



## **Chris Drinkwater Creative Health in Primary Schools Awards 2023-24**

### **Second-Year Projects Showcase**

Part of:

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



**TYNE & WEAR  
archives &  
museums**



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# 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, 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!

*“We are delighted to share this Creative Health project showcase for the second annual Chris Drinkwater Creative Health in Primary Schools Awards.*

*Our Creative Health projects demonstrate the beneficial impact of arts on the wellbeing of primary-aged children, bringing creative expertise to the classroom, and to especially benefit those in the highest areas of deprivation.*

*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 shared vision and priorities

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

## Network delivery and reach



- Deliver on the NHS England CYP Transformation Programme
- Partnership bids to access new funding
- Network of Advisors to support broad system
- Cross-system membership of over 1900 – anyone working with children & young people
- Youth Board and Network groups to promote youth voice
- Events to share good practice to others in our area
- National and international speakers to North East & North Cumbria
- Produce a newsletter and growing social media presence [@EveryChildNENC](#)
- Weekly Child Health Tuesday email bulletin

To join the Network scan this QR code or [click here](#)

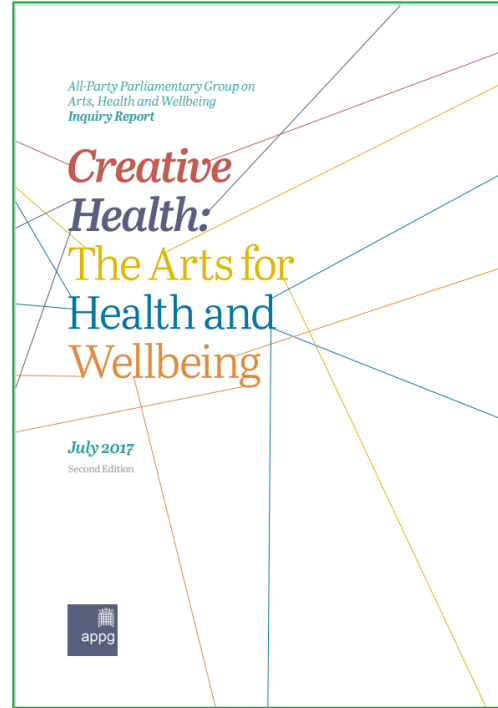


# What is Creative Health & why is it important?

**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.



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

## 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.'**

# National Centre for Creative Health

In response to the report and its recommendations, the [National Centre for Creative Health](#) was formed with the aim of addressing health inequalities, advancing good practice and research, informing policy, and promoting collaboration.

***'Research shows that active engagement with the arts, culture and creativity is beneficial for the health and wellbeing of us all. The National Centre for Creative Health will play a pivotal role in promoting collaboration to enable creative health to become integral to health and social care and wider systems.'***

National Creative Health Associate Roles were developed; **Alice Thwaite** takes this role on for the North East & Yorkshire.

**Alice is an experienced charity and arts leader** with a strong commitment to supporting communities in the North East. She has a wealth of experience advocating for and developing arts and health projects in the region and in arts and health policy development.

**Alice was an Advisor** to the Baring Foundation/Winston Churchill Memorial Trust partnership on creative ageing for 5 years and has presented at conferences at MoMA in New York and Tate Modern, and was part of a British Council/Baring Foundation delegation to Japan and South Korea to share good practice.



# Our Arts & Creativity Advisor

## Martin Wilson MBE

**Martin Wilson MBE is Executive Director at TIN Arts** in Durham and is the Arts & Creativity Advisor for the Child Health and Wellbeing Network.

**Martin has worked in arts and culture in North East England for over 25 years.** TIN Arts delivers activities across the North East and their vision is to create a world in which everybody has access to the arts. They hope to achieve this by removing barriers and increasing access to high-quality dance and performing arts.

**Martin started working with the Child Health and Wellbeing Network in 2019** as part of the South Tees Arts Project (STAR). He is now in his second year as Arts & Creativity Advisor to the Network.



