

Chris Drinkwater

CREATIVE HEALTH IN
PRIMARY SCHOOLS AWARD

Online Creative Health Brochure Foundation Year 2022- 23

Connect with us on Twitter - @EveryChildNENC & #CreativeHealthNENC

TYNE & WEAR
archives &
museums



Child Health and
Wellbeing Network
North East and North Cumbria

North East
North Cumbria
Health & Care
Partnership



Contents

Page 1	The Child Health and Wellbeing Network
Page 2	What is 'Creative Health' and why is it important?
Page 3-4	Our judging panel
Page 5-6	2023 Award Winner
Page 7- 11	2023 Highly Commended awards
Page 12	2024 awards information

Introducing Heather Corlett- Child Health and Wellbeing Network- Arts & Creativity Executive Lead

Heather has always had a passion for arts since she was a child. She joined the NHS in 1992 and as the Programme Lead for the Child Health and Wellbeing Network has encouraged progress, alongside Chris Drinkwater, of its founding commitment to Arts and Creativity as a cross cutting theme. This has included establishing partnerships with colleagues from Northern Ballet, attracting funding into network arts initiatives, creating a new music focused newsletter and the development of an Arts and Creativity Advisor role. Heather was delighted to take on the Executive Lead role for Arts and Creativity when Chris Drinkwater stepped down – but admits that they are very big shoes to fill!



What is Creative Health & Why is it Important?

Creative Health put simply is the connection between art and culture, with health and social care and how being creative can lead to healthier lives and communities. Active engagement with arts and culture, whether through our own creative practice or through our enjoyment of the creative practice of others, is beneficial for the health and wellbeing of us all.

The All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) was formed in 2014, with the aim to raise awareness of the benefits that the arts sector can bring to health and wellbeing, and to make national progress in the implementation of these benefits.

They conducted a two-year inquiry to explore the relationship between the arts, health, and wellbeing. The report presents key findings and recommendations based on extensive research and consultations with participants from various sectors, including service users, arts practitioners, healthcare professionals, commissioners, funders, and academics. These sessions facilitated open dialogue on challenges, aspirations, and strategies to push progress in creative health.



Key messages from the inquiry:

'The arts can help keep us well, aid our recovery and support longer and better lives.'

'The arts can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.'

'The arts can help save money in the health service and social care.'

(Creative Health: The Arts for Health and Wellbeing, All-Party Parliamentary Group on Arts, Health and Wellbeing Inquiry Report, July 2017, Second Edition)

[Click here to access the full report](#)

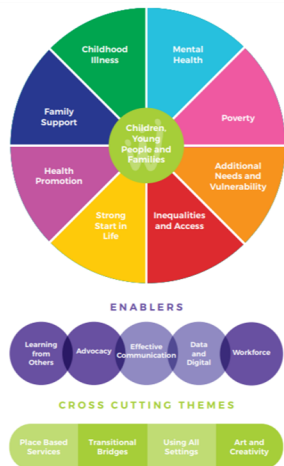
The purpose of these awards is to grow interest and share examples of creative health in primary schools within the North East and North Cumbria, to the ultimate benefit of the children involved.

The Child Health and Wellbeing Network

Our vision

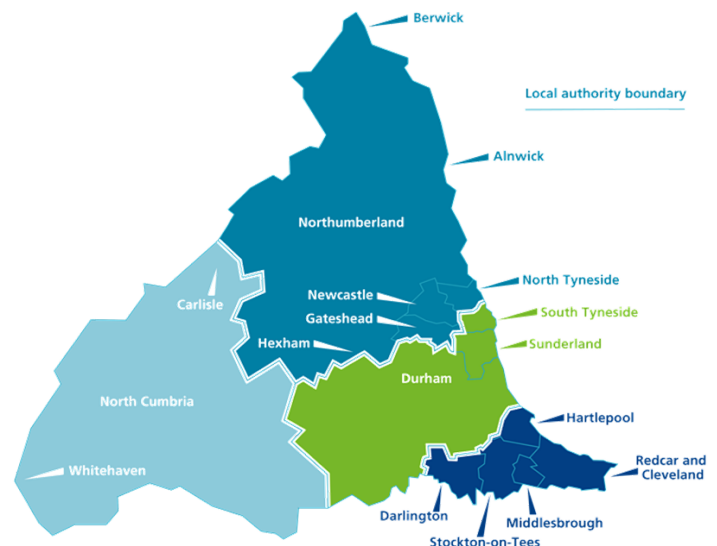
In the North East and North Cumbria, we believe all children and young people should be given the opportunity to flourish and reach their potential, and be advantaged by organisations working together.

