Grown Ups and Wigglers
Stratford Upon Avon and Warwick
Evaluation report
April to July 2017 and January to February 2018
By Jenny Davis, Arts Uplift CIC (March 2018)
**Introduction**

Between 24 April 2017 - 28 July 2017 and 8 January-12 February 2018 a programme of 29 inclusive creative movement sessions was delivered in 2 community spaces in Warwick and Stratford Upon Avon with under 5’s and their parents/carers. Also an under 5’s creative movement training session happened as well as the mentoring of a dance student.

“Dance has provided a magical moment of creativity and connection every week. x’s confidence, self-awareness and ability to develop stories have grown” Participant Stratford Upon Avon

“It’s really lovely to find a class that is proactively advertised as being inclusive for disabled children-that is really welcome, thank you ”Participant Warwick

During the programme,

- 42 individual children under 5 years and their parents/carers participated in at least one session
- 1 person was mentored in creative movement with under 5’s
- 3 people attended the training session
- 1 family came to the Stratford **and** Warwick sessions
- 2 dance workers led the sessions and 2 Entrust Care Partnership buddies supported the sessions also.
- 1 family that participated had a child with an additional need
The venues for the workshops were:
• St Paul’s Church hall, Warwick
• Tyler St Community Centre, Stratford Upon Avon
• This project was kindly funded by Warwick District Council and Arts Council England

The Partnership
Arts Uplift CIC is a community arts company that specialises in arts and health and heritage. Its uses all of the arts to improve communities mental and physical well-being across Warwickshire and Worcestershire. It also preserves and celebrates local history and heritage. www.artsuplift.co.uk

Entrust Care Partnership aims to meet the needs of disabled children, young persons, adults and their families and carers through the provision of short break activities, care, support, training, advice and brokerage tailoring services which are bespoke to the individual. www.entrustcarepartnership.org.uk

Arts Uplift CIC project managed the project as well as supplying the arts workers for delivery. Entrust Care Partnership was the lead organisation and sourced the funding. They promoted it also to their contacts with families with children with additional needs.

“For us as an organisation it has indeed increased the interest & commitment to the arts in our work generally.-ECP have been introduced to a new way of working creatively with movement which includes parents/carers and under fives” (Entrust Care Partnership)
The evaluation methodology

The intended outcomes of the project were to;

- Encourage families with children with additional needs to participate in an inclusive creative movement setting
- Increase the child’s engagement with the activity
- To encourage a strong connection between child and parent/carer
- Help the child under 5 years to improve their physical and emotional development
- Increase the physical and mental well-being of the children’s parents/carers
- Mentor and train 2 student or volunteer dance workers in Early Years Creative Movement with a view to them running the classes afterwards
- Run 2 training sessions in Early Years Creative Movement
- Document the project through a short film
- Create photographic evidence

The outcomes were gathered in various ways such as a pre and post questionnaire, interviews, observations, a short film and photographs.
Delivery

The workshops
There was 17 x 1hr sessions in Warwick and 12 x 1hr sessions in Stratford Upon Avon. Each were 1hr each, 45mins of creative movement and 15 mins of social time with refreshments. Each week was a different theme such as ‘under the sea’ or ‘going to the park’. Lots of props were used every week to support the imagination such as stretchy material or foam poles or watering cans etc. There was a charge of £3.50 per week per family and it was pay as you go.

The sessions were structured to the theme and used lots of music but were also loose enough to encourage creativity within that. Each session started and ended also with a song that became familiar to the participants.

1 dance student was mentored by the lead dance worker who came to most of the sessions. The lead dance worker met with the volunteer before the sessions to discuss what they were doing and the volunteer supported in the sessions. As time went on the volunteer led some of the activities.

The Practitioners
Most of the sessions were delivered by Kath Kimber-McTiffin from Wriggle Dance Theatre who specialise in Early Years creativity. Also Love Ballet was used for 6 sessions in Warwick from January to February 2018.

