



# Impact Report 2021/22



# 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

# Our work in 2021/22

Over the last 12 months, we've felt as if we are gradually emerging from the pandemic, which means running more face-to-face sessions, developing new partnerships and re-establishing past programmes with trusted artists and organisations.

Our work with the Clock Tower Sanctuary in Brighton has grown - running weekly sessions with a large number of young people, giving them the opportunity to expand their skills, express themselves and enjoy making art together in a safe environment.

Our new programmes with Brighton Young Carers and The Loss Project are now fully underway and set to run into 2023, with new staff developing expertise for the future.

Our work with women's refuges across Sussex is also growing. We have plans to develop research into how complementing the support offered with the healing power of art, we can help re-establish the bonds between mothers and children in meaningful ways once they arrive at refuges. We have recently been developing links with the University of Brighton's Centre for Art and Well Being to research our working methods and assess their impact.

For 2022/23, we wish to expand our artist team, and continue to work towards a goal of establishing an art studio for groups to come to us, as well as continuing going out to them to run our pop up creative safe spaces. Our goal is to continue our work and grow, so as many as possible can enjoy the power of being creative.

We thank our artist team, our volunteers and board of Trustees for their dedication and care. We are a family working towards a brighter future. Our aim is to engage more children and young people in our process and develop more creative ways of working to bring positivity and joy to those who need it most.



**Lynn Weddle - Director**

# Brighton Young Carers

The Young Carers Project at The Carers Centre supports children and young people aged 6-17 years, who are helping to care for someone in their family, with a disability, mental health condition, substance misuse issue or long-term illness.

Young Carers can access group support such as school holiday activities, creative workshops or our term-time drop-in sessions.

Some Young Carers also require one-to-one emotional support around managing their caring role.

In addition, Young Carers can also receive advocacy support which means that the right professionals at school or in the community know about the caring role at home and that the Young Carer's voice is heard at relevant meetings which the family may be involved with.

Brighton Young Carers is a new partnership project, which began through delivery of art packs at the end of lockdown. This developed into the delivery of online and in person workshops throughout 2021/22.



In 2021/22 we delivered **121 participations** through:

**12 x monthly drop-in workshops** for 5-8 year olds

**10 x school holiday workshops** at Phoenix Arts Centre (Oct & Dec 2021)

**6 x remote workshops** online (Aug 2021)

Brighton Young Carers are a committed partner and the work will continue. Monthly workshops are now being part-funded by Brighton Young Carers.

**'It has been amazing to be able to offer art activities to our young carers. They have been able to explore their creativity in a safe place, make new friends and have time away from their caring role.'**

**— Tammy Otto, Support and Outreach Worker, Brighton Young Carers**



# Brighton Young Carers - Case Study

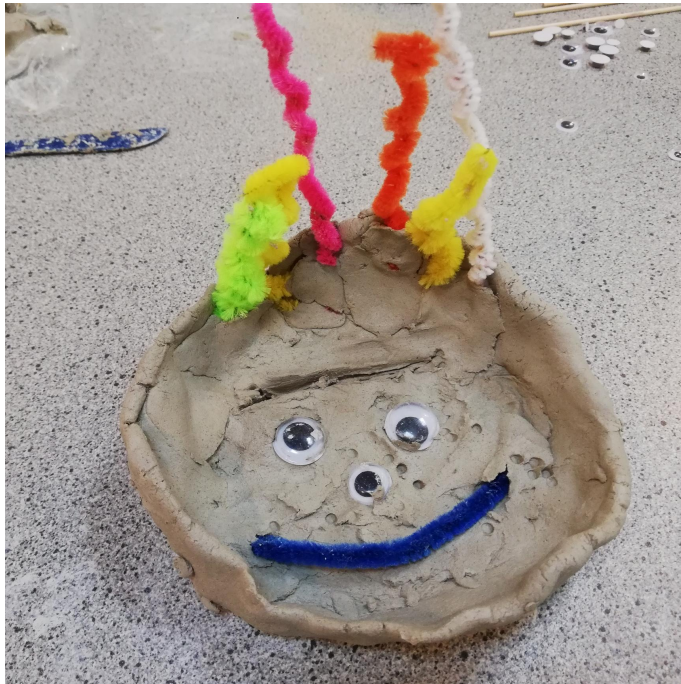
**A** is 8 years old and is a young carer.

