

AAA FOUNDATION TRANSITION INTO THE NEW NORM MID SUMMARY REPORT



ANTOIN AKPOM ACHIEVEMENTS FOUNDATION

CHALLENGING BEHAVIOURS CHANGING LIVES

**Prepared by Cheryl Armatrading, Alyce – Ellen Barber & Julie Maxwell
with input from the charity volunteers**

AAA Foundation Transition To The New Norm Project – July – November 21

Transition to the new normal – Adapting to new changes and new ways of transitioning through a “Trauma-informed lens”

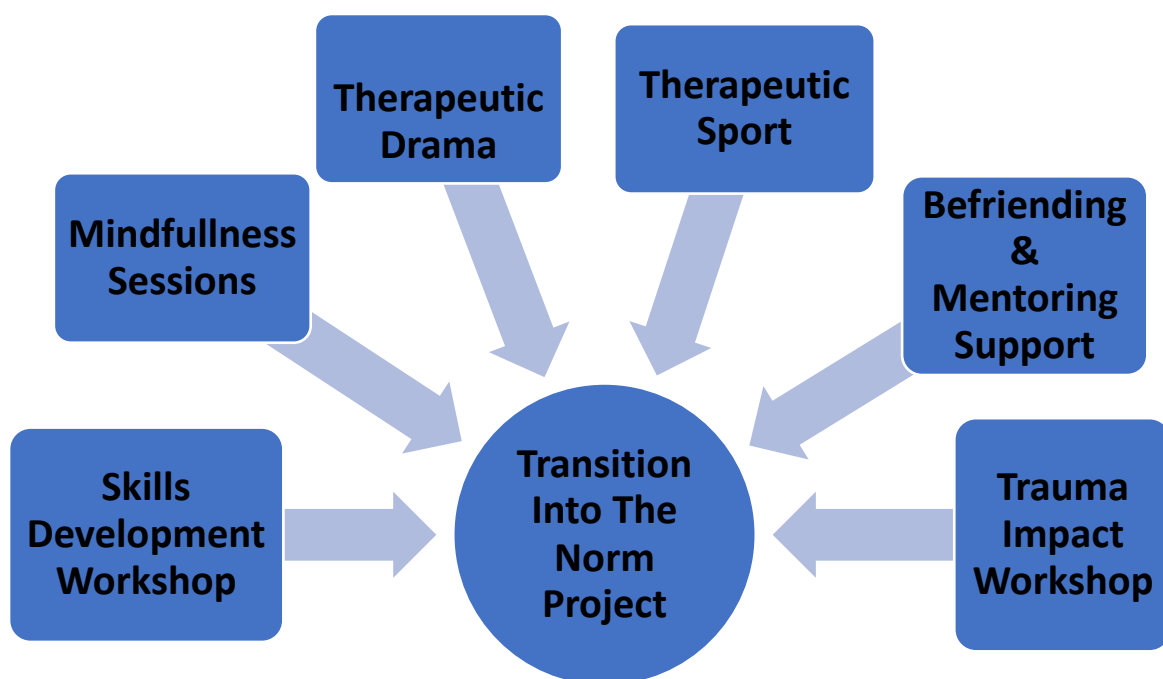
The Five Guiding Principles: - Safety, Choice, Collaboration, Trustworthiness and Empowerment.

The project will see us work with 60 of the most affected members of the BAME by the impact of COVID-19 pandemic members. To be able to assist them with their recovery and overcoming the impact we will adopt a trauma informed approach. Provided by practitioners, qualified facilitator and industry professionals. They will provide support that addresses the trauma associated with and as a result of Covid-19 that disproportionately affecting the BAME community during the pandemic.

The aim is to deliver six community conversations and 20 workshops over a six-month period. Target audience (participants) 60 disadvantaged and vulnerable members of the BAME community.

The first important step will be to provide Trauma-Informed conversation sessions. We will then address the issues, challenges and barriers through the delivery of the following pinpoint workshops and the following interventions:

The project is divided into various sections and phases: - Workshops/Events/Community Conversations



We conducted community conversations and surveys to collect data about how people were feeling post covid 19 epidemic and lockdown. This involved children and young people between the ages of 9yrs– 25yrs of age. Along with delivering the following workshops and events. Therapeutic Drama, Sports, Creative Arts.

| Title | Description | No of Attendees |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------|
| Women's Community Conversation | Transition into the new norm discussion | 10 |
| Women's Community Conversation | Post covid – What Now | 7 |
| Women's Community Conversation | Mental -Health & the black Caribbean Community | 7 |
| Community Discussions | Well-Being | 6 |
| Community Conversation | Inequality & Adverse Historic Negative Experience in The Caribbean Community & The role it played out in Covid 19 | 9 |
| Women's Community Conversation | This discussion finds a safe space to talk - Time to reflect on our feelings, isolation, self-search | 9 |

Volunteer Meetings

| Title | Description | No of Attendees |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| Project Discussion | Transition into the new norm discussion | 5 |
| Strategic Planning | Project and workshop planning | 5 |
| Project Planning | 4 project discussion meetings Art Exhibition planning – Roles & Responsibilities, designing the event, marketing and promotion | 5 |
| Group Discussions | Well-Being – Mental Health Check List. Identifying triggers | 5 |
| Volunteer Training | Safeguarding Policies & procedures Understanding Mental Health Level 3 Art Therapy – confident building to improve how they delivered sessions | 5 5 1 3 |

