

# Project Name: Our Sure Start Giant Art Project

## Bacup and Stacksteads Sure Start



**This report is a follow on from the original report which was written prior to the event taking place. The additional quantitative and qualitative data has been added following the evaluation of the project.**

### **Summary of Project:**

This project aims to use the vehicle of art to promote and foster an interest in healthy eating, positive parenting and the importance of family life. 6x 2 hour sessions have been purchased from a local artist plus 2 x2 hour planning sessions. The end product is to be Our Sure Start Giant Art Exhibition which will take place on 2<sup>nd</sup> July 2005 at the Sure Start centre. The exhibition will include:

- A giant floor game with giant dice where a player moves through the game by a combination of luck and answering questions related to their healthy or unhealthy diet. The game promotes the use of fruit and vegetables.
- A giant tent displaying art work depicting positive and negative emotions related to parenting, healthy recipes and poetry based on the theme of the exhibition (created by the literacy group)
- A giant mural depicting the children's story book 'Handa's Surprise' which promotes healthy eating
- A giant fruit bowl
- Healthy hats display (similar to Easter bonnets) made by the nursery children
- Audio tapes on which Sure Start parents role play the differences between positive and negative parenting language
- A giant sunflower. The petals of the flower will be added by people attending the exhibition who will be able to add their own family petal along with an example of something their family likes to do together
- A giant book with photographs of the exhibition will be displayed on a screen as part of the exhibition itself
- There will also be live music and tasters of healthy food.

The idea is that there will be two art drop-in sessions per week to which any Sure Start registered family can attend and spend time painting and making some of the artefacts. All members of staff and all groups and classes running at the centre have a designated artefact to complete or contribute to. The artwork involves parents, children and babies. The PCT dietician and the Emotional Health Worker, the Midwives, Crèche staff, Family Workers, Nursery Nurses and the youth Worker will use the making of the exhibition to discuss the themes being addressed.



# Handa's Surprise



# Examples of the poetry written

## My Family Life

I care for my family  
My family makes me feel happy and confident  
When I need them, they are there for me

I love to play with my child  
We build towers with Lego bricks  
Happiness is Barney the purple dinosaur



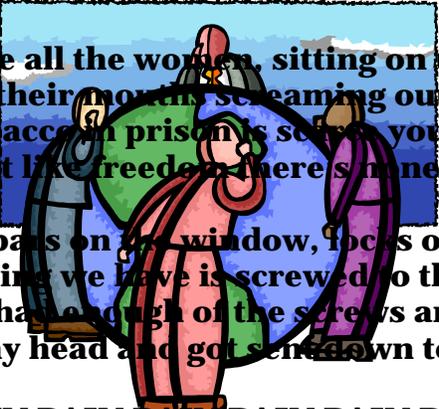
At bedtime I read a story about a ginger bread man  
I watch my child sleeping  
A peaceful angel lost in a world of sweet dreams

Sometimes teething makes a child cry  
I'm exhausted, up all night  
Dirty nappies, washing clothes

I feel alive when I watch my child grow

*By Barbara and Somporn*

## **Listen to us - we are hurting**



**Here are all the women, sitting on the floor  
Opening their mouths screaming out for more  
Tobacco in prison is scarce, you see  
It's just like freedom, there's none for me**

**There are bars on the window, locks on the doors  
Everything we have is screwed to the floors  
When I've had enough of the screws and the locks  
I got off my head and got sent down to the block**

**PAIN PAIN PAIN PAIN PAIN PAIN**

**Disorientation, incredible frustration  
Cold and lonely isolation  
Complete and utter humiliation**

**Do those on the outside know how we feel?  
Do they understand why we cheat and steal?  
We're all labelled as violent and bad  
When underneath we're confused and sad  
If you think we're tough then look again  
It's just a mask of misery and pain  
Anger bursts out, way out of control  
To self destruct is our only goal**

**When anger boils up I lose my head  
Nobody cares, I wish I was dead  
Just keep me safe while anger runs its course  
Don't put me in stripes but get to its source**

**So let our sentence be punishment for our crime  
Give us help and care to get us through our time  
Help us shed the anger the anger that we feel  
To feel happy and at peace would be ideal  
To feel happy and at peace would be ideal**

*Anonymous*

## **Brown Powder**

Brown powder on the foil  
On the spoon ready to boil  
The drug called "SMACK"  
She takes everything and gives nothing back  
Except of course that familiar buzz.  
She'll take you over that's what she does  
She'll get you under the thumb  
There's no hiding place, nowhere to run  
She'll leave you feeling like you don't give a damn  
Except of course to think of your next gram.

I started to talk to her, then without warning  
I was needing the stuff every morning  
I thought I'd never let her get a grip  
She's taken me on a really bad trip  
Over the years I've turned to crime I did it for her every time  
She'd robbed me of so very much  
So many times I wished I could kick her into touch  
She'd rob me of the best years of my life  
Caused me so much pain, trouble and strife  
I ask myself what is it all for  
For the love of drugs and wanting more

She wont go away,  
I can't let her  
By now I should know better  
But she hides my darkest fears  
Things I'd rather not remember over the years  
This day I've faced up to it all  
I don't need her any more, I'll ignore her call

*Anonymous*

## **My Shadow**

You are my chocolate fix  
You are my sunshine to brighten up my dark days  
You make my winter turn to summer when you enter the room  
You make bath time fun  
You make any dark colour bright!  
You make a long walk fun  
In all you're a little angel  
My Angel!