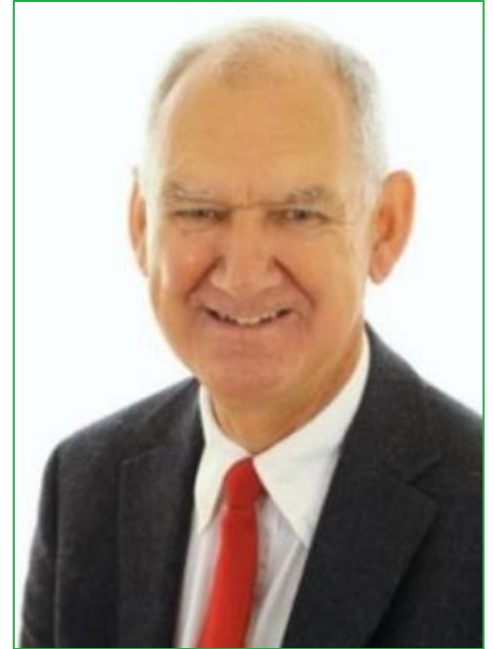
# Our judging panel

## Professor Chris Drinkwater CBE

**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.





# Our judging panel

## Melanie Burgess

**Mel Burgess is the Programme Manager for Regional Cultural Learning at Tyne & Wear Archives & Museums (TWAM).** TWAM is delighted to work in partnership with the Network to lead on the Chris Drinkwater Creative Health Awards, championing high quality partnerships between schools, cultural organisations and artists that lead to better health outcomes for children.

**From 2015 to 2023, 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. Being a part of the Chris Drinkwater Creative Health Awards gives us an opportunity to celebrate the great work being carried out in primary schools to benefit young lives, and means that we can continue to champion the role of creative health in improving outcomes for children and young people right across the region.



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# 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 Child Health and Wellbeing Network** throughout 2021-2022, supporting the Network to deliver on several projects including epilepsy – a strand of the NHS England Children and Young People’s Transformation 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.



# Our judging panel

## Wendy Kelly

**Wendy Kelly is the lead for children and young people's emotional wellbeing 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 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 Child Health and Wellbeing Network and is Chair of the Network's System Engagement Group.



# The Chris Drinkwater Creative Health in Primary Schools Awards 2024 - WINNER



**Bigfoot Arts Education and their Interwoven Community Art Project** to champion local identity and creative collaboration across generations, in partnership with **Battle Hill Primary School** and **Battle Hill Library**, supported by **North Tyneside Council**.

## What the judges said....

*The panel commented that they feel this project demonstrated **strong links** between schools and local libraries, and was an inspiring example of a holistic project **bringing communities together** across the generations. Their use of Section 106 funding to deliver this work is a **good model to share** with other organisations and schools who may want to seek resource to deliver their own creative health projects.*

Section 106 funding is an agreement between a planning authority and developer that ensures certain extra works related to a housing development are undertaken.

In this case North Tyneside Council wanted the funding to be spent on a creative project in the community of Battle Hill. We were approached by North Tyneside Libraries to submit our ideas...

**We wanted our project to bring members of the community together through:**

- Art
- The generations
- Exploring what the local area means to us (relevant to young people rather than drawing too much on the history of the area)

We approached Battle Hill Primary and Library to discuss our ideas and get them on board.



North  
Tyneside  
Council



## Project summary

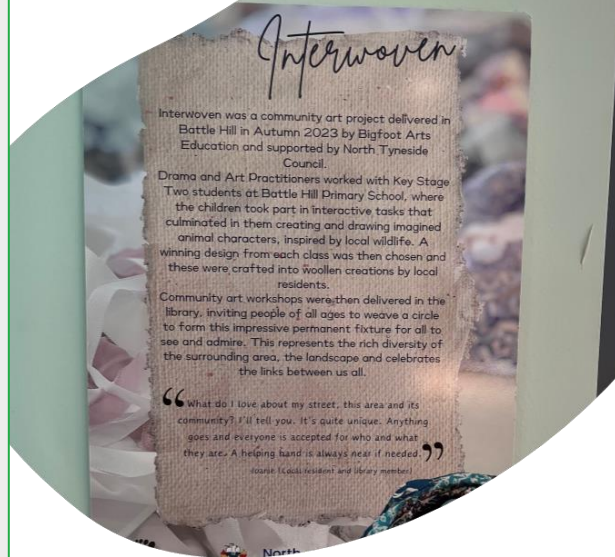
Interwoven is an art project with **community values** at its heart, that unites generations and celebrates the rich heritage of Battle Hill in North Tyneside. Through **collaborative workshops** with Battle Hill Primary School students and local residents, participants engage in creative expression inspired by the area's cultural history and their connection to it, culminating in the creation of woven installations at the Battle Hill Library and **knitted characters inspired by creative writing** of local primary school students. Both these creations have found their forever homes at Battle Hill Library where they are interacted with and allow those using it to 'feel seen'.