*He has a younger sibling with additional needs and supports his parents to help care for them.*

**A's** life as a young carer is different from his peers as he helps around the house practically as well as taking on the emotional burden of worrying about his sibling. **A** greatly benefits from being part of the Young Carers Project as he gets to have respite time and meet other children in a similar situation, as well as talk to adults he can trust.

**A** has definitely benefited from our work with Articulate at our monthly after school club. He is always interested in the art activity and throws himself into it wholeheartedly.

*It is a pleasure to see him fully immersed in what he is creating whether this is a hanging mobile, a moving picture or a creature made of egg box cartons and pipe cleaners!*



*He also enjoys the opportunity at the end to talk about his creations in front of the group. We are very grateful to be able to work with Articulate to offer these regular sessions to our young people.*

**Lizzie Hovard - Schools Worker and Support & Outreach Worker, Young Carers Project**

# Clock Tower Sanctuary, Brighton

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

The programme developed in 2013 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.



In 2021/22 we have delivered **112 participations** through **50 x weekly workshops**.

The longterm partnership with CTS has enabled us to develop a core group of participants who inform and steer the direction of the programme.

This partnership will continue into the future subject to funding.

*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.

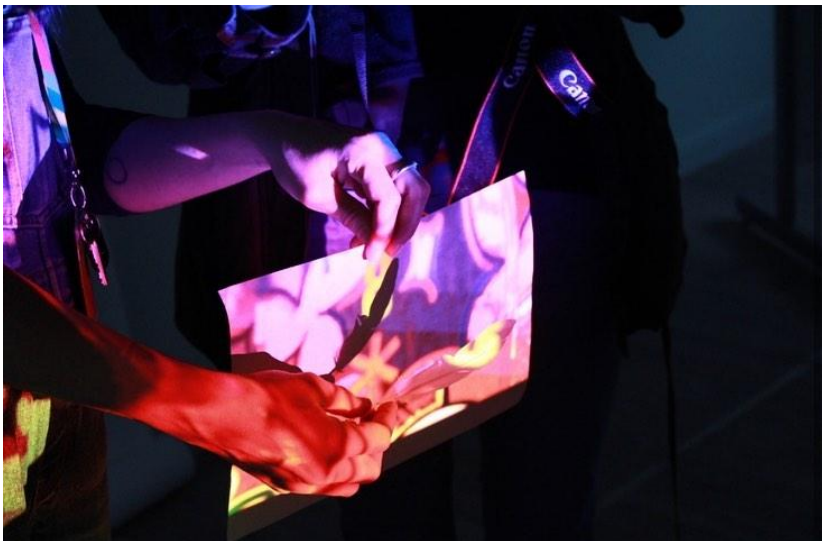
# Clock Tower Sanctuary - Case Study

*T is a young person, aged 19-24yrs. T attended the therapeutic and creative photography sessions run by Articulate and in conjunction with The Clock Tower Sanctuary over a period of 11 months.*

*T describes how they love to draw and how they spend a lot of time thinking about designs and the ways in which they could translate these ideas into drawings. During the first sessions T enthusiastically voiced how excited they were about the aspect of using mark-making combined with photography, and how this was completely new to them.*

*When T first started attending the creative sessions, they appeared quiet and withdrawn from the group. They often chose to work on activities independently and seemed hesitant to suggest ideas to the group. T describes that sometimes their autism affects the things they do and how they interact with people.*

*Over the months I observed how the art making process often opened up conversations around experiences and feelings. During the time working with T I saw a growing confidence. Each week as familiarity with myself and one another in the group grew, I noticed that they began to confidently lead parts of the sessions, drawing on skills learnt from previous sessions as well as from their own personal work.*



*T often talked of their work with a sense of proudness of what they had achieved.*

*"I can't survive this world without making art. I spend a lot of time thinking about all the things I can create and draw. You often don't appreciate something until it has gone. I'm going to miss the photography sessions once they've gone, it teaches you to appreciate something while you have it" - T*