| Title | Description | Attendees |
|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Creative Art Workshop 1 | Sacred Heart School 9yrs – 10yrs x 2 groups | 60 |
| Creative Art Workshop | Highfield Community Centre Group 8yrs – 13yrs – Mindfulness and expressive feelings through arts and craft. Using the creative workshop to discuss how they felt about the lockdown and coming out of covid pandemic. They created a carnival costume which was displayed in the art exhibition | 10 |
| Therapeutic Art Workshops | 6yrs – 9yrs delivered via zoom Support and motivate children to engage in the workshop. Encouraging them to express their feelings and thoughts and enhance their creativity and imagination, building confidence and boost overall well-being | 10 |
| Therapeutic Sport – Delivered by KB In The Community | Delivering six-week sessions two days a week increasing Physical Well-Being, Social & Community Development along with Emotional Well-Being. Discussion around the impact of accessing sport facilities during the lockdown was also delivered | 49 |
| Therapeutic Drama Workshop | Young people 15yrs – 17yrs Using the artforms to explore feelings and emotions | 10 |
| Therapeutic Drama Workshop | Sacred Heart School | 60 |

| | | |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| Art Therapy Workshop for volunteers | <p>Session Title – Positive Favourites</p> <p>Aims - To provide an engaging art-based workshop that works to empower children. In addition, it is to be an uplifting session during these difficult times.</p> <p>Objectives – For participants to focus on positive aspects of their lives while getting to know each other more, building positive relationships</p> | 3 |
| Well-Being Workshop for volunteers | Understanding the 5 Guiding Principles – The Physical & Emotional Safety of an individual addressing the first important step to providing Trauma Informed- Care | 5 |
| Well-Being Workshop – Delivered by First Contact 2.0 | <p>Delivered over a four-week period.</p> <p>Befriending/Mentoring/Coaching Support</p> <ul style="list-style-type: none"> • Mindfulness sessions • Trauma impact workshops provided by Mental Health Practitioners & Youth Mentors | 11 |

Well-being Workshops – Children & Young people

*Note: The second Well-Being Workshops sessions were cancelled due to members in the group coming into contact with covid. We will reschedule the workshops with the second group later in September. :-

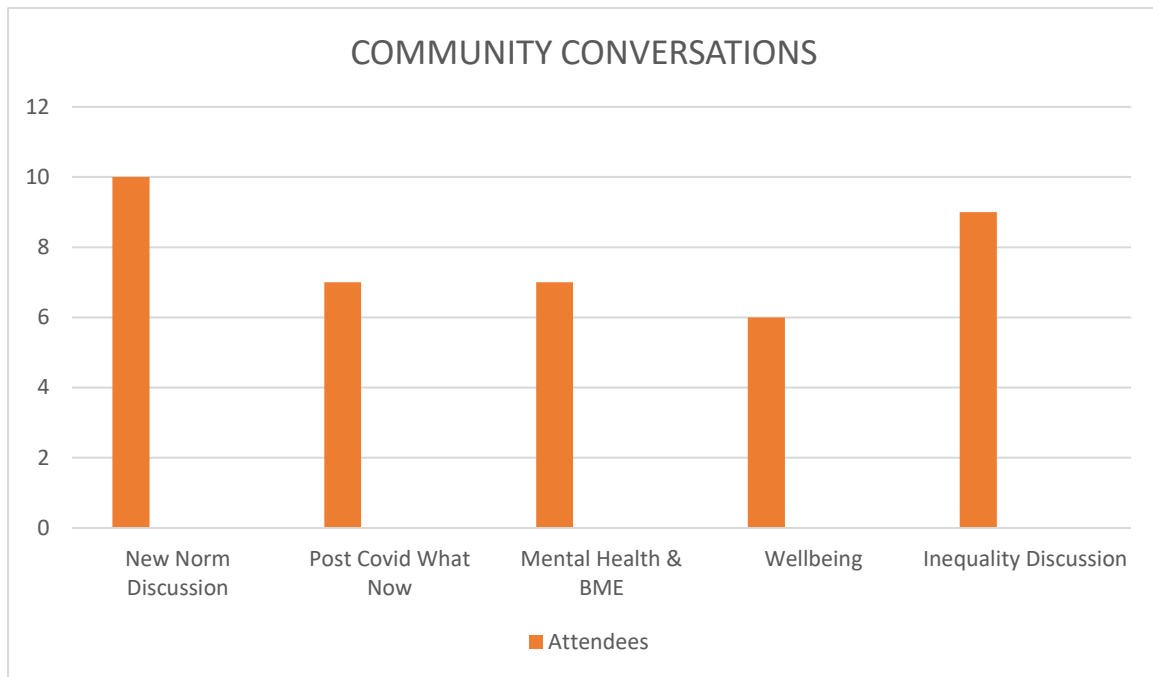
Children who attended the session at The Progressive Spiritual Centre from Highfields Community Centre

