



# CREATIVE BEINGS

Cultivating creative practices for wellbeing

## Annual Impact & Reach Report to 31<sup>st</sup> Dec 2019

This is the second Annual Impact Report for Creative Beings CIC. After our pilot year in 2018, we expanded with a range of events and courses, exploring different ways to work with a variety of artists, facilitators, beneficiary groups and the public, to meet our objectives.

### 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. 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 in small spaces to create opportunities for them to share their work with audiences who might not normally experience these art forms. Thus there is 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 2019?

We continued to experiment with a number of ways to fulfil the mission i.e. to cultivate creative practices for wellbeing. The events that we delivered in 2019 were:

### **Pop-up recital supporting emerging artist**

What? Acoustic performance for a singer/song-writer who is going solo  
When? 12<sup>th</sup> Jan  
Impact? 28 audience, 1 performer  
All proceeds given to performer

### **Sculpting the Head (family workshop)**

What? Sculpture workshop providing opportunity for family togetherness time  
When? 18<sup>th</sup> Feb  
Impact? 5 participants, 1 facilitator

### **Sadler Heath collaborative painting**

What? Personal development workshop exploring creativity  
When? 15<sup>th</sup> Mar  
Impact? 15 participants, 2 facilitators

### **Home Start away day**

What? Give-back event: space and lunch provided for charity away day  
When? 9<sup>th</sup> Apr  
Impact? 10 participants, 2 helpers

### **Journeying & map-making course**

What? Using mapping techniques to explore personal journeys (internal as well as / more than external)  
When? 26<sup>th</sup> Apr  
Impact? 5 participants, 2 facilitators

### **Bach Odyssey fund-raiser**

What? Hosted rural touring programme from Villages In Action that brought a Bach soloist to Awliscombe Church  
When? 25<sup>th</sup> May  
Impact? 38 audience, 1 performer  
Profits given to Awliscombe Church

### **Freeplay fund-raiser**

What? Hosted rural touring programme from Villages In Action that brought a Canadian singing duet to Awliscombe Village Hall  
When? 15<sup>th</sup> Jun  
Impact? 22 audience, 2 performers  
Profits given to Awliscombe Village Hall

### **Honiton Memory Café volunteers day**

What? Give-back event: space and lunch provided for volunteers away day including a tutored session on mindful pizza-making  
When? 3<sup>rd</sup> Aug  
Impact? 12 participants, 2 facilitators, 2 helpers

### **Painting for All course**

What? Tutored course exploring painting inspired by the natural world  
When? 17<sup>th</sup> Aug  
Impact? 10 participants, 1 facilitator, 1 helper

### **Devon Open Studios**

What? Pop-up gallery for 6 artists, promoting access to the arts, open to the public for 2 weeks  
When? 7<sup>th</sup> Sep  
Impact? 300 visitors, 6 artists

### **Gestalt, Mindfulness & Creativity retreat**

What? Facilitated retreat  
When? 4<sup>th</sup> Oct  
Impact? 11 participants, 2 facilitators, 1 helper

### **Panta Rei charity fund-raiser**

What? Hosted rural touring programme from Villages In Action that brought a Norwegian contemporary dance company to perform in a private home  
When? 19<sup>th</sup> Oct  
Impact? 27 audience, 5 performers  
Profits given to Villages In Action

### **Sculpting With Attitude course**

What? Tutored course exploring figurative sculpture  
When? 22<sup>nd</sup> Oct  
Impact? 10 participants, 1 tutor, 1 model, 1 helper

### **Sweet Honi fund-raising concert for MIND**

What? 2 choir concert in Honiton Community College  
When? 1<sup>st</sup> Dec  
Impact? 105 audience & participants  
Profits donated to charity MIND

### **Sculpting The Figure course**

What? Tutored course exploring figurative sculpture  
When? 2<sup>nd</sup> Dec  
Impact? 10 participants, 1 tutor, 1 model, 1 helper

### **Matt Woosey pop-up gig**

What? Acoustic performance  
When? 7<sup>th</sup> Dec  
Impact? 37 audience, 2 performers

### **Sadler Heath – explore our responses to climate change**

What? Personal development workshop  
When? 13<sup>th</sup> Dec  
Impact? 12 participants, 2 facilitators

### **Life Drawing**

What? An opportunity to explore mark-making techniques, focussing on the human form. Ruby, one of the participants, said “That was a really empowering experience for me.”  
When? 7 times Jan - Dec  
Impact? 42 drawers, 7 models

Total reach: 747 (vs 328 in 2018)

Each of the activities above were well-received, 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 2020 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.



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