“We have loved the class, very well ran with different themes each week”
Participant Stratford Upon Avon

Also an Entrust Care Partnership buddy was supporting at each session both at Warwick and Stratford Upon Avon to help with families with children with additional needs.
The Training

There was 1 training session for 3hrs at St Paul’s Church hall, Warwick. 3 people came to the training from arts and non-arts backgrounds and who work in Early Years settings. There was no charge for the training.

The training was a mixture of discussion and practical.

“Thank you, was so helpful and inspiring, left me with new ideas” Participant

The Results

Activity
In the initial grant applications we intended to run 24 creative movement sessions. In reality we ran 12 x 1hr creative movement workshops in Stratford and 17 x 1hr creative movement workshops in Warwick in the summer term 2017 and Winter term 2018 for children under 5 both disabled and non-disabled and their parents/carers.

Alongside this we did run a mentoring scheme for 1 volunteer from a dance background at the Warwick group who learnt how to run such movement sessions in an inclusive setting. She had meetings with Kath the lead dance worker and shadowed her as well. As time went on she led more of the sessions. We did not get a volunteer for the Stratford group so we were unable to fulfil this part of the project. Due to teaching commitments and her course our volunteer was unable to continue the group herself as planned after the 12 weeks. We did try and recruit other volunteers to run it but we were not successful in getting someone. Also, because of this Kath was unable to do the 12 monitoring sessions after the project was going to finish. However, she spent the equivalent time outside of the sessions with our volunteer dance worker on mentoring.

We did run 1 training session for 3hrs that Kath ran for people that were interested in running a creative movement session with the Early Years settings. We did not get
the uptake we thought to run 2 days of training so Kath used 1/2 day of this time giving more time to the volunteer dance worker.

As we did not have a volunteer to run the groups afterwards we decided to use the money and run another 6 x 1hr creative movement sessions in Warwick, which was the most popular group. Laura from Love Ballet ran these. We had a mixture of people from the past sessions and some new families. Again there was 45 mins of creative movement and 15 mins of a social and refreshments.

A short film was produced by Reel Eyes Films showing the Warwick and Stratford sessions as well as interviews with Entrust Care Partnership and Arts Uplift. This is the link https://youtu.be/C2t36AHBLc4

We worked with more children and parents/carers than we originally thought, but these families did not come as regularly as we had hoped so our income from this was down.

Perhaps one reason for this is running a drop in session rather than pay for a term is hard to get continuity of attendance. People tended to drop in and out of the project when they could, but sometimes there was only 1 family because of this in a session which put a lot of pressure on that family.

For the people that attended and enjoyed the sessions we think this has created a creative legacy for parents and the children who continue into their next phase of education/pre school/nursery. One parent, for example, enjoyed the sessions so much she bought some props and is doing it at home with her son. On more than one occasion also the parents/carers have said this class is the one class that their child talks about at home, suggesting that they were really engaged and enjoyed the creativity.
**Questionnaires**

Through our pre and post questionnaires it can be seen that the children engaged more in the class, the parents had a stronger connection with their child, the children's balance had improved, the children's co-ordination improved and the children's strength improved.

Also through our pre and post questionnaires it can be seen that the adults flexibility improved, their strength improved and their balance improved.

From the people that filled out the questionnaires, 7 children had never done dance before and 4 of the adults had never done dance before. We hope this experience will encourage them to participate in another dance session in the future or go and see dance.

**Interviews**

The dance workers and Entrust Care Partnership Buddies were interviewed after the project finished. Eleni, the Entrust Care Partnership assistant in the Warwick sessions, said

“I am more confident and adventurous after doing the sessions. I have been bringing the creative skills that I learnt in to the sessions where I work with other children with additional needs, such as using a chiffon scarf as a butterfly with my client, being in the garden and more physical and flexible as well. “

Kath the lead dance worker said
“I thought the parents all really enjoyed the project. Charging for the sessions meant the people that came really wanted to do it. In the past when we have not charged anything the people haven’t engaged as much and you get too many people”

Observations
For the children, observations from the artist, assistants and parents/carers show that they have grown in confidence, self-awareness and the ability to create stories. Some parents/carers have shared that their child has learnt to crawl or pull themselves up by watching the older children in the classes.