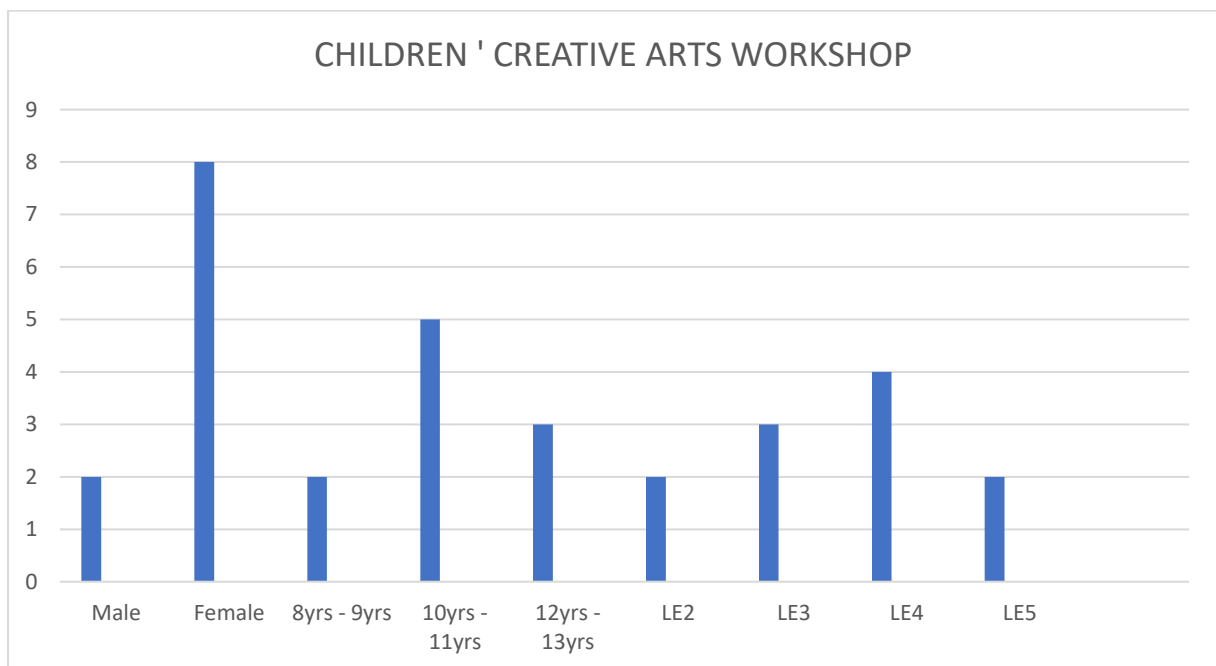
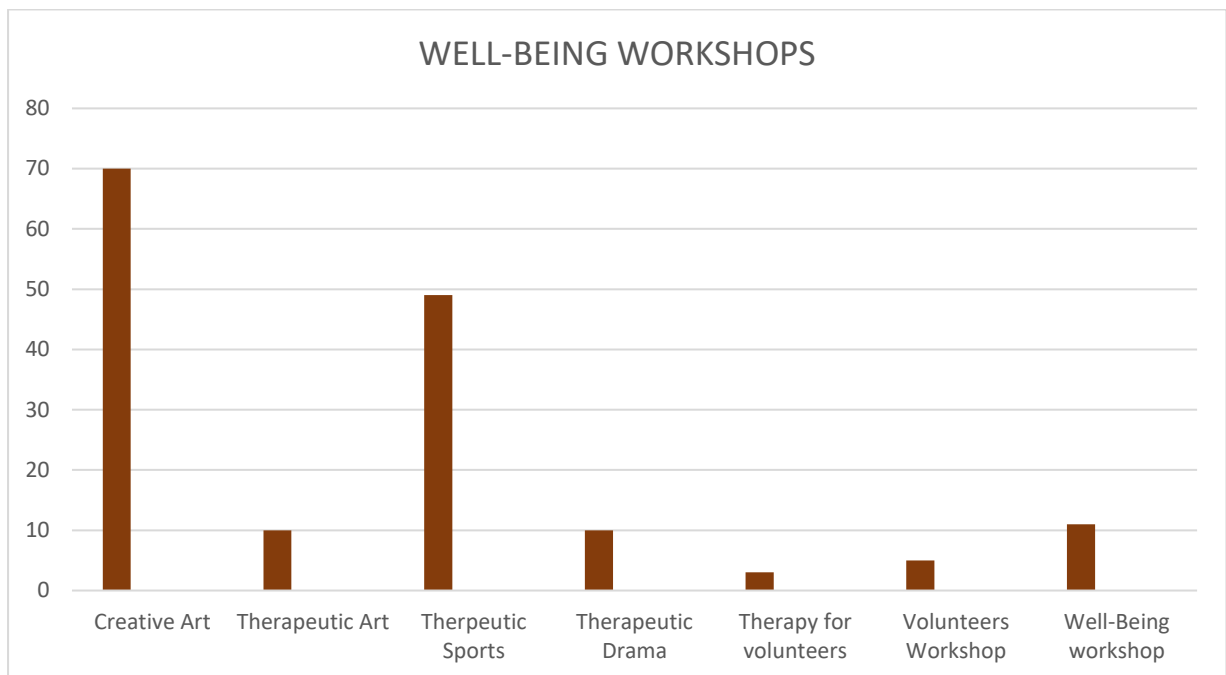
| GENDER | AGE | POSTCODE |
|---------------|------------|-----------------|
| Female | 13yrs | LE2 |
| Female | 12yrs | LE2 |
| Female | 9yrs | LE2 |
| Female | 10yrs | LE2 |
| Female | 10yrs | LE2 |
| Female | 11yrs | LE2 |
| Female | 10yrs | LE2 |
| Male | 12yrs | LE2 |
| Male | 8yrs | LE2 |
| Female | 11yrs | LE2 |

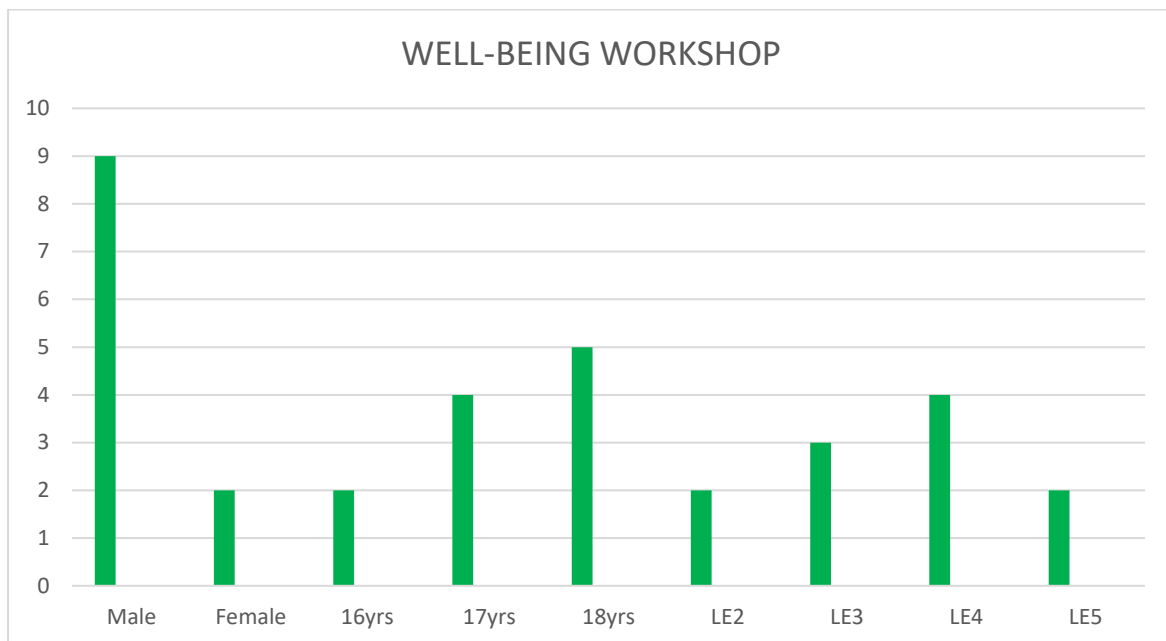
Well-Being Workshops – Delivered by First Contact 2.0