Our Priorities



Top Ten Priorities:

1. Voice of CYP and families
2. Mental Health
3. Poverty
4. Additional Needs & Vulnerability
5. Inequalities and access
6. Strong start in life
7. Health promotion
8. Family support
9. Childhood illness
10. Data, digital & communication



What we have done so far:

- Deliver specific NHS England pieces of work for children
- Partnership bids to access new funding
- Develop advisor roles to influence our work from the broad system
- Across system membership – now with over 1900 members signed up
- Held events to share good practice
- Produced a quarterly newsletter, weekly update and social media presence



To join the network please scan this QR code or [click here!](#)

Connect with us on Twitter – @EveryChildNENC & #CreativeHealthNENC

TYNE & WEAR
archives &
museums



Child Health and
Wellbeing Network
North East and North Cumbria

North East
North Cumbria
Health & Care
Partnership



Our Judging Panel

Chris Drinkwater

Professor Chris Drinkwater CBE, FRCGP, FFPH(Hon), FRSA was an inner city GP in Newcastle for 23 years and he is now an emeritus Professor of Primary Care Development at Northumbria University.



He led the establishment of HealthWORKS Newcastle as a City Challenge project in the early 1990s. He chaired Ways to Wellness, a charitable foundation established to deliver social prescribing at scale through a social impact bond in Newcastle upon Tyne, and led on Well Newcastle Gateshead, a Well North pathfinder with a focus on arts and health for all. He was also a Director of the West End Schools Trust (8 inner city primary schools in Newcastle upon Tyne). Along the way he has been variously, President and Public Health lead for the NHS Alliance, Deputy Chair and Chair of the Philanthropy Committee for Northumberland, Tyne & Wear Community Foundation, and the Sir Roy Griffiths/Age Concern/RCGP Prince of Wales, Educational Fellow for Older People.

Chris is also our previous Arts and Creativity Lead on the Child Health and Wellbeing Network and when he stood down from the role the Network established the Chris Drinkwater Awards to acknowledge his generous contribution to the network and his passion for Creative Health, especially with primary school aged children.

TYNE & WEAR
archives &
museums



Child Health and
Wellbeing Network
North East and North Cumbria

North East
North Cumbria
Health & Care
Partnership



Our Judging Panel

Kate Swaddle

Kate Swaddle is the Executive Headteacher of two schools, in Gateshead. Prior to this appointment, she was Deputy Headteacher and SENCO at a school in North Tyneside, with a high percentage of SEND, Education Health Care Plans and Pupil Premium.