This project not only **fosters social cohesion** and a sense of belonging but also promotes emotional wellbeing through hands on artistic activities which generated a rich tapestry of conversation and socialising which is key to our health. By harnessing the power of creativity, Interwoven not only enhances our public spaces but also **nurtures vital social and emotional skills**, leaving a lasting impact on the health and wellbeing of the community.

## Creative health benefits of the project

We know that by engaging in creative activities, participants experience **stress relief, emotional regulation, and improved mental wellbeing**. Interwoven is not just about creating art; it's about building resilient, empowered individuals who are **equipped to thrive** in their lives, feeling connected to something and knowing their skills and voices are heard.

We provided a safe space for expression and exploration, nurturing essential **social and emotional learning** such as teamwork, empathy, and self-confidence. By celebrating the unique diversity of our community, Interwoven promotes **acceptance and inclusivity**, creating a supportive environment where individuals feel valued and understood.



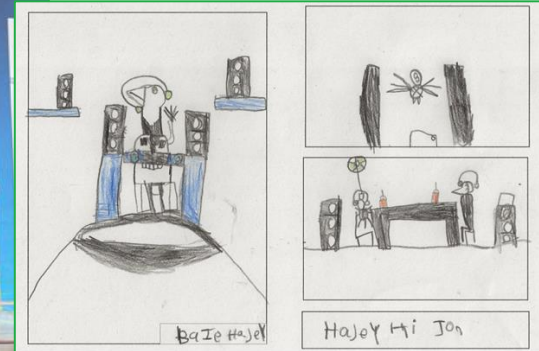
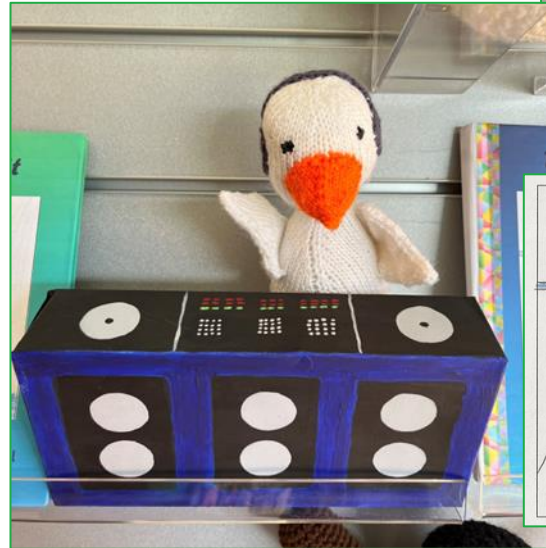
The format of the project involved delivery of school sessions and library sessions.

### School sessions

Drama and Art workshops at Battle Hill Primary with KS2 children. Each class would take a character that would be found in the Rising Sun Country Park. They would do drama tasks to explore what that animal might look like, give them personalities exploring their hobbies, what annoys them and how they spend their day. These drama activities then linked into art tasks where they brought their characters to life through illustrations. A design from each class would be chosen to be created by the library's Knit and Natter group.

### Library sessions

Weaving workshops at Battle Hill Library for local residents of ALL ages. We chose weaving as it was simple and therapeutic and opened up opportunities for discussion as well as acting a lovely metaphor for us being linked together in our community.



All of the illustrations were compiled into books so that the children would be encouraged to visit the library to see their own artwork on display. Our Art Specialist Karen also incorporated some of her own illustrations in the books.



Community art workshops were then delivered in Autumn half term 2023. These sessions held at Battle Hill Library invited people of all ages to weave a circle to form a section of an installation...



The Interwoven installation along with the children's illustrated books and knitted characters are now an impressive permanent fixture for all to see and admire. Representing the rich diversity of the surrounding area, the landscape and celebrating the links between us all.