| NO OF PARTICIPANTS | GENDER | POSTCODE | AGE |
|---------------------------|---------------|-----------------|------------|
| 1 | Male | LE2 9FS | 17 |
| 2 | Male | LE4 6RY | 18 |
| 3 | Male | LE5 4EH | 18 |
| 4 | Male | LE5 0PD | 16 |
| 5 | Male | LE4 0SA | 17 |
| 6 | Male | LE3 1SR | 17 |
| 7 | Male | LE2 9FS | 18 |
| 8 | Male | LE3 9PX | 17 |
| 9 | Male | LE3 9NW | 16 |
| 10 | Female | LE4 0UW | 18 |
| 11 | Female | LE4 0QU | 18 |

CHARTS

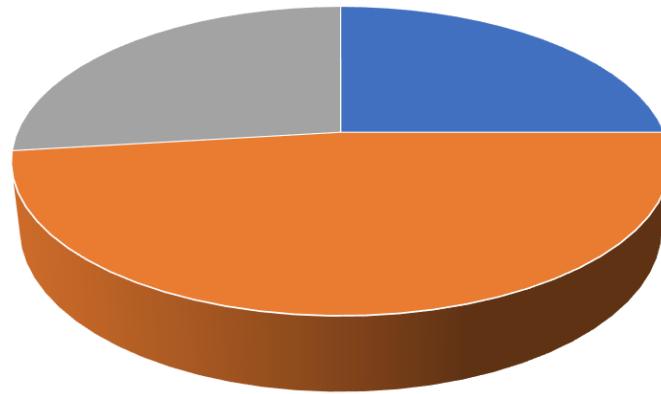






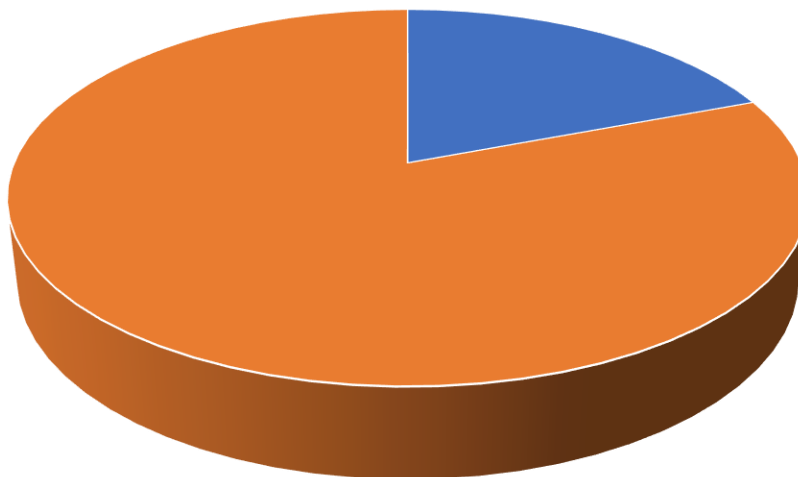
We conducted a survey using various questionnaires to get feedback on how Covid19 pandemic and lockdown affected members of our communities – 60 participants (paper questionnaires)

What does the new "norm" look like



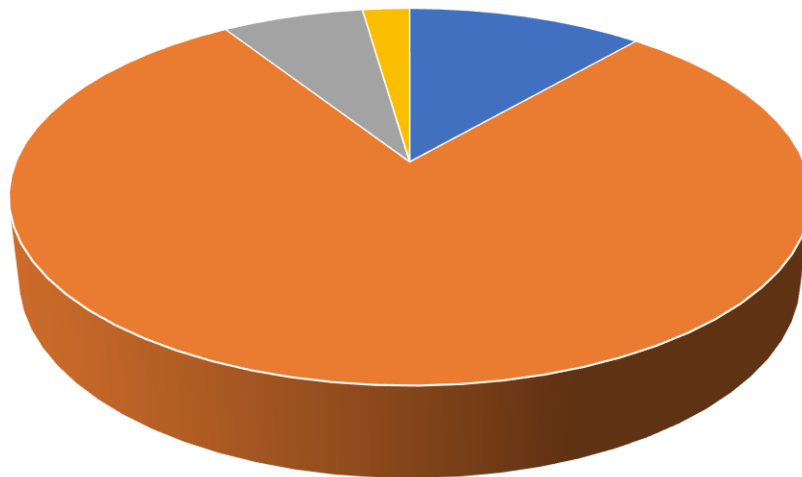
- Back to normal (pre lockdown)
- Changed (social distancing, masks etc going to continue)
- Not sure/other

Do you feel anxious about coming out of lockdown?