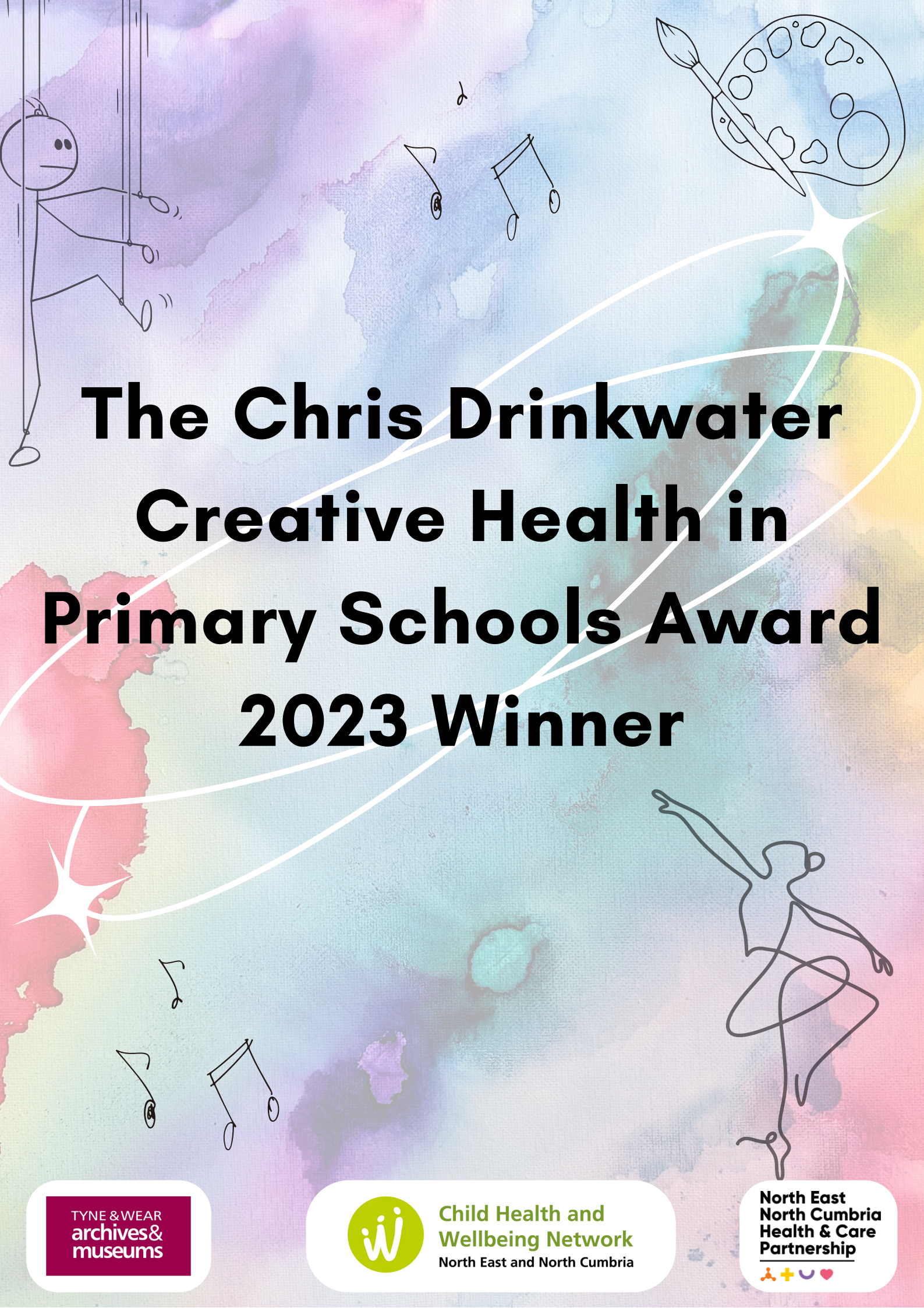
Having trained in an NHS profession, before moving into teaching – she is aware of the benefits that multi-disciplinary team working brings, across all sectors. She was seconded as Education Advisor to the NENC CHWB Network, throughout 2021-2022, supporting the network to deliver on several projects including epilepsy – a strand of the Children and Young People's Programme. She also worked in collaboration with the National Institute of Health and Care Research on the 'Research into School' project.

In addition to this, Kate has supported the delivery of the early rollout Early Career Teaching programme, for University College, London – acting as a facilitator for the North East Teaching School Partnership. Having attained the NASENCO and NPQH awards, she is well placed to help children and young people to overcome their barriers to learning.

Wendy Kelly

Wendy Kelly is lead for children and young people's emotional well-being for South Tees Public Health. As well as having a system wide remit she has responsibility for a front line service delivering early help within educational settings to improve the resilience of children and young people. Wendy has had a varied and interesting career in local government ranging from community development to policy and performance prior to a period of 20 years in children's services and 8 in public health. During this time she has led on many transformational programmes supporting education and health outcomes. She is passionate that all children and young people have the very best support, education and opportunities to enable them to enjoy their lives and be happy. She is a governor of a primary, secondary and special school. Wendy has collaborated on many projects and initiatives with the NENC CHWB Network and is Chair of the Network Systems Engagement Group.





The Chris Drinkwater Creative Health in Primary Schools Award 2023 Winner

TYNE & WEAR
archives &
museums



**Child Health and
Wellbeing Network**
North East and North Cumbria

**North East
North Cumbria
Health & Care
Partnership**



Dunn Street Primary School in partnership with Elizabeth Kane

In partnership with artist Elizabeth Kane, Dunn Street Primary School in South Tyneside developed the 'Creating Conversations through Creativity' project for 24 of their reception and year one pupils. The inspiration for the project came from the dramatic increase in speech & language and mental health referrals for their pupils after the COVID-19 pandemic.