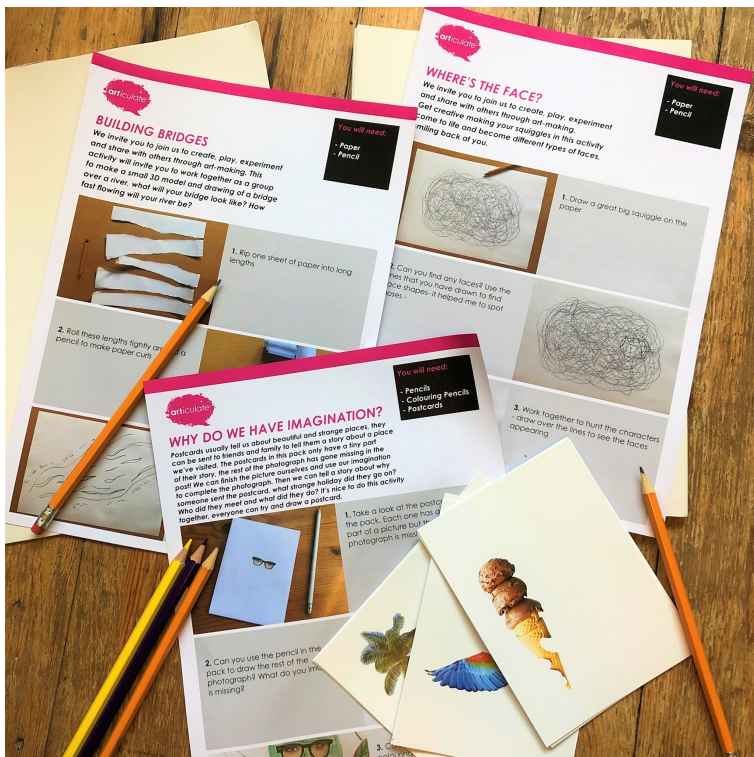
**Laura Montag - Lead Artist for the CTS project**



# Cranmead Residential Care Homes

In 2020 Articulate developed a relationship with Cranmead Residential Care Homes through the provision of art packs for their residents during lockdown. This developed into the delivery of a new series of 'live' workshops in January 2022, led by Laura Montag in Brighton Roedale residential care home.

In 2022/23 we will be continuing this work as a monthly Saturday social at the Friends Meeting House in central Brighton, offering opportunities for residents from four care homes (Brighton, Hove, Worthing & Littlehampton) to come together to take part, using the Creative Safe Spaces model.



In 2021/22 we have delivered **98 participations** through live workshops.





# Cranmead Residential Care Homes - Case Study

**M** is a young person, aged 19-24yrs.

**M** attended the therapeutic and creative photography sessions run by Articulate and in conjunction with Cranmead House over a period of 4 months.

*Each week we have been exploring ideas and techniques around the theme of experimental photography, thinking around ideas of new perspective, lighting and image manipulation. Learning about the camera's capabilities the group have explored imagemaking through long shutter speeds and recording light as luminous trails as well as using magnifying and distorting lenses, creatively thinking about how we might look at things in new ways.*

*Before the project started, James (support worker) explained the need for a project like this, describing the challenges of bringing the young people together. He explains "there is a lot of clashes in personalities in the house and often young people choose to stay in their rooms. They have been through a lot and and for most they struggle with their mental health. It often isn't good for them to spend so much time alone in their rooms".*



*Working with **M** during the sessions, they often voiced frustration with not having anything to occupy their day with and so welcomed the fun and playful creative sessions each week.*

*During the time working with **M**, I noticed how engaged, comfortable and chatty the young person was. I reflected on how the sessions often required a lot of slow observing and patience, which the young person seemed to adopt quite naturally, observing things in a detailed and curious way.*

*During some sessions the members of the house came together for brief moments working together on creative activities. James commented on "how amazing this is to see. Projects like this are so important."*

**Laura Montag - Lead Artist for the Cranmead project**

# Safe in Sussex

Since 2017, we have been working to give expressive, creative arts provision for children and their mothers with 'Safe in Sussex', an organisation which runs three refuges across Sussex each accommodating 12 families. They give mothers and children an escape route from violence and a chance to seek alternatives to a life of isolation and fear. Our organisations have a proven track record of supporting domestic violence and abuse victims.