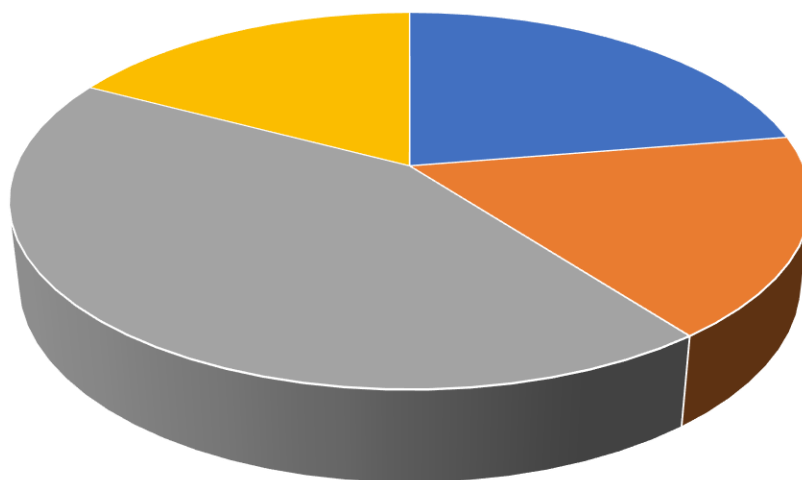
- Yes
- No

What do you feel anxious about?



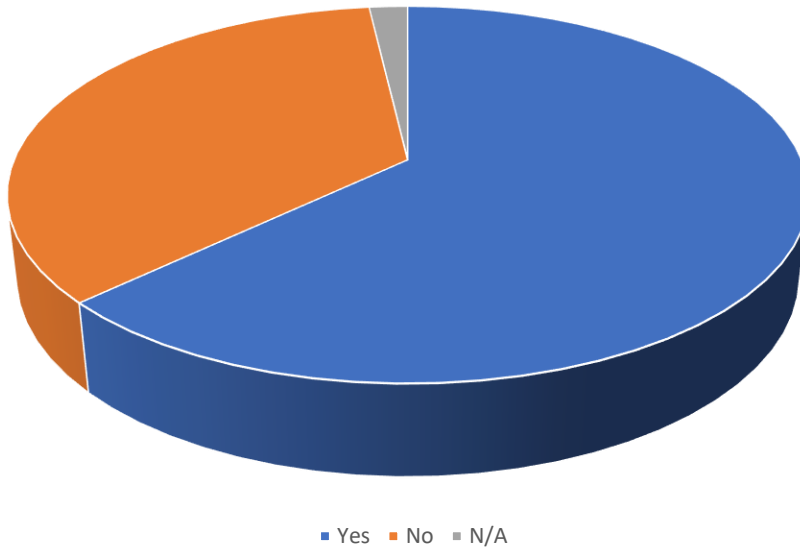
■ Other people ■ Nothing/NA ■ Catching Covid ■ Vaccine

Which of the following did Covid affect the most?

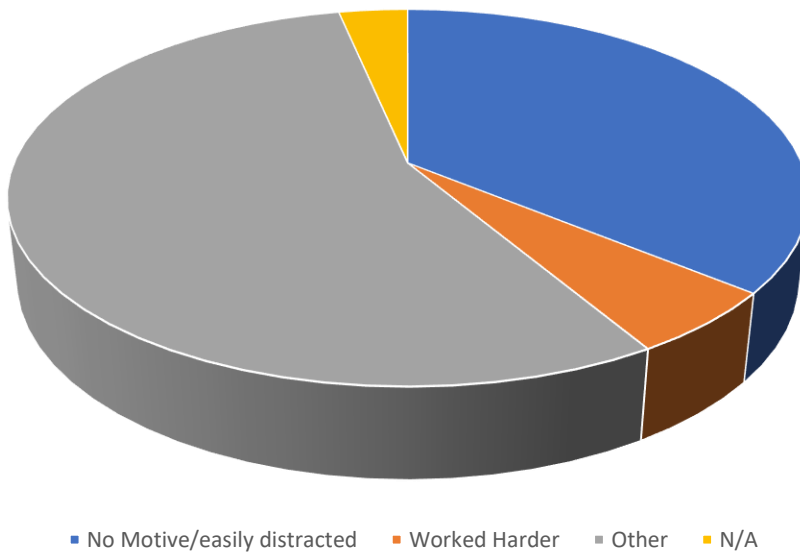


■ Physical Health ■ Mental Health ■ Socialising ■ All of the above ■ Nothing/NA

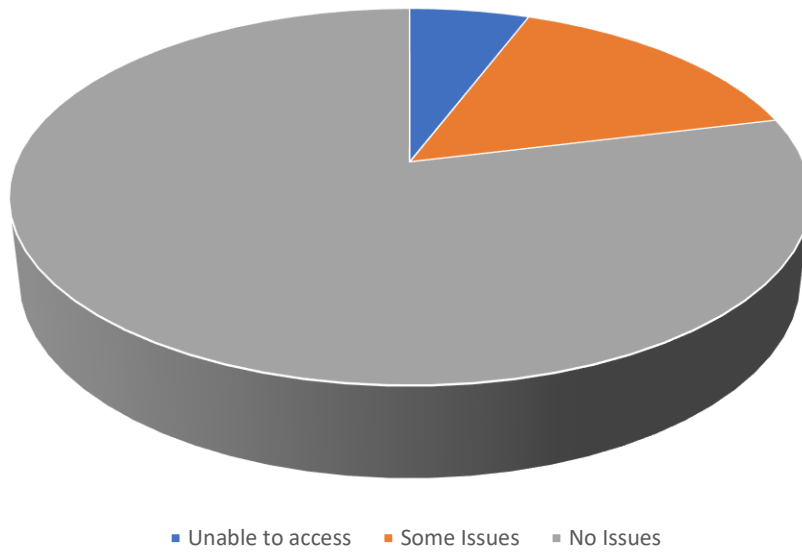
Did Covid affect your ability to learn?



