, we are able to offer our classes within health settings as part of our outreach programme.

Why outreach works:

Participants are going somewhere that they are already familiar with, alleviating some of the initial anxiety.

We are able to better engage with those who may be considered harder to reach due to the nature of their mental illness and levels of isolation, enabling us to better fulfil our remit of serving the needs of our community as a charity and ultimately better fulfilling our aim to encourage positive mental health and peer support through the facilitation of creative participation.

"Before I came to this group, I was stuck in my house, terrified to go out. And I spoke to my GP about being homebound and my GP referred me to a young man at the Govan Health Centre and he sent me here. And coming here was huge for me. So this is the first thing that I started coming to, and because of this group I have been able to go out by myself. It's given me so much confidence and I feel very safe here."

**This year, we delivered a total of 85 outreach sessions.**

We have run classes from:

- **Brand Street Resource Centre,** Govan
- **Govan Health Centre**
- **Midlock Medical Centre, Ibrox**
- **Pollok Health Centre**
- **Rosssdale Mental Health Resource Centre,** Pollok
- **Stewart Mental Health Resource Centre,** Castlemilk

t PlantationProduction Retweeted

NHS Greater Glasgow and Clyde @NHSGGC · Dec 11, 2019

MHTs in one CMHT are running a jewellery making group with @PlantationP which helps patients engage in meaningful activity, learn new skills and connect with others to build confidence and develop a social network #ValueOfOT #OccupationalTherapy #Creativity



18 5 18 5

# Step Two

Each week, our Step 2 participants meet to take part in a wide range of creative activities. Our freelance tutors deliver these workshops whilst also facilitating group discussions and encouraging peer support between participants.

There were a total of **243 internal classes** taught by our freelance tutors throughout the year.

Workshops last for 2 hours and, as of March 2020, we have 6 running each week. Participants are signed up to one of our weekly classes and will attend the same class each week, enabling them to get to know the other people in their group. There is no engagement time limit - participants can attend for as long as they want to, promoting the development of structure in the week, on which to build on.

A total of **122 people attended our Step 2 groups** within the year.

**"I feel at ease in here, and I feel really relaxed and I think Vanessa helps you to feel like that because she just makes everyone feel so welcome and she is so helpful with whatever we're doing. Everybody at the end walks out with whatever they've made. You've got the confidence to do the things."**



# Activities

We have covered a vast range of arts and crafting specialisms over the past year: all of which have been planned to be at an appropriate and approachable level for all.

Some highlight examples include: **Potting plants, cake decorating, jewellery making, designing with polymer clay, felting, decoupage, trinket box decorating, glass painting, sequin models and rock painting.**

In addition, our tutors plan engaging seasonal events such as joint art projects (see page 12) and a range of workshops for specific times of the year, such as autumn wreaths, and end of year festive celebrations and activities. Where possible, we try to take part in festivals and awareness weeks - particularly those relating to wellbeing and creativity.

# Step Three

## Further Classes

### Sewing

Our Machine Sewing classes continued to be popular this year. From beginners to advanced levels, our sewing workshops taught a range of sewing skills, both in creating new items - like bags, children's toys and cushions - and also in adapting and adjusting clothes.

In total, we delivered **40 Machine Sewing Classes**, 20 of which were provided by Glasgow Clyde College.

In the Autumn term, Glasgow Clyde College kindly gave 10 of our participants the opportunity to undertake a certificated class to achieve an **SCQF Level 3 in Basic Sewing Skills**. All participants successfully completed the course and have been awarded with a certificate to evidence their skills.

**"I've made things that I didn't think that I could do. I didn't even know that I could thread up a sewing machine. So I'm learning new skills, and I'm coming up for 55. I didn't even know how to sew before it."**

Glasgow Clyde College, Community Learning & Development Team is 🎉 celebrating success.  
17 February · 0  
Congratulations to you all!



PLANTATION.ORG.UK  
**Awards for our Advanced Sewing Class**  
Our advanced sewing class were given the opportunity to complete a SCQ...