*A poem for my daughter, Jemma, by Beverley Lord*



## **Play Time**

Sometimes life is busy  
Your head feels so dizzy  
Your child asks you if you will play  
In a minute babe I will  
She looks at me with those big blue eyes  
I know I should just put things down  
And go for a walk down the road,  
As I put my things down to ask her  
What she wants to do, she comes running towards you  
And puts her arms round you.  
I say I love you, her arms get tighter  
Such a little person, but very strong  
As well, her smile is so sweet  
And her face is so gentle and she is my angel

*Tracy Davies*

## *The Yummy, Tummy Poem*

Adam's apple is green and round  
For Adam's tummy it is bound  
Adam says it tastes quite yummy

Barry's banana is long and yellow  
He sits back and starts to mellow  
He eats it quick, he eats it fast  
And doesn't even make it last

Gary's grapes are round and small  
He will quickly eat them all  
Swallow them whole 1, 2, 3  
Don't forget to save one for me

Sally's strawberries are red and juicy  
She always shares them with Lucy  
Share them out, we have 5 each  
And we eat them on the beach

If you eat some fruit each day  
You will be well on your way  
To have a good feeling in your tummy  
Eat fruit it's very yummy.

*Tracy Barnes*



## **The Good, The Bad, and the Not so Ugly**

### **The Good**

Pasta is good to eat as it's healthy and tastes great

### **The Bad**

Too many fats make you feel ill and pile on the weight

### **The not so Ugly**

A bit of chocolate never did anyone any harm

### **The Good**

Exercise keeps you healthy, fit and trim

### **The Bad**

It can cost a lot to go to the gym

### **The not so Ugly**

You can walk quickly for 20 minutes to keep fit without spending a penny

### **The Good**

When you stop smoking you improve your health, your breathing and your heart

### **The Bad**

When you want to give up it's hard to start

### **The not so Ugly**

It's always worth it in the end

### **The Good**

Lettuce, cucumber, tomatoes are good for you and you can eat them as they are

### **The Bad**

In ready made meals for nutrition you have to look far

### **The not so Ugly**

Remember everything in moderation is OK

### **The Good**

Fresh ingredients can now be found in most shops

### **The Bad**

Take-away foods, though nice, can cost a lot

### **The not so Ugly**

The odd take-away can be a nice treat

**Remember You Are What You Eat, Drink and Do, SO EXERCISE TOO!**



**Evaluation:**

The project is only in its early days but there have already been positive outcomes of this approach to health promotion. The use of fresh fruits and vegetables to draw from has raised many questions from parents about how to use and cook them and the wide variety of fruits used have been tasted at the end of the art session. The nursery have discussed healthy eating as an ongoing project with the children. There has been a breaking down of social boundaries that had started to exist between the different Sure Start groups as individuals began joining in the drop-in sessions and to take an interest in what other groups were doing towards the exhibition. The project has given the staff a joint focus and contributed to team building and morale. The Young Parents Group and the Young and Pregnant Group, in particular, have totally embraced the idea of the exhibition and there has been a noticeable increase in confidence e.g. initially they opted out of the role play for the positive and negative parenting tapes and then later agreed to take this on.

**Short Term Measurable Outcomes:**

**The exhibition took place on 2<sup>nd</sup> July 2005.**

**Quantitative:**

There were 80+ people involved in the workshops and preparing for the exhibition. Both adults and children were involved in art work, modelling, craft activities and writing prose and poems.

180 people attended on the day.

**Qualitative**

There was a Graffiti board available for people to add their comments about the day and these are some of the comments:-

- A very well set out show A credit to staff and pupils, WELL DONE!
- Thank you it has been like a ray of sunshine SMILE
- Breath of fresh air Thank you
- It is good and very lively
- Great Day thanks
- Thanks, Dani enjoyed the sunflower picture
- Thank you for a wonderful educational, social activity
- A very great success – art, company, good food, everything – just wonderful. Do it again soon.
- Love the seascape painting by Andrew Holland, really caught the seaside atmosphere.
- Very good, children enjoyed it, excellent work.
- My granddaughter enjoyed the tape. Really enjoyable exhibition.
- I think it was great.
- I enjoyed it and liked colouring
- It was awesome
- We really enjoyed ourselves. Good day!
- A lovely exhibition, children worked well. Well done Andrew and a lovely buffet.
- I enjoyed it today.

- Beautiful and educational. The poems a real eye opener
- We had a wonderful time
- Great gig, had fun
- Excellent exhibition
- Brilliant exhibition, the kids really enjoyed themselves

**Cost:**

Planning £90

7 art sessions £450

setting up exhibition £120

materials £140

Exhibition costs, printing and photography £80

Total = £850

**Future Plans:**

As with many of our health related projects it is difficult to establish any long term effects on people's health as data is difficult to access from the Health Authority in a format which matches our targets. The Health Coordinator will continue to liaise with her colleagues in mainstream to explore how the effectiveness of projects such as this impacts on the wellbeing of the community in Bacup.

**Conclusion and Recommendations:**

Initial indicators suggest the project is likely to meet its aim of promoting the main themes of healthy eating, positive parenting and family life. It is recommended that the project be fully evaluated before similar approaches are used across the Children's Centres. It would be useful if pockets of funding could be made available for one-off project work of this nature, where the focus is short, and sharply focussed on, one or two health messages.

Since the original report was written, prior to the event taking place, we were unsure whether it would be a success and a learning opportunity for the community.

As can be seen from the inserted pictures, poems, qualitative and quantitative data there was a wealth of hidden talent and awareness raising taking place.

The project cost £850 with a total of 260 people being involved. This works out at £3.27 per head. If the desired outcome was awareness raising regarding health issues then the feedback shows this was a success and also we feel proved to be cost effective.