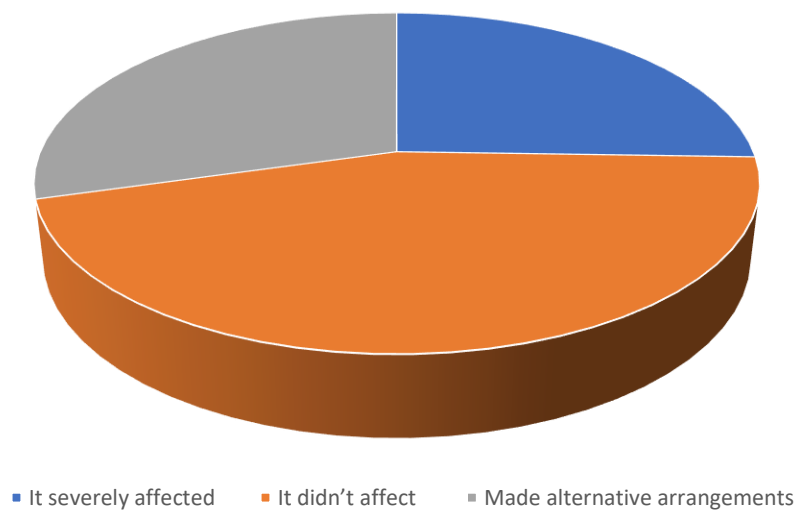
How did it affect your learning



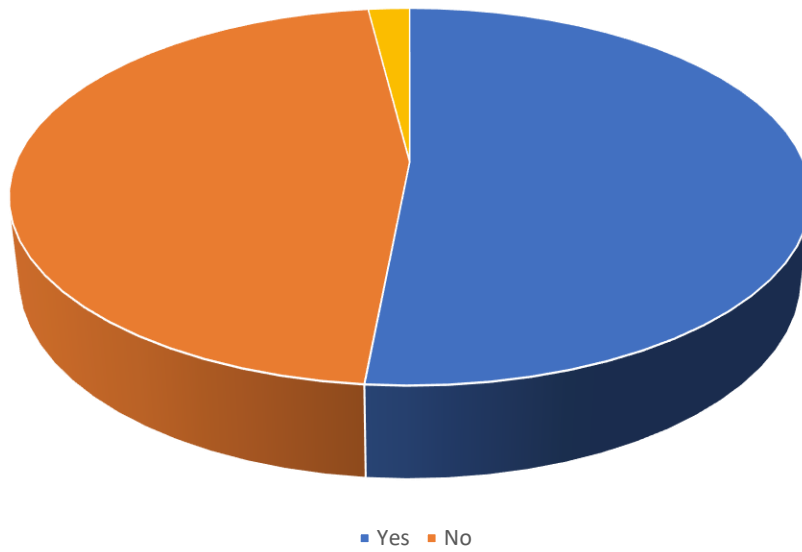
Did you have any issues accessing a computer/internet



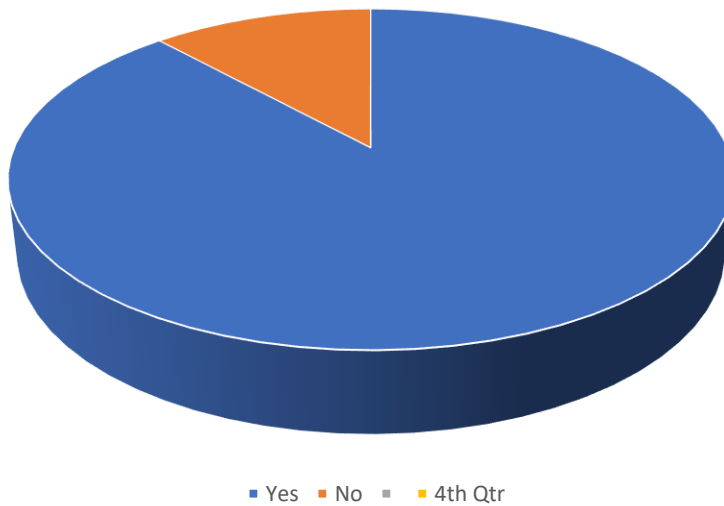
Did being in lockdown affect how you communicated with friends & family?



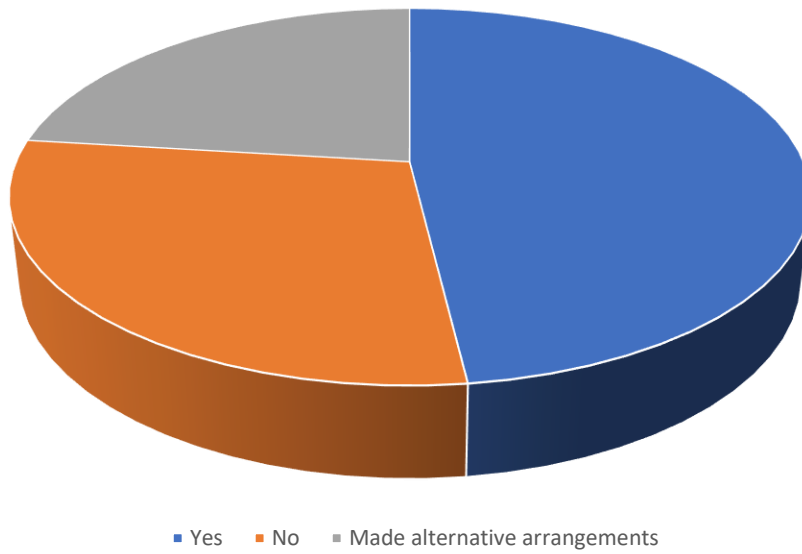
Did Covid affect your sleep?