### Volunteer Led Classes

Participants were able to take part in a number of extra classes, provided by our internal volunteers. This included knitting, crochet and dreamcatcher making. In the last year, our volunteers taught **58 Skill Share Classes**.

Additionally, we worked with an external volunteer photography tutor to deliver **12 Photography for Beginners classes** for participants.



# Volunteering

In July, we launched our internal volunteering project as part of our Step 3. Participants who wanted to get involved in the project had the opportunity to take part in different roles, depending on their interests.

Our aim is to give people an extra activity to engage them and build on their skills – both personal (such as confidence and self-esteem) and professional (skills development). For some, this was a first step to getting back into work or training.

**We have had 10 people take part as part of the pilot project.** This includes: 3 Skill Share Tutors, 1 Class Assistant, 1 Befriender and 5 Service Ambassadors.

# Community Choir

The Govan Allsorts Community Choir meet weekly to rehearse a wide selection of songs and sing at a number of events throughout the year.

As well as performing for our community, the choir get involved in a number of events to raise awareness or funds for good causes. Highlights over the past year include the opening of the Govan Loves Christmas celebration, the Govan Fair and a charity fundraiser at the Buchanan Galleries.

The choir have built a great reputation for their performances - many of which can be seen online.

# Events

## Scottish Mental Health Arts Festival

Our take on this year's **Connected** theme was to involve our groups in a creative project that all could contribute to. This took the form of a large flower, made up of various crafts: woodwork, painting, string art and beading.

We set up an interactive exhibition for all participants to attend, involving the flower display, a collective display of artwork created over the year and small workshops in painting and logo design.

Following this, we had a film screening to show participants one of the short documentaries about arts and wellbeing created by Plantation Productions.



## Window Wanderland Event

In February we took part in the first Govan Window Wanderland event, alongside many other local charities and businesses.

The event took place in the evening, meaning that lights could be used in the windows to bring the displays to life. A walking path was plotted through Govan so that the streets became a temporary interactive art display.

Based on the theme of **Heritage**, our participants collectively designed a display involving folded craft paper and plants.

Many people turned up to walk the trail, creating a great sense of community through collective creativity.

## RSA / Alliance Conference

In September we were invited to speak at a conference facilitated by the RSA and Alliance on the radical change needed to mental health support in Scotland.

Our Director Moya spoke about how we can use the arts as a tool for recovery, highlighting our work in delivering community based creative activities. Moya was joined by participant and Creative Steps volunteer Colin, who spoke about his own experiences of mental health and his engagement with the service.

The events was a great starting point for discussions around new directions for mental health care, with particular emphasis on joint working between statutory and charity sectors.



**"Being part of the group, and the tutors, they make you feel as though you have accomplished something each time you come. And I've learned so many new things - things that I will use in life, and its been so so so worthwhile"**

## Evaluation Sessions

As a programme offering direct services, we are in a position of being able to advocate and speak for the benefits of using creativity and peer support for positive mental health.

Our evaluation sessions, set over the first week in November, enabled us to speak directly with participants and with a variety of stakeholders like NHS staff and referrers to the service, to address what is working, what can change and what is needed.

The results of these evaluation sessions can be viewed in our Social Return on Investment (2019) Report, our short film on the Creative Steps Programme and throughout this report.

# What Difference are we Making?

## OUR AIM:

People experiencing a mental health condition are better able to manage their condition so are reconnecting with society, contributing to the community and living a more fulfilling life.

We measure this for the 2019/20 period based on the following five outcomes:

## People experiencing a mental health condition are learning new skills.

**61%** of participants agreed that since joining the group they have gone on to do arts and crafts in their own time.

**89.6%** agreed that they enjoy taking part in creative activities.

## On a 1-10 scale, average scores increased:

Ability to concentrate: **4.08 to 6.29**

## People experiencing a mental health condition are less socially isolated.

**87%** of participants agreed that, since starting in their Creative Steps group, they feel more confident to get involved in other classes or activities.