Parents/carers were invited into the school for 12 weekly sessions and during this time children and parents worked collaboratively to create visual art.



The project allowed children and their parents to:

- Learn new skills
- Visit a museum
- Make connections between children, teachers and parents
- Have meaningful conversations that otherwise may have not occurred
- Foster a love of learning together



Creative Health Benefits:

This project allowed children to develop their speech and language skill and learn how to express themselves in different ways using art. It also encouraged speech development through the additional time and conversations with parents and teachers.

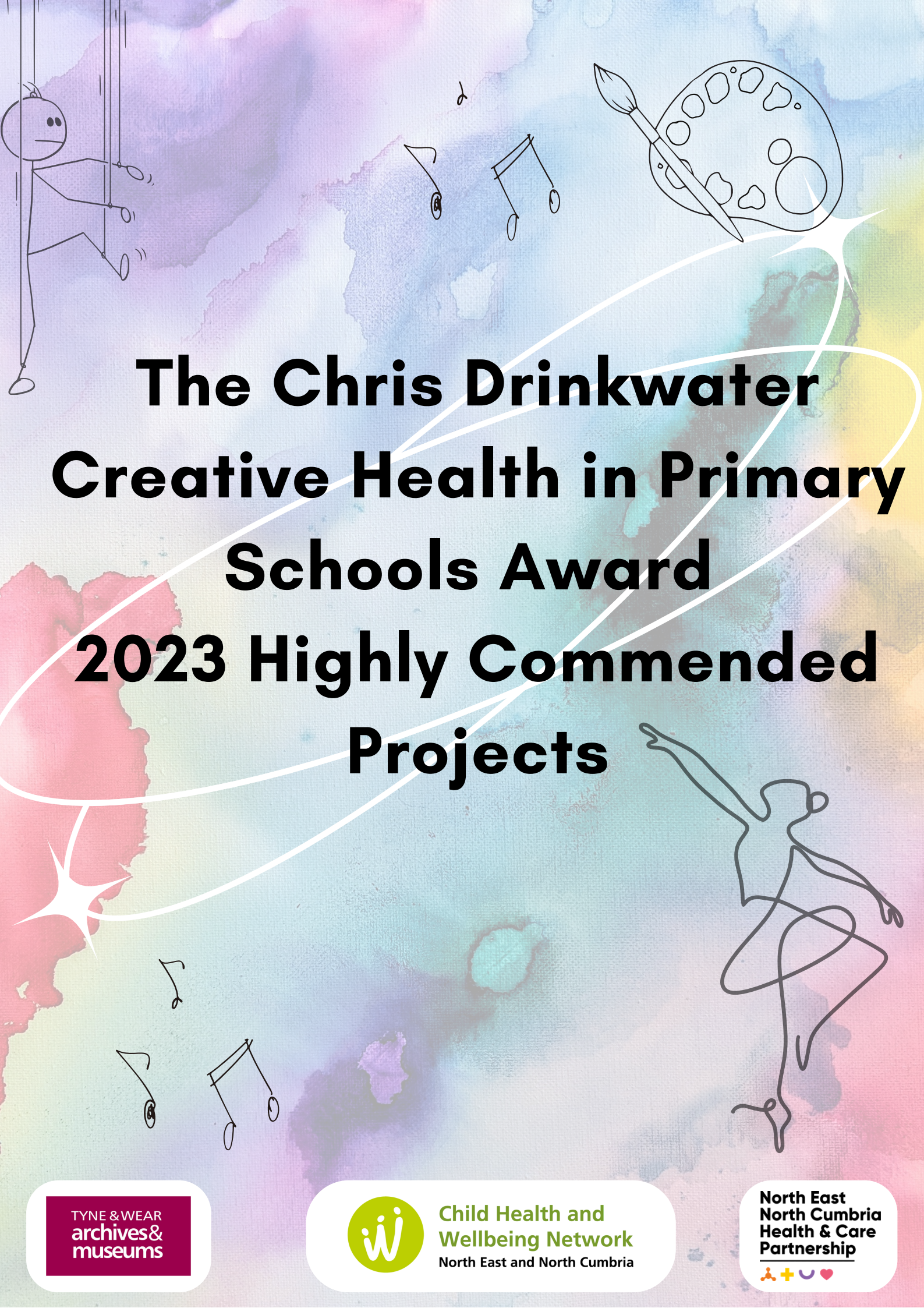
Visual arts is also known to reduce stress and anxiety.