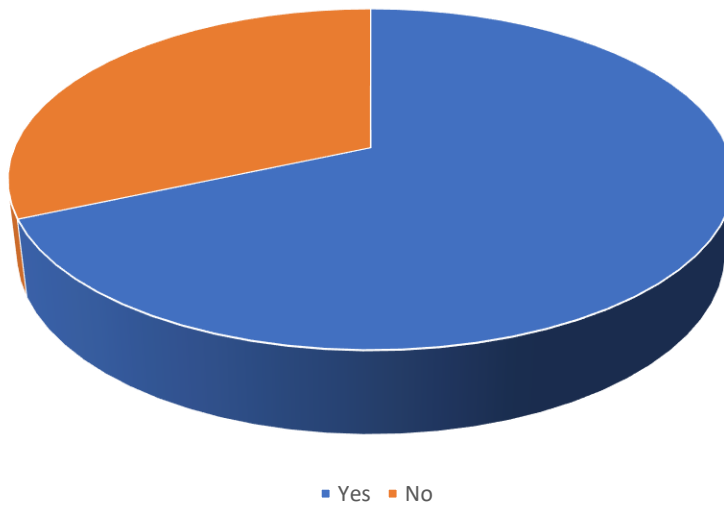
Did being in lockdown increase the length of time you spent on social media



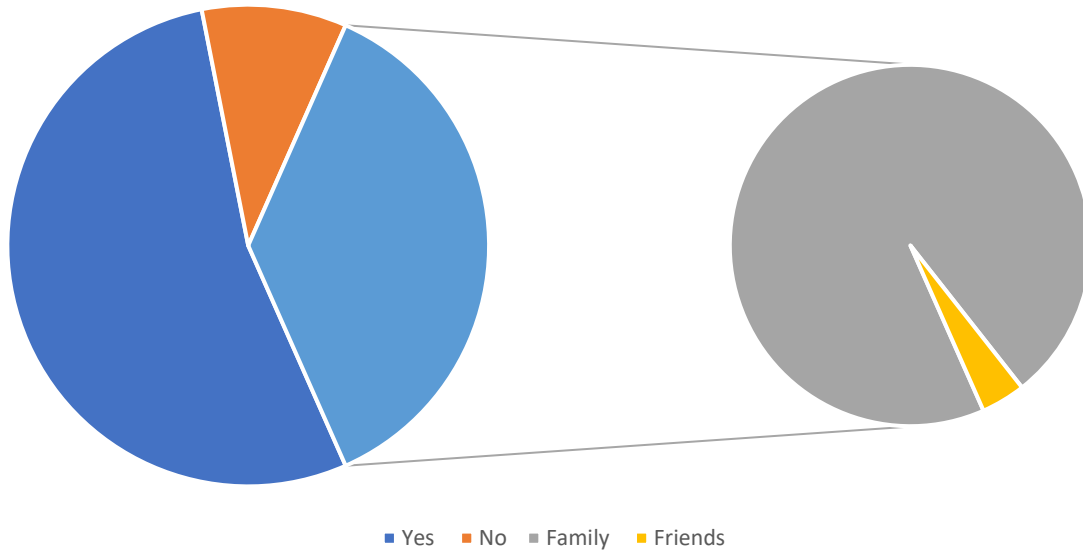
Did it affect your ability to exercise/do sports



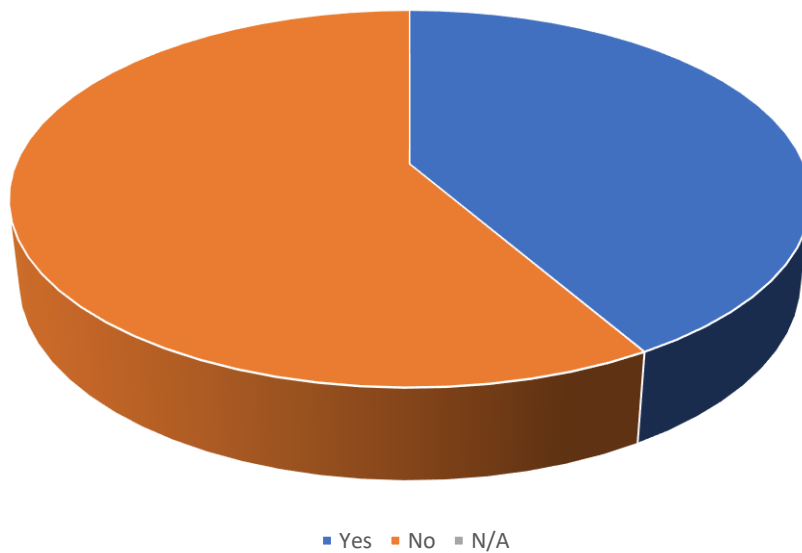
Did you feel unable to access services like the Dr's, dentist, therapy etc



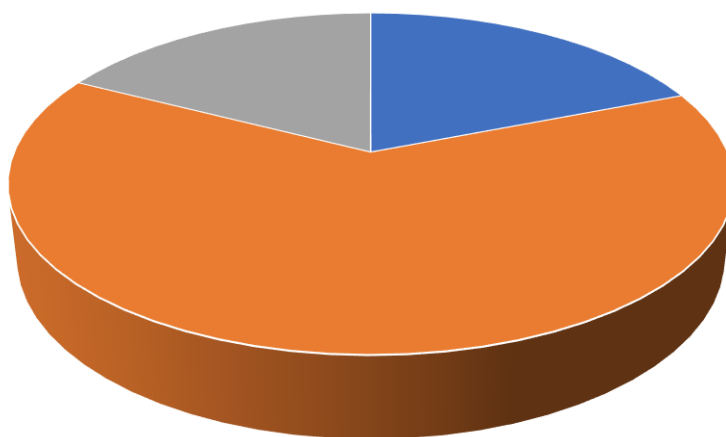
Do you know anyone who has caught Covid?



Did being in lockdown affect how you dressed yourself?

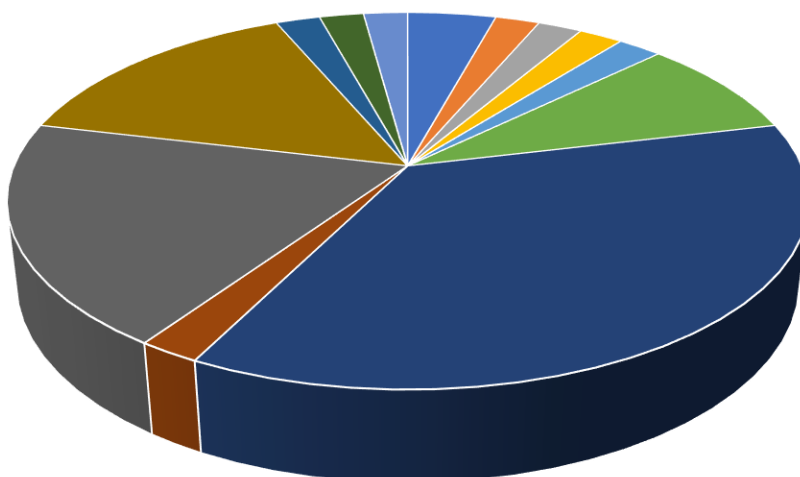


How did being in lockdown affect how you did your shopping?