**75%** agreed that they feel able to share and talk about things when they attend their class.

## On a 1-10 scale, average scores increased:

Feeling connected to my community: **3.98 to 6.14**

Feeling confident: **3.94 to 6.28**

**"It's the first thing that I've come to, somewhere out my house, where I'm connected to people like myself it so many different ways. It is nice to be connected to something."**

Full data and sources on pages 22-25.



## **People experiencing a mental health condition feel more able to manage life's challenges.**

**66.7%** agreed that they feel more able to concentrate.

**83.3%** agreed that doing something creative helps to distract them from negative things.

### **On a 1-10 scale, average scores increased:**

Ability to cope with problems: **3.85 to 5.49**

## **People experiencing a mental health condition have a more positive outlook.**

**70.8%** of participants agreed that they feel proud of what they create.

**87%** agreed that, since joining their Creative Steps group, they can see positive changes in themselves.

### **On a 1-10 scale, average scores increased:**

Feeling that I have a sense of purpose: **3.94 to 6.04**

Feeling pride in my achievements: **4.30 to 6.57**

Things to look forward to: **4.48 to 6.40**

Hopeful for the future: **4.7 to 5.94**

## **People experiencing a mental health condition feel less alone with their condition.**

**81.3%** agreed that attending the group reassures them that others are feeling a similar way.

**72.9%** agreed that they feel understood by the people in their group.

### **On a 1-10 scale, average scores increased:**

Feeling understood: **4.27 to 5.79**

Feeling able to talk about problems: **4.23 to 5.47**

# Case Studies

"I have suffered from recurring depression since I was 19 years old. My late mother and brother who both took their own lives suffered from manic depression so our childhood was very fraught with anxiety and fear. My illness has robbed me of my life and any happiness I may have had for many many years. I am totally alone in my illness at home.

I used to think psychiatrists would find a magic pill to make me better. When I realised that was not going to happen it suffocated me. It causes me to be painfully lonely and isolated. It robbed me of my career. I spent my whole life building up my career. I just threw myself into it heart and soul. Therefore when the day came that I just couldn't face the facade anymore there was nothing to fall back on or to catch me. This was truly terrifying. I go to bed each and every night and continually wish not to waken in the morning. Not having my career now has intensified my loneliness and isolation. I have no contact with the outside world anymore.

I was offered a place on the Monday afternoon arts and crafts class with the brilliant Vanessa. Vanessa can especially really tune into where I am coming from too and she is so accommodating and utterly thoughtful in the activities we are doing.

Being part of Creative Steps has both shown and reassured me that although I am totally isolated I still have the ability to be around folk and actually enjoy their company. However the main reason I can enjoy everyone's lovely company at the amazing Monday group is because each and every single one of them are truly special, genuine, caring, supportive, compassionate individuals with their own stories. All of us being together gives us strength and the capability to participate and join in together. No-one asks any personal questions or expects anything from you because we are all the same in different ways.

Even if you don't feel able to participate in the activities you can just sit and enjoy a cup of tea and join in with the blethering or simply just sit quietly if that's how you feel.

Creative Steps has I feel reached out and given me a special connection to such a special group of individuals and it feels so good to actually feel and be connected to something so utterly unique and totally safe.

Two of the lovely ladies I am so very touched and delighted to say have reached out to me to offer friendship, phone contact and when I am actually able to leave my home unassisted we are going to meet for coffee and whatever else we feel liked doing. I was so moved that they could see me as in "see me" by just being around me. We keep in touch by texting and it's so nice and it's outside contact too which is amazing.

Having the honour of being a part of Creative Steps is sooooooo good for my mental health, heart, soul and spirit. If I wasn't part of it I can truly say that it would be detriment to my mental health. It would set me back months and it would increase the isolation and loneliness."

Due to being unwell, my mind is not a stable place. The Craft group is a place of stability in the chaos and helps deal more than most other things in my life. Even in hospital this was a place I could come and create things in the face of self-destruction, and around people in the comfort of moments.