What our judges said :

"This project had a brilliant approach to engaging parents, showed clear evidence of improvement to parental aspirations and would be easily replicable to other schools."

To find out more about this project please contact:

mtrotter@dunnstreet.s-tyneside.sch.uk



The Chris Drinkwater Creative Health in Primary Schools Award 2023 Highly Commended Projects

TYNE & WEAR
archives &
museums



**Child Health and
Wellbeing Network**
North East and North Cumbria

**North East
North Cumbria
Health & Care
Partnership**



Eliot Smith Dance in partnership with St Marks RC Primary School and St Teresa's Catholic Primary School

Eliot Smith Dance (ESD) finds itself increasingly taking its work to communities and thus enabling participants for whom dance is new and invigorating to experience the creativity it can bring. This approach, which is inclusive, recognises different ages, abilities, talent and degrees of fitness.

From September 2022 to June 2023, ESD delivered multiple dance workshops at St Teresa's and St Mark's Primary School based in Newcastle upon Tyne for children who don't normally have access to contemporary dance and might face numerous disadvantages, their first opportunity to engage creatively with contemporary dance, connecting closely with one of the biggest challenges of our time: the effect of "Fast Fashion" on climate change and its impact on the environment.

The result was a short theatrical performance for their friends, parents and guardians and school staff. The workshops provided participants to be active, be creative, and is a confidence-building experience, with the added benefit of meeting friends and working with supportive professional dancers based in their community.



Dance Participant, St Mark's RC Primary School, Newcastle upon Tyne.
Courtesy of Eliot Smith Dance.

Creative health benefits:

- Increased physical fitness through movement
- Increased confidence
- Strengthening of cognitive skills such as focus and memory
- Improved communication skills and ability to express feelings

What our judges said:

"This project has clear outcomes in relation to social and emotional well-being, alongside the educational element of the work around sustainability, they also noted it showed great cross-sector working."

To find out more about this project contact :

eliot@eliotsmithdance.com

Bridgewater Community Primary School

Bridgewater Community Primary School in Newcastle have created a SEND art intervention project, to generate discussions about emotions with some of their pupils.

Each session began by looking at existing art work and discussing how this made the children feel, this helped to develop their vocabulary in terms of emotions. The children then got to create their own art work and to share the thoughts and emotions their pieces were portraying.

These sessions were also supported by an educational psychologist and the children's work was shared with parents via an online platform.



Creative health benefits:

- Developing a vocabulary for emotions
- Understanding how emotions can be expressed in art
 - Exploring emotions in a safe and creative way
 - Guidance from an educational psychologist

What our judges said:

"This project has a great ability to trigger emotional connections through art with a focus on SEND pupils . We would like to know more about the use of outcomes seen by the Educational Psychologist. As this project develops we would like to see it include further involvement with families."



To find out more about this project contact :

sam.robson@bridgewater.newcastle.sch.uk

Evergreen Primary School

Evergreen Primary School in Bishop Auckland used a musical theatre performance within their SEN setting to address misperceptions of self and to break down stereotyping their pupils face.

The pupil wellbeing scale was used to identify those children who would benefit the most from this project, They then used creative arts to showcase positivity and the talents of these pupils.

The wellbeing scale allowed Evergreen Primary School to measure the pupil's self-confidence, self-worth and resilience and impact forms showed a positive impact on all involved in the project.



Creative Health Benefits:

- Builds confidence
- Boosting children's resilience
- Improvement in anxiety, depression and stress levels
- Increased fitness levels through movement
- Opportunity to connect with peers and teachers in a different way



The school are working to repeat the project this academic year but is looking to include it within their curriculum, so all pupils can get involved. The project gained the attention of others within the same trust and they are now looking to replicate the model!

What our judges said:

"This project has future potential and shows the benefits it could bring to more pupils within a SEND setting. As the project develops, it will be interesting to see this concept spread to other schools."