Our workshops are facilitated by highly motivated artists and volunteers who use the art for the emotional development of children, in order to rebuild and recover after being isolated and scarred by abuse. We help them develop practical creative skills which they can use in the future.

We run fortnightly sessions of our Creative Safe Space, run by two experienced arts practitioners Helen Goodwin and Lucy Myton. Sessions are run in the community and in the women's refuges.



In 2021/22 we have delivered **35 participations** through **20 school holiday workshops**.

*By making art together, the mothers are rebuilding and strengthening bonds with their children that may have been strained during their previous home life. This is a truly magical — you can't put into words how powerful it is.*

*— Safe in Sussex, partner*

# Safe in Sussex - Case Study

**GJ** is 9 years old and came into our service in April 2021 after her Mum (NB) had fled the relationship from her Dad.

**GJ's** Dad did not allow her to make any noise, he would be grumpy if she did, therefore NB would do her utmost to pacify both of them, keeping **GJ** as quiet as possible and giving her almost everything she wanted. **GJ** witnessed her Dad's anger, smashing a TV and iPad in front of her and telling NB he would just buy another - this led **GJ** to have expectations she could have whatever she wanted, especially if she continued to request - NB would give in for a quieter life. **GJ** had huge attachment issues with NB - she would climb over her like a toddler if NB's attention was elsewhere, and would grind NB down until she gave in.

**GJ** would never engage with me, she use to grunt at me, never answer a question and talk to her Mum whilst she was talking to me. **GJ** only ever spoke to me if another child came to show me something, she would not engage in activities with me- even craft which she loved.



When Jenny came from Articulate , it was lovely to see **GJ** interacting with her and expressing herself in ways that she never had before here. She spoke to her and shared her ideas.

It is wonderful to have the Articulate team come into the refuge and support our children. The children engage with the artists in a different way to how they do with the staff here, even when we do craft activities, they respond more positively. They are able to have their own time to create and talk in any way they choose. It is a very positive time.

**Michelle Petrucci - Refuge Family Support Worker, Safe in Sussex**



# The Team

All of our projects are delivered by a team of experienced Freelance Artists, with support from Articulate Director Lynn Weddle and volunteers.

**Laura Montag** 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.

**Helen Goodwin** has worked over 30 years working as arts educator, facilitator and trainer in various settings, in Europe (UK, Sweden and Hungary) and Asia (China and Mongolia). Her approach is largely non prescriptive and participatory, working to create a safe, trusting environment that supports creative discovery and risk taking. The outcomes are so often full of rich creative surprises for both the participants, staff and carers. She finds this helps to build a sense of empowerment, which in turn builds on confidences and allows voices to be heard and feeds back into the participants sense of wellbeing and self worth.

**Jenny Staff** has had a passion for being in nature since her childhood, growing up in Lancaster surrounded by hills, wild skies and open spaces. She studied painting at the University of Northumbria at Newcastle, from there she moved to London completing her MA at London Met. where she became fascinated with the work of D.W. Winnicott, and the notion of Play as Process. She developed her practice, creating safe spaces in which to experiment and explore, where the imagination and materials meaningfully connect in the creative process through the act of being present, of Being in the Moment, being Real.

**Lily Taylor** is volunteer with Articulate, coming from a background studying Art at BA level. Helen Goodwin says 'she is so gentle and caring and a real asset to the work we do.' She is now progressing on to volunteer with Jenny Staff on our new grief project.

**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.

# Find Out More

For more information please visit [www.articulate.global](http://www.articulate.global).

Or contact us:

Email: [hello@articulate.global](mailto:hello@articulate.global)

Phone: +44 (0)7967 719137



With thanks to our funders: Arts Council England, The Chalk Cliffe Trust, Enterprise Arts Trust, The Magdalen Hospital Trust & The National Lottery Community Fund.



