



# CREATIVE BEINGS

Cultivating creative practices for wellbeing

## Annual Impact & Reach Report to 31<sup>st</sup> Dec 2020

### What is Creative Beings CIC?

Creative Beings CIC devises and runs creative activities, workshops, practices and / or processes that work with people to develop and enhance their wellbeing. We often work in and with nature on these courses and enjoy the natural surroundings of garden, woodland, field and stream here. These activities have a benefit for people in Devon and beyond. By paying attention to the pace of what we do, as well as hosting the creative spaces carefully, the natural processes of human wellbeing have a chance to emerge and embed.

Additionally, when we express ourselves and are heard, we feel better about ourselves. This process can contribute to higher self-esteem, more participation and a stronger sense of wellbeing.

Our creative interventions include conversational retreats e.g. a 1-day programme to explore our feelings around our place in the world. Groups can take part in facilitated conversation, sometimes in pairs, sometimes as a group, as well as mindfulness practices. A day might include a walk in woodland for inspiration and connection to nature, self and others.

Creative Beings CIC also works with musicians, dancers and performers to create opportunities for them to share their work with audiences who might not normally experience these art forms. There is very much a two-way flow of benefits as the audiences and performers gain from their explorations and experiences with each other.

### How has the community benefited from Creative Beings CIC in 2020?

Clearly 2020 was a bit of a strange year due to Covid-enforced lockdown. Initially we had to postpone many events and reduce numbers due to social-distancing. We took the opportunity to experiment with online events, upgrade our website and prepare for the end of lockdown. The events that we delivered in 2020 were:

### **'Moving On' Creative Wellbeing Workshops for Headway Charity**

What?	Give-back event: Helping to build strength and resilience by exploring the theme of 'Moving On'. Noticing and capturing things that make us feel good about ourselves and storing these in and on crafted memory / 'sources of strength' boxes.
When?	Jan-Mar, 6 workshops at Headway Devon, The X Centre, Exeter EX2 4AD
Impact?	12 clients, 3 Headway staff, 2-3 university student volunteers, 3-4 artists each time. Total reach: 126 Jess Voysey, Team Lead Devon and Exeter said "We expected a small group to join in and I was overwhelmed when I came back and saw how these guys had tackled something new. What's made the difference? Your energy and inspiration as well as being open to ideas from the individuals, rather than having a fixed plan and telling everyone what they had to do." Client K shared "It was great that we could draw to the music without anyone judging us. I realise that I've drawn what's going on for me in my life right now and I'm going to share this with my family."

### **Landscape-Inspired Loosening up Painting Workshop**

What?	Exploring mark-making using painting tools found on a nature walk
When?	8 <sup>th</sup> Feb
Impact?	9 participants, 1 artist

### **Sculpting The Figure course**

What?	Tutored course exploring figurative sculpture
When?	25 <sup>th</sup> Feb, 3 days
Impact?	11 participants, 1 tutor, 1 model, 1 helper

### **Home Start strategy day**

What?	Give-back event: space and lunch provided for charity away day
When?	4 <sup>th</sup> Mar
Impact?	10 participants, 2 helpers

### **Resurgo / Scension project supported by Arts Council England**

What?	Awarded a small grant to support emerging artists (composer, choreographer, web designer) to prepare the groundwork as part of an integrated arts outreach programme for 2021
When?	Aug
Impact?	3 artists

### **Open Gardens fund-raising weekend for Hospiscare charity**

What? Give-back event: Open garden with live music on the Sunday  
When? 29<sup>th</sup> Aug, 2 days  
Impact? 120 visitors, 2 musicians, 8 volunteers. Over £600 donated to Hospiscare

### **Foraging & Preserving course**

What? Tutored course on identifying and preserving things to eat from the natural world, co-led by a survival tutor and a botanist  
When? 5<sup>th</sup> Sep, 2 days  
Impact? 12 participants, 2 tutors

### **Stitching the Land**

What? Online course, being inspired by nature to explore textiles and stitch  
When? 9<sup>th</sup> Oct  
Impact? 13 participants, 1 tutor (2 give-back places for carers)

### **Sculpting the Dynamic Nude course**

What? Tutored course exploring figurative sculpture  
When? 20<sup>th</sup> Oct, 4 days  
Impact? 6 participants, 1 tutor, 1 model, 1 helper

### **Sculpting the Head course**

What? Sculpture workshop studying the proportions of the head  
When? 2<sup>nd</sup> Dec, 2 days  
Impact? 6 participants, 1 tutor, 1 model, 1 helper

### **Matt Woosey Lockdown Livestream gig**

What? Acoustic performance streamed from the Black Forest, Germany  
When? 27<sup>th</sup> Nov  
Impact? 50 audience, 1 performer, donations sent direct to Matt

### **Life Drawing**

What? An opportunity to explore mark-making techniques, focussing on the human form, in a peaceful and nurturing environment.  
When? 6 times in Feb, Mar, Aug, Sep x2, Oct  
Impact? 30 drawers, 6 models

## Volunteering on the land

What?	Working in the young agroforest and woodland / regenerative practices for people and planet - in exchange for board and lodging.
When?	Community project: polytunnel, Archie – July, Josie – July, Alex & Benji – ongoing, Abi & Toby - Aug
Impact?	15 volunteers during the season

Total reach: 443 (vs 747 in 2019). N.B. 2020 was affected by the restrictions of lockdown.

Each of the events above were appreciated and valued, in different ways by the different participating groups, and attendees suggested further ideas for future events. So, we look forward to meeting some of this demand in 2021 and beyond.

In keeping with our Articles of Association, the Directors of Creative Beings do not take profits out of the CIC. Rather, the organisation generated a surplus that can be spent on further give-back events for under-served communities.



Sue Holland, Martin Staniforth, Alex Staniforth, Jan Campbell Young, Rosemarie Boon  
Directors of Creative Beings CIC