To find out more about this project please contact:

kharrup@evergreenprimary.co.uk

TIN Arts partnership with Steel River Academy Trust

TIN Arts and partners including Northern Ballet and the Child Health and Wellbeing Network have worked with Steel River Academy Trust in the South Tees area to develop a dance and arts project.

The project allowed children facing inequalities to access professional dance artists and helped children to find creative and engaging ways to express themselves whilst providing access to arts events.



In STAR 2 (2022-23) all children in three primary schools in Redcar and Cleveland received sessions for a period of eight weeks exploring emotional resilience themes from Northern Ballet's "Ugly Duckling" (Key Stage 1) and "Merlin" (Key Stage 2) through movement. Each class finished STAR by sharing achievements with families through digital recordings and in-school performances.



The STAR project has also had a particular focus on family involvement and support. Children North East were responsible for this element of the project and worked with the families both within the school and on home visits. During this they supported families with the themes running through the STAR project including identity, friendship, inclusion and being left out.

Creative Health Benefits:

From project evaluation it was clear that there had been a positive impact from the project for the children's emotional wellbeing as well as their physical health, with comments, such as 'Feeling more confident', 'More fit and well' and 'Full of energy', most often mentioned by children in both schools across Year 1 and 5.

Evaluation also showed that allowing children to express themselves through dance appears to make children feel more confident and happier to engage in schoolwork and they showed less disruptive behaviour.

In addition, teachers reported improvements in children's literacy skills and children mentioned feeling more fit and well, which continued beyond school!

What our judges said:

"This project is excellent evidence of partnership working and the benefit of this to children and families involved. It evidences the breaking down of stereotypes of those involved in dance and of the health benefits of movement based activity. Its structure is also easily replicable across the NENC and beyond."

For transparency we would like to acknowledge that the North East and North Cumbria Child Health and Wellbeing Network were partners in this project and therefore although this submission is a great example to share for best practice, unlike the other highly commended entries, this project has not received any financial award.

To find out more about this project please contact:

martin@tinarts.co.uk

TYNE & WEAR
archives &
museums



Child Health and
Wellbeing Network
North East and North Cumbria

North East
North Cumbria
Health & Care
Partnership





We are now looking to build on our foundation year of these awards with more amazing creative health projects within primary schools across the North East & North Cumbria.

Our application process is now open for our 2023-24 Creative Health awards...

If you are a **School** that has created or is planning a creative health project to enhance pupils' Relationships and Health Education (RHE) curriculum and personal development, or a **Creative organisation** already working within schools then we want to hear from you for our **2024** awards.

The Ofsted framework for personal development states: [Paragraph 291]. The curriculum provided by schools should extend beyond the academic, technical or vocational. Schools support pupils to develop in many diverse aspects of life. The personal development judgement is used by inspectors to evaluate the school's intent to provide for the personal development of all pupils, and the quality with which the school implements this work.

Click [HERE](#) to access our application form or contact us at england.northernchildnetwork@nhs.net for more information

Entries close on 31st March 2024

TYNE & WEAR
archives &
museums



Child Health and
Wellbeing Network
North East and North Cumbria

North East
North Cumbria
Health & Care
Partnership



TYNE & WEAR
archives&
museums

A message from our partners at Tyne & Wear Archives & Museums

Tyne & Wear Archives & Museums is delighted to be administering the Chris Drinkwater Creative Health Awards for the next three years, championing high-quality partnerships between schools, cultural organisations and artists that lead to better health outcomes for children.

From 2015 to 2023, Tyne & Wear Archives & Museums (TWAM) was part of Arts Council England's national Bridge network, managing the Culture Bridge North East programme. As part of this work, we utilised funding from our Partnership Investment programme to develop a three-year partnership with the North East & North Cumbria Child Health and Wellbeing Network. This partnership has led to the creation of the Arts Advisor role, and increased opportunities for the health and culture sectors to come together to work towards healthier lives for the region's children and young people.

TWAM continues to champion cross-sector partnership working to break down barriers to young people accessing cultural opportunity. We look forward to being a part of the Chris Drinkwater Creative Health Awards, and celebrating the great work being carried out right across the region to improve young lives.

Connect with us on Twitter - @EveryChildNENC & #CreativeHealthNENC

TYNE & WEAR
archives&
museums



**Child Health and
Wellbeing Network**
North East and North Cumbria

**North East
North Cumbria
Health & Care
Partnership**