I wasn't in a good place when I first started coming to a group. I was very anxious and unsure of myself. Being in a group has made such a difference. I have made friends, some of whom I meet up with for coffee or lunch. I am enjoying learning new crafts.

I would recommend anyone that has mental health problems to give this group a chance. It's scary, and you don't know anyone but that is now met my friends. Come along as we're all in this together to help, to talk, to listen, to have a cup of tea and to learn...that we can do this.

Coming along to our group has truly opened up my world in such a special way.

Instead of only being to stay frozen on the couch a sleep. I can come along and enjoy being around people like myself

xxxx

Love making things. I now do some activities at home like jewellery making and book folding also Makercards. I would never have done any of these things if I didn't come to this group. My daughter has now begun craft making as well.

SINCE COMING TO THE GROUP I GO FOR COFFEE WITH SEVERAL FRIENDS FROM THE GROUP I EVEN HAVE LUNCH SOMETHING I COULDN'T DO BEFORE THE GROUP HAS OPENED UP MY EYES TO SO MUCH MORE LIFE BEYOND MY FRONT DOOR IT'S A WONDERFUL WORLD OUT THERE.



Creative Steps:  
A social return of £7.55  
for every £1 invested

# Our Learning

In order to better understand the impact that we are having, enabling us to learn and contribute to the wider conversations on community activities, mental health and creative participation, we carried out a Social Return on Investment evaluation in November.

This involved a full and creative evaluation, implementing methods such as connections maps, dot charts, 1-10 scales, focus groups and word charts in order to fully measure impact and change relating to our five outcomes and overall aim. The data, which was externally verified and calculated, showed **a social return of £7.55 for every £1 invested** in the service.



We believe that this not only demonstrates the effectiveness of Creative Steps as a viable model, but can additionally be used to both evidence the impact of creative participation and peer support for positive mental health and also the vitality of connected

**"Coming here, you are coming to be part of something. You are coming to learn new things, you are coming to make things, you are coming to share knowledge that you've got."**

working between third sector and statutory services in providing support to an individual.

The information, feedback and data that we collect is a valuable resource for those interested in the impact of community based activities who are providing a vital and complementary part of an individual's care plan. Our model is in line with initiatives such as social prescribing systems, recovery focused care, thriving places initiatives, health and social care integration models and Scottish Government planning for mental health and wellbeing.

We hope to use our learning to advocate for this model and the advancement of this approach. This year, we have been involved in various events in which we have spoken in regards to this - such as the Alliance / RSA Conference on arts and wellbeing, in which we spoke about using arts as a tool for recovery.

# What Next?

## Response Planning

We start our 2020/2021 year in a very different position to our previous years. Due to the global Coronavirus pandemic, we are unable to offer our services in their usual format. The uncertainty around this restricts both current delivery and future planning.

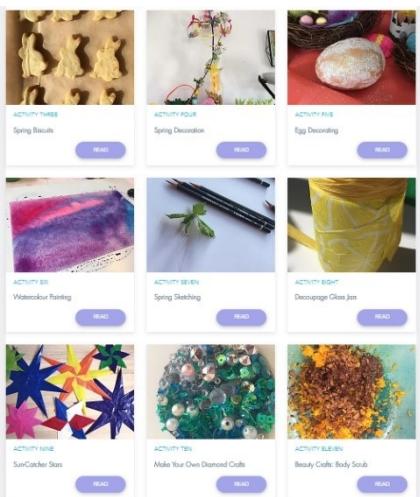
As a programme that ultimately aims to improve positive mental health and to reduce isolation through using peer support based creative groups, we are in a position where we are unable to offer our standard services initially.

We anticipate an increase in poor mental health, due to: the effects of enforced isolation, the lack of availability of statutory mental health support and significant changes to routine and the usual ways of life - both for our participants and for many people in our wider community. This may also lead to participants disengaging from our service.

