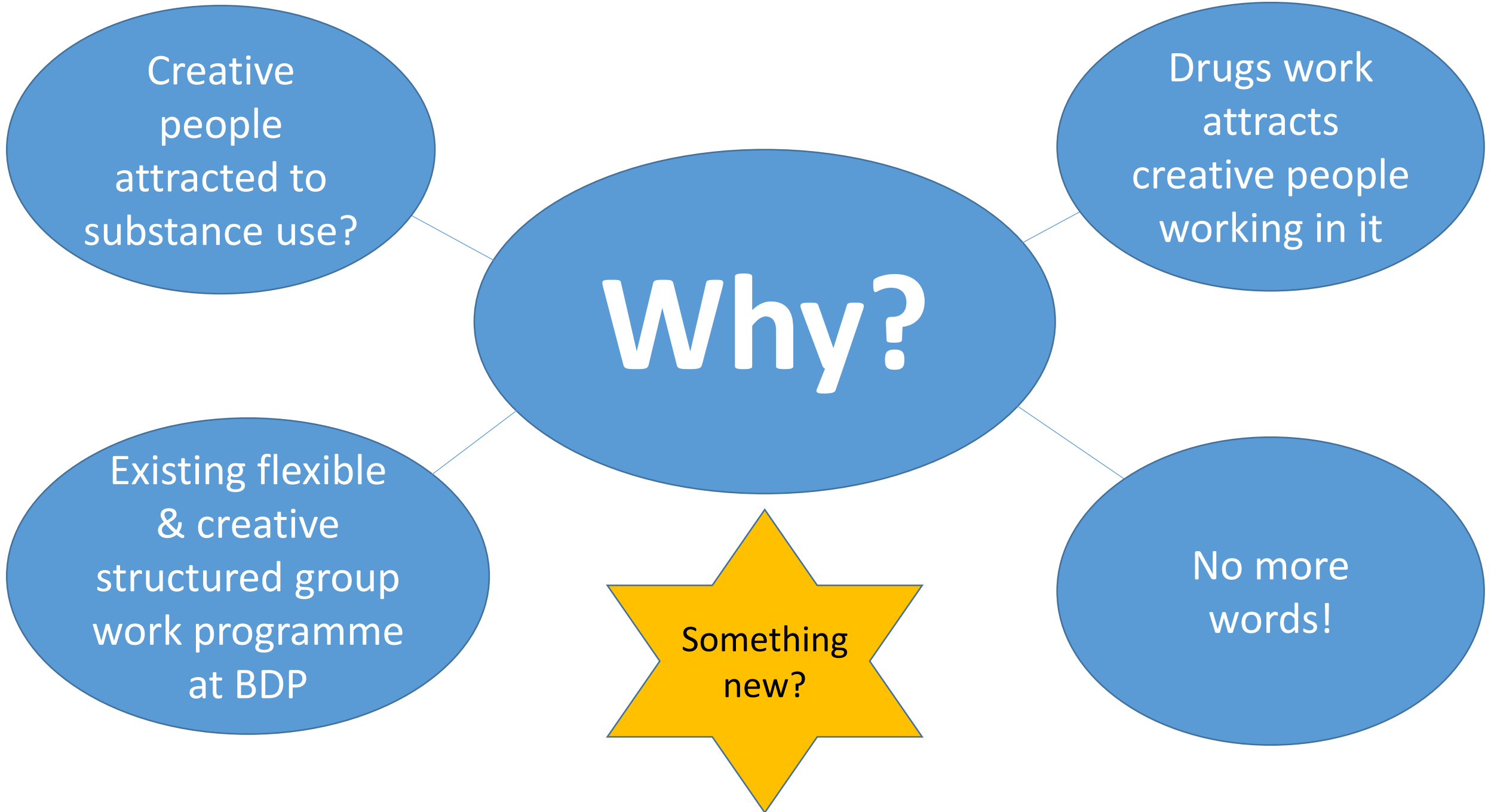




# **BDP CREATIVE COMMUNITIES TEAM**





**Rising Voices  
Recovery  
Choir formed**

**November  
2014**





**One off  
Christmas  
Drama Show**

**December  
2014**



Join us for the ROADS  
**Christmas Play  
and Celebration**



Tuesday 23rd December





**Stepladder  
Drama Group  
formed**

**April  
2015**



**Bristol's  
Recovery  
Orchestra  
formed**



**February  
2019**





# How?

**External arts specialists**

**Drugs workers with  
arts experience to  
co-lead**



**Jonathan James**  
Bristol Recovery  
Orchestra  
conductor



**Isolde Freeth -  
Hale**  
Rising Voices Choir  
Leader



**Giulia Bianchini**  
Stepladder Drama  
Lead Facilitator /  
Evil Dentist

**Volunteers**

**Peers**

**MEMBERS!**

**C C C**





# How?

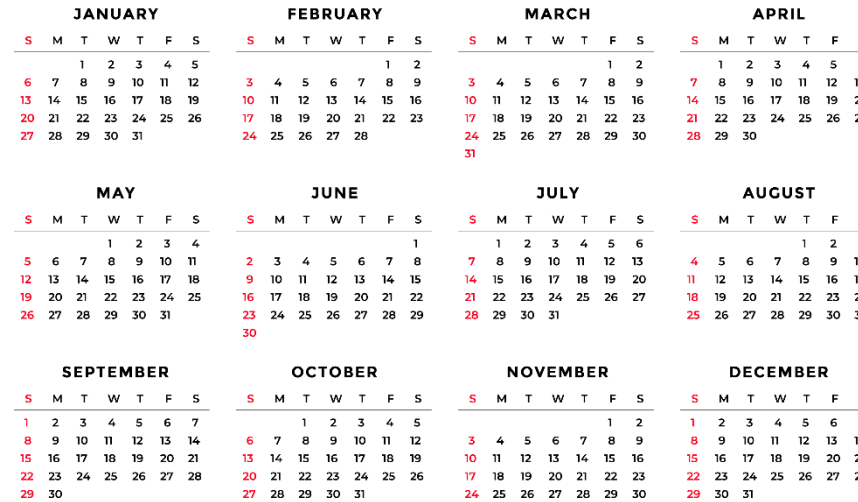
2019

*Check in's and debriefs – a therapeutic space without being therapy*

*Musical and drama content is co-created and suggested by members*

*Open access until the last minute – challenging but important, and resilience building for both staff and members!*

*No experience necessary. Just to be in a fit state to engage (not abstinent groups)*



www.yourmomhatesthis.com

**Weekly groups all year round**

C C C

**Safety First**

**Fun  
Ideas  
Reflections  
Stages  
Trust**

# How?

## Regular performances



I was just so bowled out of the audience, that by the end was really great!! We did so well, I'm so proud of everyone who really stepped out there every body.....

I was just amazed by the audiences response. Honestly I know it will be quite a lot of people here and I knew it would be great

It's almost like a drug I come to get that emotional fix

## with supported debriefs

C C C

# Who?



	January 30	January 31	January 1	January 2	January 3
ter	✓	✓	✓	✓	✓
Charlotte	✓	✓	✓	✓	✓
mma	✓	✓	✓	✓	✓
Hailey	✓	✓	✓	✓	✓
Hunter	✓	✓	✓	✓	✓
Isabella	✓	✓	✓	✓	✓
Jada	✓	✓	✓	✓	✓
Joseph	✓	✓	✓	✓	✓
Kayleigh	✓	✓	✓	✓	✓