Also we observed that the parents/carers grew in confidence and became more bolder creatively with their movement and the use of their bodies. This confidence will help them in their lives generally.

Organisational learning

Entrust Care Partnership CIC

- Staff and Volunteers gained confidence in the medium of dance and as a consequence have increased their skills and abilities. Staff and Volunteers now have a greater awareness and understanding of the creative process.

- Staff and Volunteers learnt how to use resources more effectively to enhance creativity and imagination. Staff and Volunteers have embraced a love of movement and the arts in general which has widen horizons.

Entrust Care Partnership have since also run a dance project with older children with additional needs which ended up with a performance at The Other Place in Stratford Upon Avon and run further creative movement sessions in Rugby.
Arts Uplift CiC

- This approach to dance sessions works really well for all ages under 5 years and they can access it as babies as well as toddlers. The sensory approach works really well for this. This approach also works well for children with additional needs as they engage well.

Also making a short film about the project has helped market the sessions better to other organisations and to parents/carers. They have been impressed with the film and therefore want to get involved.

However, It has proven difficult to attract families to this type of work in a community setting that have children with additional needs. These days a lot of the children are in nursery or the nursery's provide stay and play sessions of their own.

“We did not attract the numbers of children with additional needs that we had hoped for. Perhaps in the future we need to work closer with the nursery’s who have children with additional needs to reach these children. We also wondered if this age is harder to attract children with additional needs as they may have not been diagnosed yet.“ Jenny Davis Arts Uplift CIC

This project has increased the interest and knowledge in inclusive work and doing work for children with additional needs. This will then be brought in to future planning and ideas which will generate more work of this kind.

The training

For the people that attended the 1/2 day training session they all learnt new skills and new ideas that they can use in their own work. Two of the participants had not done any early years creative movement training before at all so this was all new ideas for them. This will increase the amount of creativity being used in Early Years settings. One participant said the training had given them new ideas of how to involve the parents as well, so through this more arts work.

“Great afternoon, very informative and creative” Participant, Warwick
Leah, our dance volunteer that shadowed Kath, said

“I’ve learnt lots of things and have never done anything like this before. I can transfer these skills to working with older children also.”

She can now add this to her CV of skills. This will enrich her delivery and approach in all the work that she does in the future.

**Recommendations**

- If you want people to attend more consistently consider charging termly or ½ termly

- Consider running Grown Ups and Wigglers in nursery settings where children with additional needs attend. The inclusive setting did not seem to attract families with children with additional needs.

- Consider trying an inclusive Grown Ups and Wigglers for older children as an after school club or weekend activity

- One of the aims was to encourage the parents/carers to become friends and help support each other outside of the sessions. This did not seem to happen so perhaps think of ways to support this in the social time at the end of the sessions.
Conclusion
It is very difficult to measure the impact of a creative movement class on a pay as you go basis due to the inconsistencies of people’s attendance and the subjective nature of the project.