The start of the third and final year of our National Lottery Community Fund grant was planned to be a year of continued growth and wider development. We still plan to facilitate this, as far as reasonably possible, however will have to focus on providing distance services initially.



### Our coordinated approach to addressing this is as follows:



- Providing regular creative post packs for participants, with the aim of giving people something to do and to let them know that we are thinking of them.
- Creating a digital, temporary blog to post updates, resources and tutorials developed by our creative freelance tutors.
- Providing creative packs, filled with materials, that can be collected or dropped off safely to participants.
- Providing online groups for interested participants, facilitated by our Lead Artist.

# Future Plans

## 2020 / 2021

In addition to continuing our current work, we hope to:

Develop our volunteering project to external volunteers, offering new roles and opportunities to get involved.

Create links with academic institutions to offer placements for students in workshop facilitation.

Develop our Step 3 to offer more, and a wider variety of activities.

Increase our multi-group activities, where our groups collectively work on a project (such as a joint craft, an exhibition and our window displays).

Plan demographic specific groups to target less represented groups of our community, including: men, BME groups and young people.

Be actively involved in events, conferences and discussions around arts and creative participation for positive mental health.

Development of the service model into a transferable package that can be used in other areas.

Increase and develop our partnerships and networks with statutory and third sector organisations to plan appropriate outreach activities.

# Year Data

The following data refers to the activity and progress of the Creative Steps Programme in the reporting year: 1st April 2019 - 31st March 2020.

Where data is lower than expected, due to the closure of the service in response to the Coronavirus Pandemic in March, indication has been given to the amount that would have been expected if this was not the case.

## In the 2019 / 2020 reporting year:

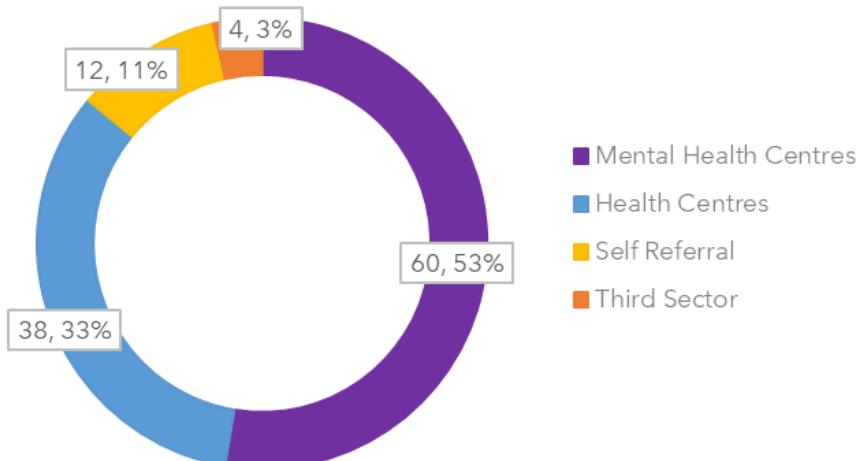
### Referral

**201** People attended the programme in some form.

**114** of these were new referrals.

**82.5%** of new referrals were to Step 1 (outreach classes).

**86%** of total new referrals were from NHS services.



Graph 1: Referral Sources

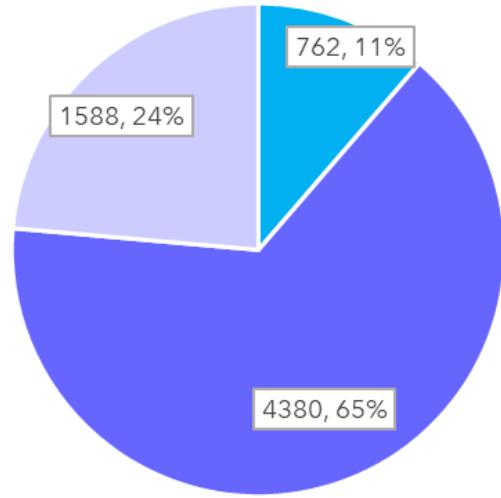
- Our age range was from **21 - 79**
- Our client group remains primarily female, at **96.5%**