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**ARTS COUNCIL  
ENGLAND**



ENTERPRISE ARTS  
TRUST

**ARTICULATE ARTS LIMITED  
DIRECTORS' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2022**

S E Murby & Co  
Saracens House  
25 St Margaret's Green  
Ipswich  
Suffolk  
IP4 2BN



**Articulate Arts Limited**  
**Directors' Report and Unaudited Financial Statements**  
**For The Year Ended 30 June 2022**

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**Articulate Arts Limited**  
**Company Information**  
**For The Year Ended 30 June 2022**

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**Directors** Baroness Susan Miller  
Ms Lynn Weddle

**Secretary** Baroness Susan Miller

**Company Number** 3343779

**Registered Office** 3 Arlington Gardens  
Saltdean  
Brighton  
BN2 8QE

**Accountants** S E Murby & Co  
Saracens House  
25 St Margaret's Green  
Ipswich  
Suffolk  
IP4 2BN

**Articulate Arts Limited**  
**Company No. 3343779**  
**Directors' Report For The Year Ended 30 June 2022**

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The directors present their report and the financial statements for the year ended 30 June 2022.

**Statement of Directors' Responsibilities**

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing the financial statements the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Directors**

The directors who held office during the year were as follows:

Baroness Susan Miller

Ms Lynn Weddle

**Small Company Rules**

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

On behalf of the board

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Ms Lynn Weddle

Director

10/12/2022



**Articulate Arts Limited  
Accountant's Report  
For The Year Ended 30 June 2022**

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In order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us.

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's directors for our work or for this report.

You have acknowledged on the balance sheet as at year ended 30 June 2022 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

Signed

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10/12/2022

S E Murby & Co  
Saracens House  
25 St Margaret's Green  
Ipswich  
Suffolk  
IP4 2BN

**Articulate Arts Limited**  
**Income and Expenditure Account**  
**For The Year Ended 30 June 2022**

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	<b>Notes</b>	<b>2022</b> <b>£</b>	<b>2021</b> <b>£</b>
<b>TURNOVER</b>		68,027	38,590
Cost of sales		(3,134)	(2,634)
		<hr/>	<hr/>
<b>GROSS SURPLUS</b>		64,893	35,956
Administrative expenses		(63,044)	(32,263)
Other operating income		-	-
		<hr/>	<hr/>
<b>OPERATING SURPLUS AND SURPLUS FOR THE FINANCIAL YEAR</b>		1,849	3,693
		<hr/> <hr/>	<hr/> <hr/>

The notes on pages 6 to 7 form part of these financial statements.

**Articulate Arts Limited**  
**Balance Sheet**  
**As at 30 June 2022**

		2022	2021
	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible Assets	3	1,883	966
		1,883	966
<b>CURRENT ASSETS</b>			
Cash at bank and in hand		41,291	40,259
		41,291	40,259
<b>Creditors: Amounts Falling Due Within One Year</b>	5	(500)	(400)
<b>NET CURRENT ASSETS (LIABILITIES)</b>		40,791	39,859
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		42,674	40,825
<b>NET ASSETS</b>		42,674	40,825
Income and Expenditure Account		42,674	40,825
<b>MEMBERS' FUNDS</b>		42,674	40,825

For the year ending 30 June 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

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Ms Lynn Weddle

Director

10/12/2022

The notes on pages 6 to 7 form part of these financial statements.

**Articulate Arts Limited**  
**Notes to the Financial Statements**  
**For The Year Ended 30 June 2022**

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**1. Accounting Policies**

**1.1. Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

**1.2. Turnover**

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

**Sale of goods**

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

**Rendering of services**

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

**1.3. Tangible Fixed Assets and Depreciation**

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	25%
Computer Equipment	33.3%

**2. Average Number of Employees**

Average number of employees, including directors, during the year was as follows:

	<b>2022</b>	<b>2021</b>
Office and administration	1	1
	1	1

**3. Tangible Assets**

	<b>Plant &amp; Machinery</b>	<b>Computer Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
As at 1 July 2021	-	1,449	1,449
Additions	623	1,158	1,781
As at 30 June 2022	623	2,607	3,230
<b>Depreciation</b>			
As at 1 July 2021	-	483	483
Provided during the period	155	709	864
As at 30 June 2022	155	1,192	1,347
<b>Net Book Value</b>			
As at 30 June 2022	468	1,415	1,883
As at 1 July 2021	-	966	966