However:

- Of the families that attended regularly they seemed to enjoy the sessions

“This is the best children’s class we have come to because of the balance between imaginative structured exercises and personalisation” Stratford participant

- 1 family did participate with a child with additional needs and valued it

“it’s really lovely to find a class that is proactively advertised as being inclusive for disabled children, that is really welcome” Warwick participant

- From observations and questionnaire feedback it can be seen that most of the children that engaged over time increased their engagement in the activity

- Most of the parent/carer and child’s connection with each other were already strong before the project but for some this increased

- Most of the children under 5 years improved their physical and emotional development

“x’s confidence and self-awareness….have grown” Stratford participant

“X has opened up in class and is happy to join in on her own if I am helping x” Warwick participant

- Some of the parents/carers increased their physical well-being but only some mentioned an impact on mental-well being

“The relaxation to explore has been wonderful” Stratford Participant

- 1 dance student was mentored and trained in Early Years Creative Movement and intends to use the skills in her future work

- 1 training session took place in Early Years Creative Movement and 3 participants learnt new skills

- 1 Documentary film was made to act as a legacy for the project
Appendix 1

Grown Ups and Wigglers Pre- questionnaire Rugby

Your name………………………………………………………………………………………………………………………………………………

<table>
<thead>
<tr>
<th>Question</th>
<th>Low</th>
<th>High</th>
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</thead>
<tbody>
<tr>
<td>1) My child is engaged in the class</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>2) I feel a strong connection with my child</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>3) How well do you think your child has good balance?</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>4) How well do you think your child has good co-ordination?</td>
<td>1</td>
<td>5</td>
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<tr>
<td>5) How would you rate your child’s strength?</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>6) Has your child done any dance before (please circle)</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>7) How much do you rate your own flexibility?</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>8) How would you rate your own strength?</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>9) How would you rate your own balance?</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>10) Have you done any dance before? (please circle)</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>11) How did you hear about the class?</td>
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</tbody>
</table>

Thanks very much
Appendix 2

Grown Ups and Wigglers Post- questionnaire Warwick

Your name...........................................................................................................................................................................

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<thead>
<tr>
<th>You and Your child</th>
<th>Low</th>
<th>High</th>
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<tbody>
<tr>
<td>1) My child is engaged in the class</td>
<td>1 2 3 4 5</td>
<td></td>
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<tr>
<td>2) I feel a strong connection with my child</td>
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<tr>
<td>3) How well do you think your child has good balance?</td>
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<td>4) How well do you think your child has good co-ordination?</td>
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<td>7) How would you rate your own strength?</td>
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<tr>
<td>8) How would you rate your own balance?</td>
<td>1 2 3 4 5</td>
<td></td>
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</tbody>
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9) Please share what improvements or benefits both physically or emotionally you have seen of your child over the last 12 weeks

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10) Please share what improvements or benefits both physically or emotionally you have seen of yourself over the last 12 weeks

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Any other comments?.......................................................................................................................................................................
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Appendix 3

Grown Ups & Wigglers

inclusive creative movement sessions

Professional dance teacher

under 5 years

£3.50 per week (£1.50 concessions) with refreshments

Monday's 10 to 11 am
St Paul's Church, Warwick

Friday's 9:30 to 10:30 am
Tyler House, Stratford

To book and for more information
Jenny Davis
07946 585978
Jenny@artsupliff.co.uk
grown ups and wigglers
Appendix 4

About Jenny Davis

Jenny Davis has been working in community arts since 1994 after graduating with a Drama, Theatre, Media and Communications degree.

For the last 11 years Jenny Davis has been working for Wychavon District Council, as Arts Development Officer. Particularly in the last 4 years she has been working in arts and health. She has run projects with people living with dementia through regular music workshops at Number 8 Arts Centre and in care homes, as well as currently developing an arts project for people who are obese or over weight.

Since August 2016 Jenny Davis has also set up and run Arts Uplift CIC a community arts company specialising in arts and health and heritage [www.artsuplift.co.uk](http://www.artsuplift.co.uk). Through this she has run five inclusive creative movement classes across South Warwickshire and Wychavon District for under 5’s and their parents/carers. Also, she project managed True Tales, a storytelling and visual art project based on the themes of new beginnings and journeys in Evesham. This was with two schools, some people from Eastern Europe, an older person’s group and a group of people with mental health issues.

For more information about Jenny Davis contact jenny@artsuplift.co.uk or find her on Linked in.