# Engagement

**10** Freelance artists were part of our creative network and delivered workshops.

**6** Outreach locations worked from

**438** Classes delivered in total



Graph 2: Hours of Direct Service Provision Received by Participants, Split by Step

	Number of Groups	Number of Sessions <sup>1</sup>	Total Attendances
<b>STEP 1</b>	13	85	381
<b>STEP 2</b>	6	243	2190
<b>STEP 3</b>	9	110	794
<b>TOTAL:</b>	<b>28</b>	<b>438</b>	<b>3365</b>

1. Due to the Coronavirus, a total of 32 classes were cancelled across the three steps. These are not included in the above figures.

# Progression

**98** Instances of an individual progressing to a new, or additional step<sup>2</sup>.

**10** Individuals signed up and took part in the new volunteering project:

**3 Skill Share Tutors** who delivered **58 skill share classes** as part of our Step 3 activities.

**1 Class Assistant** who completed **5 workshop sessions** with our tutor to develop her skills

**1 Befriender** who ensured that new participants to her group were made to feel welcome.

**5 Service Ambassadors** who spoke at **10 outreach events** to support participants at Step 1.

**150.5** Hours volunteered by both our internal and external volunteers.

2. At the time of Coronavirus closure, a total of 31 individuals were signed up to attend Step 1 (our outreach classes), so in normal circumstances would have been offered the opportunity to progress on to Step 2. These are not included in the above figures.