# The Chris Drinkwater Creative Health in Primary Schools Awards 2024 – RUNNER-UP



**Blue Cabin and their Worlds of Curiosity and Play project** which aimed to significantly impact upon the lives of 8 care-experienced children aged 7-11 using creativity to help them build relationships, gain skills and confidence, and have their achievements acknowledged and accredited through Arts Award. This project was in partnership with **Caedmon Primary School, Grangetown Primary School, and Whale Hill Primary School.**

## What the judges said....

The panel noted that this application had strong evidence of **creative involvement and partnership working**. There were clear positive **social and emotional impact**, which has benefitted the cohort of individuals. For future iterations of this work, the panel would be interested to see how further outcomes develop.



The project aimed for the children:

- To develop confidence
- To build relationships
- To develop creative skills
- To achieve a national award through Arts Award.



**this is**  
**Redcar & Cleveland**





## Project summary

Over six weeks, eight **care-experienced children** from primary schools in Redcar and Cleveland took part in creative activities designed to help them **build positive relationships, gain confidence and learn new skills**. They worked with Blue Cabin Associate Artist, Pady O'Connor, who specialises in co-creating with care-experienced children and young people. The sessions were **trauma-informed** and rooted in social pedagogy.

The children explored **masks, clowning, mime, character and drama games** and told us that they felt more confident as a result of taking part in the project, and that this had increased throughout the sessions. Each session was designed to support the children to **build relationships** with people in the space - their peers, supporting staff and Pady.

At the end of the six weeks, all the children achieved their **Arts Award Discover**, in recognition of the new creative skills they had gained. The children received their certificates at a **celebration event**, which they were incredibly proud of.



## Creative health benefits of the project

The project succeeded in helping the children to:

**Develop confidence:** Children told us they had developed confidence as a result of taking part in the project, and this had increased throughout the sessions. Staff saw developments in confidence in the children, both within the sessions and back at their own schools. They reported that children were willing to try new things and express themselves more. Parents and carers also noted an increase in their child's confidence as a result of the project.

**Build relationships:** Children were supported to get to know one another during the activities and each session was designed to enable the children to build relationships with people in the space - their peers, supporting staff and Pady.

**Develop creative skills:** All 8 children successfully achieved Discover Arts Award in recognition of the skills they gained

# The Chris Drinkwater Creative Health in Primary Schools Awards 2024 – RUNNER-UP



**Queens Hall Arts and 12 Primary Schools in Northumberland:** Kielder, Otterburn, Bellingham, Wark, Greenhaugh, Greenhead, Henshaw, Whitfield, Allendale, Newbrough Primary Schools, Bellingham Middle School and Shaftoe Trust Primary Academy **with their Beneath Our Feet project**, engaging children in creative activities so they could take pride in their local histories and feel connected to their communities.

## What the judges said....

*The panel wanted to commend the **number of schools** Queen Hall Arts have worked with, and how the project brought creative health work to **small rural primary schools** who may not individually have had the opportunity to participate in a project of this nature. The **co-production** of the project with pupils was a strong element of this application that we hope will have **lasting impact** and equip the schools to work with artists in the future. The panel would be interested to see proposed health outcomes at the planning stages of future iterations of this work.*

Queen's Hall Arts were successful in securing an **Everyday Heritage** grant from **Historic England** alongside additional funding from **Ray Wind Funds** to work with schools in the **Haydon Bridge Partnership** on a project called **Beneath Our Feet**.

### The aims of this project were:

- For new generations to explore and know the working-class heritage of our rural landscape.
- For children to have a deeper connection to their local heritage through the inspiration of real artists' creative process.
- For teachers and pupils to gain experience in recruiting and working with professional artists.



## Project summary

Children and teachers chose **four artists to collaborate with** to unearth stories linked to the mining and quarrying heritage of the area, including lead, coal and mineral mines. This history is now nearly invisible within the rural landscape. We have explored the **everyday lives of the workers and their families**, as well as the impact of the industry on the region and beyond.

**Co-creation** was at the heart of this project. This means that the pupils and staff had a voice in choosing the artists. When the artists and class were matched, the children and artists collaborated to create work that was **meaningful to everyone**. We asked each school to research the historically heavy industries in their area to find out about the people who worked there.

