

Piece of Mind:

A Fullscope Creative Care Project with Cambs Youth Panel
and Cambridge Curiosity and Imagination,
funded by The Evelyn Trust.

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“This really is a virtuous circle that helps everyone who is involved in it” Phil Priestley, Cambs Youth Panel founder

Project summary:

Four members of Cambs Youth Panel, aged 15-17, worked with artists Hilary Cox Condron and Sally Todd, from Cambridge Curiosity and Imagination, to co-produce a creative resource to support young people’s wellbeing, as part of Fullscope's Creative Care Project. Over six sessions on zoom, the young people and artists developed the ‘Piece of Mind’ box, containing invitations to create (specially devised creative activities) alongside carefully selected art materials, noise cancelling headphones, and directions to watch an introductory film about the project online. The invitations and film can be viewed [here](#).

Three secondary schools – Cambourne Village College, Linton Village College and Ely College – have tested these boxes with 25 young people to learn how they supported their mental health and wellbeing. Cambourne Village College offered the boxes to young carers, as “they have a lot of stress at home. We thought these would help.” Ely Village College gave their boxes to year 11 leavers who they described as having “quite a lot of mental health issues.”

What did Cambs Youth Panel think?

The students who co-created the boxes reflected that they felt supported by their artist mentors and that being involved had benefitted them positively.

"I found having something to concentrate on other than just online school really boosted my mental health," H, aged 17, co-creator of 'A piece of Mind'.

"Creating opportunities for young people to help young people is in itself a therapeutic exercise which cannot be understated. It helps to defeat a sense of powerlessness, it has helped to counteract the sensation of being disconnected and alienated," Phil Priestley, Cambs Youth Panel founder.



What did participating students think?

Survey results showed that 86% of participants felt better about themselves having created with the box and noted that the sound reducing headphones helped create a calmer environment. 71% of students also said they planned to do more creative practice.

"I was pleased that I took time and was thoughtful over some of the paintings and felt more relaxed whilst doing it," participating student.

What did participating schools think?

The boxes supported schools in recognising how they could complement and extend their current practices and care for students in new ways. They commented on having something so positive and generous to offer their students at this time – “I noticed even how the students were proud of their boxes as they walked away after we had handed them out.”

To find out more, email Fullscope: info@fullscopecollaboration.org.uk