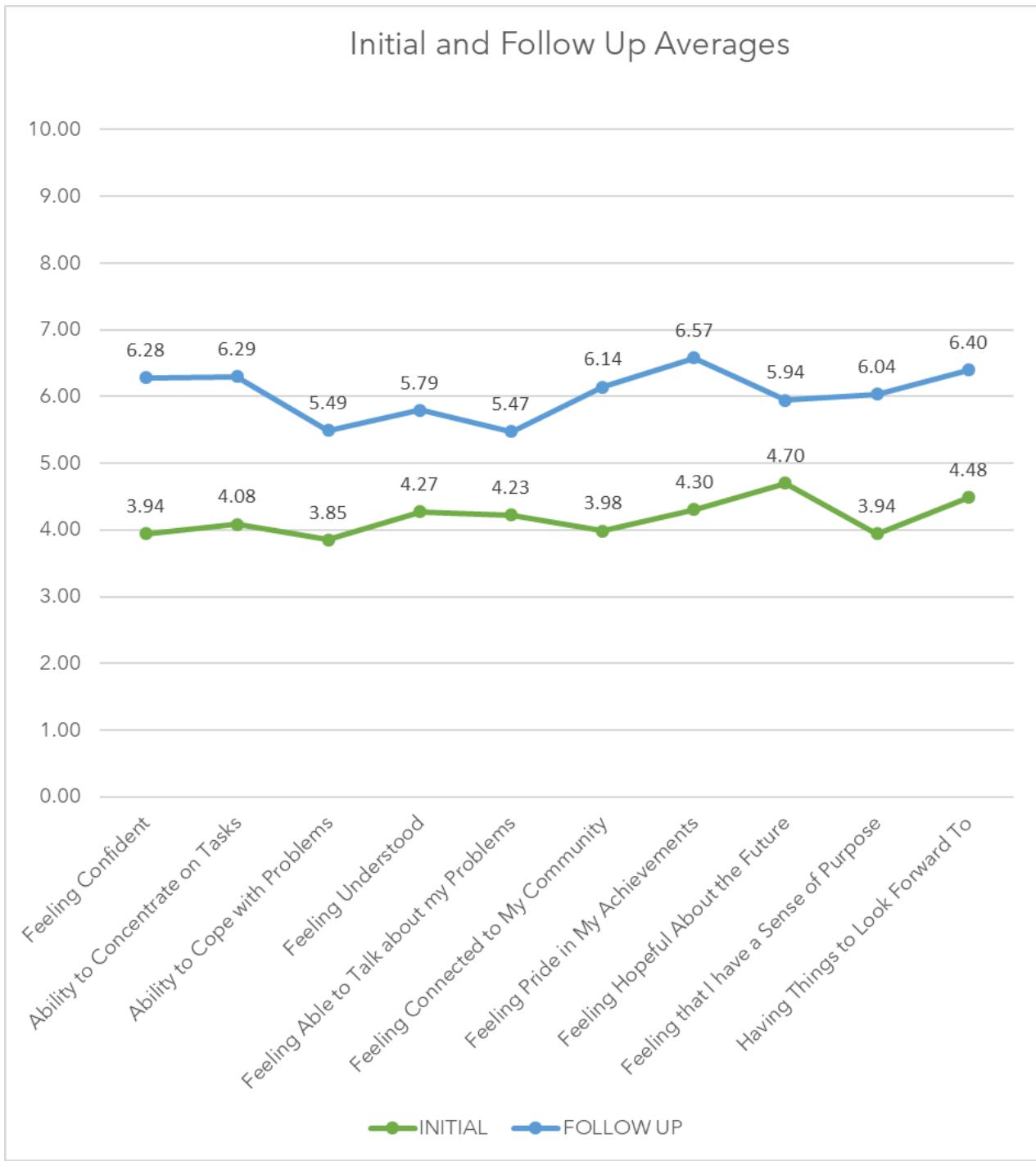
# Year Data

## Outcomes

### Our Evaluation Process

- Individual Initial and Update scoring, using a 1-10 scale for 10 indicators and 3 Yes / No questions. **54 Participants Completed**
- Annual Evaluation Sessions (w/c 4th November 2019) involving focus groups, connections maps and dot charts. **48 Participants Completed**
- Ongoing capture of data throughout the year.

STATEMENT	% AGREE
I look forward to attending my group	85.4%
I feel understood by the people in my group	72.9%
I feel able to share and talk about things when I attend my class	75.0%
Attending the group reassures me that there are others feeling a similar way	81.3%
I feel more able to concentrate	66.7%
I can be myself in the group	75.0%
I feel proud of what I create	70.8%
I enjoy taking part in creative activities	89.6%
Doing something creative helps to distract me from negative things	83.3%



**Graph 3: Average Initial and Follow Up Scores for various indicators on a 1-10 scale. This contains all participants who completed a Follow Up form in the reporting year.**

SINCE JOINING YOUR CREATIVE STEPS GROUP:	% AGREE
Have you done any arts and crafts in your own time?	61%
Do you see any positive changes in yourself?	87%
Do you feel more confident to get involved in other activities or classes?	87%

# Other Resources

## Film

To show people more about the Creative Steps service, we commissioned a short film which shows what we do, how we do it and why. It was important to us to give a voice to those who attend our service, meaning their comments will be found throughout.

You can view a copy of the film on the Plantation Productions Vimeo page. Alternatively, get in contact with us and we will send you a link.



## Publications

This year, we have published the following documents and reports:

- **Social Return on Investment Report**

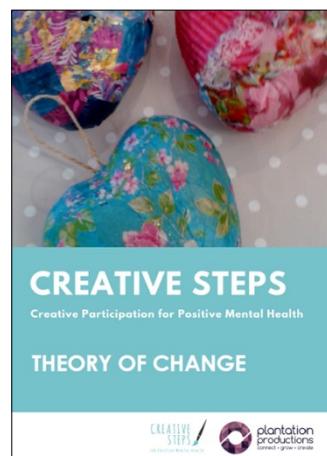
Published January 2020

- **Creative Steps Theory of Change**

Published August 2019



If you would like a copy of any of these, please get in touch.



# Further Information

If you would like any further information about our work, please get in touch using the details below. You will also find information, resources and updates at the following sources:



[www.plantation.org.uk](http://www.plantation.org.uk)



[@Plantation.PProductions](#)



[@PlantationP](#)



[@plantationp](#)

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