



Impact Report



Clock Tower Sanctuary Project

April, 2022

Articulate

Articulate is a South East based arts charity that supports children and young people in crisis or who have endured traumatic experiences. We facilitate personal, social and career development through art and creative participation. These young people have faced traumatic experiences or are still living in precarious circumstances including domestic violence, abuse, homelessness, young carers and the recently bereaved.

We deliver our pioneering methodology called '*Creative Safe Spaces*'. The *Creative Safe Space* is Articulate's one-of-a-kind methodology. An open, drop-in style art studio that gives disadvantaged children and young people access to art materials and trained arts facilitators.

As well as liberating the power of self-expression through creativity, the *Creative Safe Space* has a deeper benefit. Through the experimental process of making art, thoughts, feelings and experiences are explored that lead to emotional and mental wellbeing.



Our Core Values:

- **Serious About Play** - To bring joy to the people who need it the most
- **One Big Family** - Trusting relationships are fundamental to the work we do
- **Pioneers of Creative Wellbeing** - We're not afraid to lead the way
- **Intentionally non-conformist** - We challenge the traditional ways of thinking
- **Impact Orientated** - every decision is made with the young people in mind

Over...

18 years experience

5000 young lives touched

11,000 hours of creative intervention

75 exhibitions

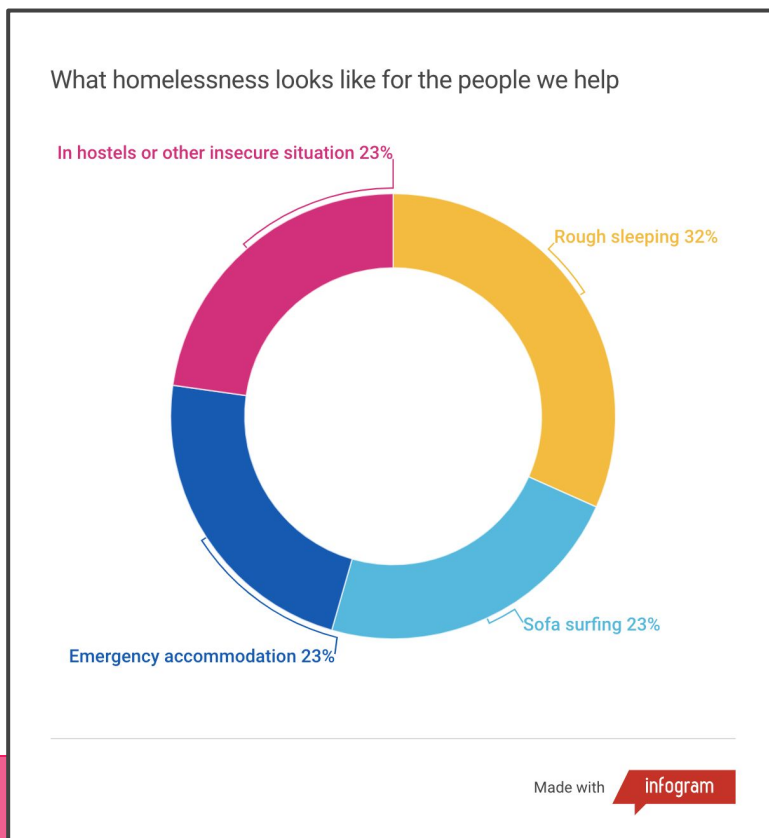
25 artists

Who are we supporting?

Brighton has the second highest rate of homelessness in the UK. 1 in 78 people in Brighton are homeless - the UK average is 1 in 206 - and 3700 people in Brighton are currently living in temporary or emergency housing (Dec 2021).

Being homeless means not having a safe, secure and private place to call your own. Articulate is currently working to support young people (aged 16-25) who are homeless. Polling conducted by ComRes, in 2017, suggests that **two-fifths of 16 to 25 year-olds in the UK have sofa-surfed at one time because they had nowhere to live.** One in ten of these young people did so for more than a month in total.

If this is your life, you're always having to move. You have nowhere to call your own or a place to feel secure; nowhere to keep your belongings safe. It can be dangerous - you are more likely to be the victim of violence if you're homeless. And you are also vulnerable to exploitation by others.



Being homeless also makes it harder to get the support you need. Without a permanent address, you can't register with a GP, claim benefits, or in most cases, find a job.

The young people we work with are often struggling with their mental health, and their physical health can be suffering too, particularly if they are sleeping outside.

They usually have very little money and nowhere else to turn. They have often been let down by adults in their lives and can find it hard to trust others. **Many have experienced trauma in their early lives.**

42% of young homeless people have a diagnosed mental health problem or symptoms of poor mental health.

Clock Tower Sanctuary, Brighton

Established in 2013 - a partnership programme running for 9 years

The Clock Tower Sanctuary (CTS) is a drop in day centre for homeless 16-25 year olds in Brighton.