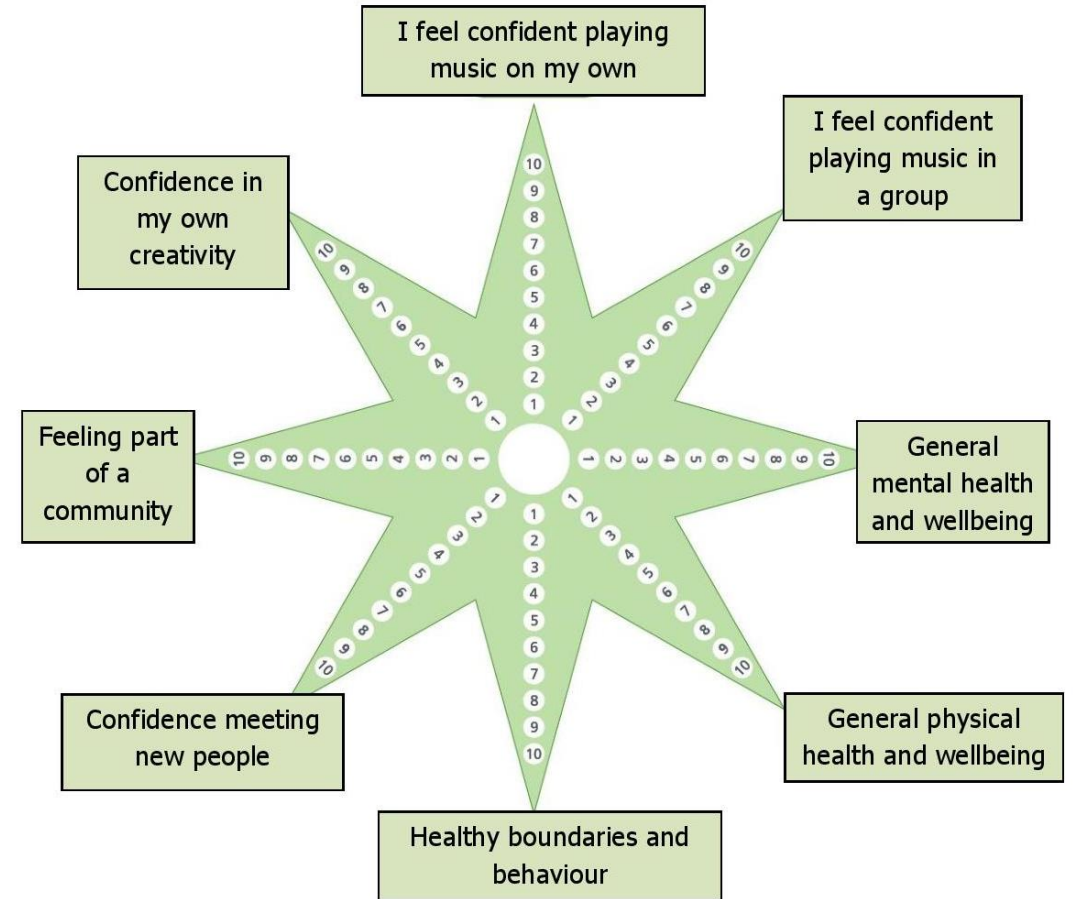
- 52 members are registered across the 3 groups
- 22 attend more than 1 group (42%)
- 22 members have been engaged for >2 years (42%)
- 8 have attended since the groups started (5 years) (15%)
- Members from 11 different postcodes (Bristol, Bath & North Somerset), travelling 1-3 miles on average to attend



- Mostly aged over 36 (88%)
- 50% are 46 – 64 years old
- 29% identify as having a disability
- 17% from Black, Asian & Minority Ethnic backgrounds

# How are we learning from this?

- Outcomes stars
- Warwick and Edinburgh Mental WellBeing Scale (WEMWBS)
- Participant feedback (written/verbal)
- Audience feedback



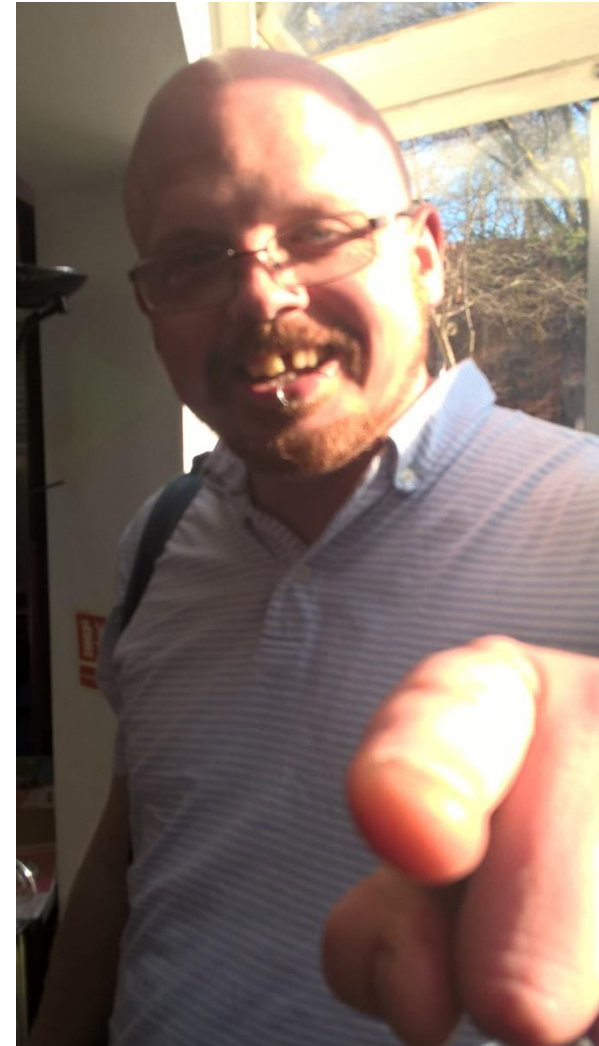
# What have we learnt?

**An example of recent outcomes achieved through the first 2 months of orchestra, was that we saw a...**

- **31% rise in confidence in meeting new people**
  - This was at 19% in Feb, compared to 50% in April
- 17% rise in healthy boundaries and behaviour
- 12% rise in confidence in personal creativity AND playing music alone



# Ryan's story





# Zoe's story