In the first sessions, the children shared their research with the artist, and then through **discussion, drawing, singing and drama workshops**, the pupils began to co-create their artworks. We created a **documentary film** about the project to be able to showcase the depth and layers of the project model alongside the digital artworks created by many of the schools. The film is available to watch on Queen's Hall Arts' website: <https://www.queenshall.co.uk/get-involved/projects/beneath-our-feet>

## Creative health benefits of the project

The **co-creation** element was key to this project and was a new approach for many of the schools and Queen's Hall Arts. **Pupils and teachers were involved** in writing the artist's brief, reading applications and shortlisting and interviewing artists. Children had a feeling about how kind the artist would be to work with, whether they understood what the artist's process would be like for them and if it **sounded fun**. Being involved throughout the artist recruitment process meant that the children were **fully engaged** with the whole project and were part of the decision-making process.

*"Usually the teachers tell us what is happening but with this project we told them." - Year 6 Kielder student.*



# Other second-year innovations



## Changing Relations CIC with Copeland Road and Escomb Primary Schools

Rabbits in Headlights uses short stories, creative activities, and digital resources to explore young people's experiences of abuse, supporting educational professionals to help children cope with, and recover from, their experiences and reduce the likelihood of longer-term mental ill health.

## Evergreen Primary School with Pete Wells, digital artist, Rowena Gilchrist, SEND creative specialist, and Hi-Lights theatre and stage company

Using musical theatre production of Matilda in our specialist SEN school to bring together our pupils, staff and parents to perform and achieve goals beyond expectation and therefore improving mental health and wellbeing.

## Gateshead Arts Development Team with Gibside School

Riverside Routes: Using animation 'Kangaroo Hop' enabled year 5/6 pupils with SEND to connect with the natural and cultural heritage of the Gateshead Riverside Sculpture Park along the Tyne-Derwent Way helping develop their confidence and enjoyment navigating the world around them.

## Monkhouse Primary School with North Tyneside Art Studio

A whole school approach to art for mental health using journaling and doodling to help children regulate emotions and promote positive mental health.

## SVP Deaf Centre Newcastle with Our Lady & St. Anne's RC Primary School

By learning a new technique for creating a textile item, our children will come together to combine their individual creations into one large artwork. This collage will be displayed in an urban setting to illustrate the value of coming together to be part of a shared experience, influencing others.



# Chris Drinkwater Creative Health in Primary Schools Awards 2024-25

The Chris Drinkwater Awards for the academic year 2024-25 is open for entries from **9<sup>th</sup> September 2024** until **3<sup>rd</sup> March 2025**.

If you are a **primary 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 arts practitioner or organisation** already working within schools then we want to hear from you for our 2024-25 awards.

**The link to the online form will be shared via:**

- the Child Health and Wellbeing Network email bulletin ([join the Network](#) so you don't miss communications from us)
- TWAM's Creative Classrooms newsletter: sign up at [www.twamschools.org.uk/newsletter](http://www.twamschools.org.uk/newsletter)
- the [Arts & Creativity section](#) of the Healthier Together website

Information will also be shared via our Creative Health Champions.

**The Ofsted framework for personal development states:** 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.



# Get in touch...



Please follow, share and retweet relevant work so that we can continue to share good practice across the region via the Child Health and Wellbeing Network Twitter [@EveryChildNENC](#)

**Visit our website:** <https://northeastnorthcumbria.nhs.uk/our-work/workstreams/optimising-services/child-health-and-wellbeing-network/>

Please encourage colleagues from all areas of Child Health and Wellbeing to register via [forms.gle/gG11zhr2Z8VLU2db9](https://forms.gle/gG11zhr2Z8VLU2db9) so they are included in our communications and feed into the workplan projects that they are interested in.

Please fill in [this short form](#) to let us know how you facilitate engagement, participation and 'CYP voice' activity, and connect with us.

Complete [this short form](#) to register your professional network/group and create more connections.

If you would like more information about any of the Creative Health projects detailed in this document, please email [nencicb.northernchildnetwork@nhs.net](mailto:nencicb.northernchildnetwork@nhs.net)

Join our Network