In 2013 Articulate partnered with CTS to deliver therapeutic photographic workshops for young people accessing the centre. The weekly workshops provide young people with a safe space to be creative, where they can explore new skills and ideas without pressure.

Led by artist Laura Montag, participants have the opportunity to take part in regular experimental photography workshops. The sessions follow a drop-in format, whereby young people are always welcome without commitment, to suit the transitional nature of those accessing the centre. Each workshop is designed to be standalone, so that there is no prior experience required and no assumptions made on those attending. Each workshop explores new ideas, new skills and is completely open for the young people to lead and steer to suit their own interests and needs.



Not only do the workshops teach practical, transferable skills but they also provide young people with an outlet to explore creatively. Through this, young people can express themselves, they find their voice to tell their story and they feel heard. This has a significant impact on their confidence and self esteem and, for these young people facing extremely difficult circumstances, is so important to support their mental wellbeing and future development.

Over **100 young people** supported through therapeutic experimental photographic workshops at CTS

Project Outcomes

All participants from the CTS project achieve the following outcomes:

- **Increased self worth & self esteem** from achieving a creative outcome, be it an idea, a piece of work or putting on an exhibition
- **Increased confidence** from expressing themselves, telling their story and being heard
- **Reduced isolation** from coming together in the group and knowing there is support available to them
- **Develop new practical, creative & vocational skills** which are transferable and can lead on to future education or employment opportunities

When I am taking photographs it feels like it breaks down layers that you have to work through, whether it's pain in my body, if I'm feeling tired or annoyed, or my mental state that day - taking photographs allows all that to fade away" - Participant

All Young People participating in the projects have the opportunity to curate their own work for public exhibitions. For these young people, having a platform to voice their opinions and share their experiences with a wider audience can have a profound effect on their lives.

To date, Articulate has held five exhibitions, which include being part of the city wide Brighton Photo Fringe.

'Homeless people are very easily stereotyped, and by doing projects like this and exhibiting our work allows others to see people as individuals'.
Participant



In 2018 Articulate & CTS won the **Brighton Photo Fringe curators award for most innovative exhibition** for (re)imagined spaces.

Project Feedback

*The project has given me the opportunity to learn something that in the past I haven't necessarily been given the right environment to do. A lot of young people get stuck in a really hard time, where they find themselves stuck in a position because they just need a bit of direction and help to get going. **Projects like this are important as they recognise young peoples potential.***

Project participant.

*The project has given me the opportunity to explore and **discover possibilities** of things i can do, as well as being able to **build on my CV**. I'm keen to carry on working with photography.*

Project participant.

*Articulate's work is embedded in our work here at CTS. Our young people are extremely excited about the weekly sessions, which give them **much needed relief from their day to day struggles**. They get to experience different ways of using photography to **develop skills and build confidence**.*

Kirstie, Activities Coordinator CTS.



Case Studies



Participant 1

He has enjoyed the technical side of learning on the project. He already achieved an arts award and has since, been independently developing his own work.

He has established a very personal way of working and a style of photography that is very unique. He feels that the next stage would be to get some professional guidance on how to get his name out there and pursue a career in photography.

He has found that showing his work and discussing themes as a group has helped him to develop his work and open up more possibilities to take his work in different directions.

Participant 2

He has engaged with the project and the group well, taking the lead with developing ideas for the exhibition and has been enthusiastic to take on responsibilities of organising the group as well as sourcing designers to make exhibition flyers. He has found the workshops engaging and enjoyable and has felt inspired to take the project further independently.

He has enjoyed the informal and vocational way the project has been run, and that it has offered an alternative framework for learning new skills. In the past he hasn't felt that mainstream education has suited his needs and so he has liked that the project has given him the opportunity to build on vocational development through the skills he has learnt on the project.



The Team

The CTS project is delivered by artist **Laura Montag**, with support of Articulate Director, **Lynn Weddle**.



Laura has been working with us for 12 years - she has worked on our projects in Ecuador, India, France and the UK. She has vast experience working with groups using participatory arts methods and is a practising artist herself specialising in traditional and digital photography. She has a BA in photography and a Masters in participatory arts from Goldsmiths University.

Laura has worked closely with our Director to develop our training offer, devising and delivering our training programme for artists wishing to expand their facilitation skills. She has supported volunteers within her many roles with us over the years.

She is dedicated, committed and passionate about the arts and the power it offers others.

Articulate has a thorough monitoring and evaluation process for its work and this is built into all projects from the start. This includes monthly external supervision for all our artists delivering workshops. **Rachel Hine** is our Supervisor, she runs monthly hour long zoom sessions with artists individually and where possible in person. She is a trained Art Therapist and herself has over 20 years experience working in community arts programmes across the UK.

Our future ambition is to fundraise for further artist support for all artists working across our projects, to come together in monthly online sessions facilitated by Rachel to explore issues, celebrate achievements and unpick challenges through peer support.

Find Out More

For more information please visit www.articulate.global.

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