**Articulate Arts Limited**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 30 June 2022**

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**5. Creditors: Amounts Falling Due Within One Year**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade creditors	500	400
	<u>500</u>	<u>400</u>

**6. Company limited by guarantee**

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

**7. General Information**

Articulate Arts Limited is a private company, limited by guarantee, incorporated in England & Wales, registered number 3343779. The registered office is 3 Arlington Gardens, Saltdean, Brighton, BN2 8QE.



**Articulate Arts Limited**  
**Detailed Income and Expenditure Account**  
**For The Year Ended 30 June 2022**

	2022	2021
	£	£
<b>TURNOVER</b>		
Donations and grants	68,027	38,590
<b>COST OF SALES</b>		
Purchases	3,134	2,634
	(3,134)	(2,634)
<b>GROSS SURPLUS</b>	64,893	35,956
<b>Administrative Expenses</b>		
Travel and subsistence expenses	1,014	35
Rent	141	164
Vehicle fuel costs	30	-
Computer software, consumables and maintenance	601	906
Printing, postage and stationery	106	553
Courier services	-	180
Advertising and marketing costs	1,645	1,209
Training seminars and workshops	1,719	400
Website costs	-	534
Accountancy fees	500	400
Fundraising Fees	4,320	3,500
Consultancy fees	17,580	9,519
Management fees	34,468	14,297
Depreciation of plant and machinery	155	-
Depreciation of computer equipment	709	483
Sundry expenses	56	83
	(63,044)	(32,263)
<b>OPERATING SURPLUS AND SURPLUS FOR THE FINANCIAL YEAR</b>	1,849	3,693



# 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
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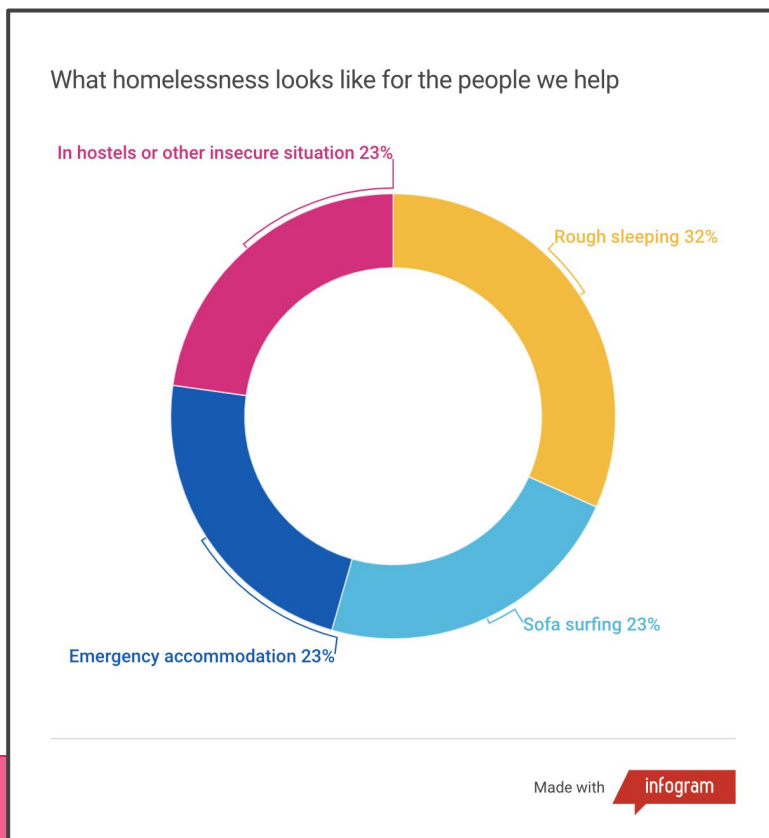
**25** artists

# 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](http://www.articulate.global).

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With thanks to our funders: Arts Council England, The Chalk Cliffe Trust & Brighton Photo Fringe



Supported using public funding by  
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