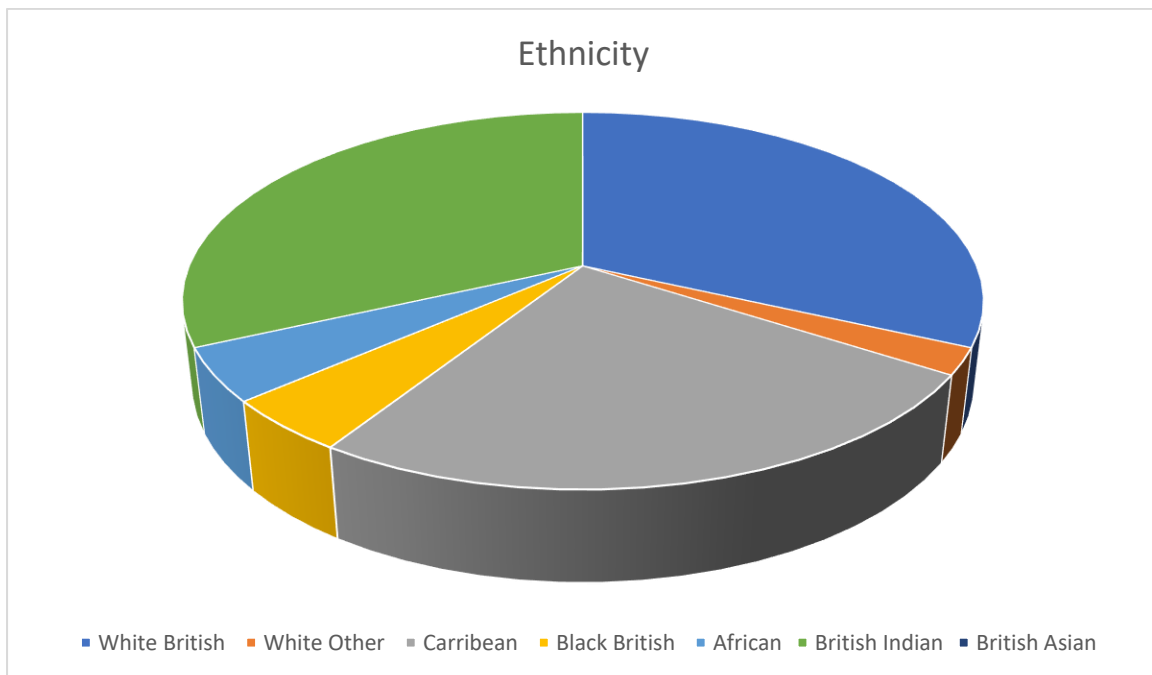
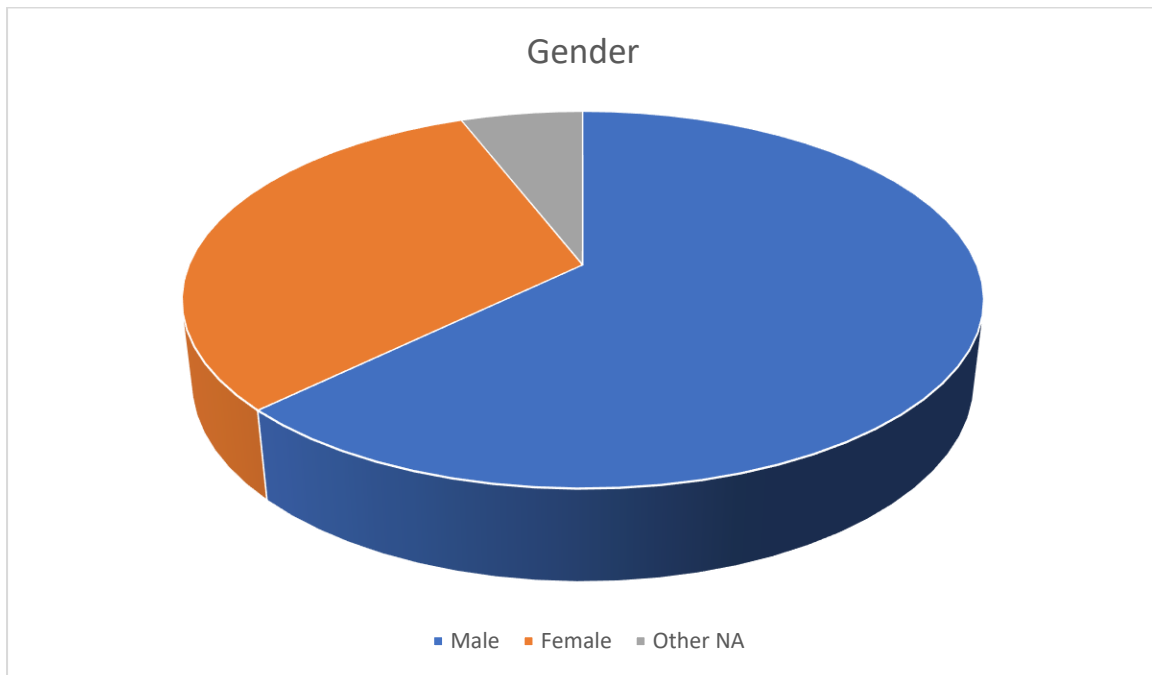


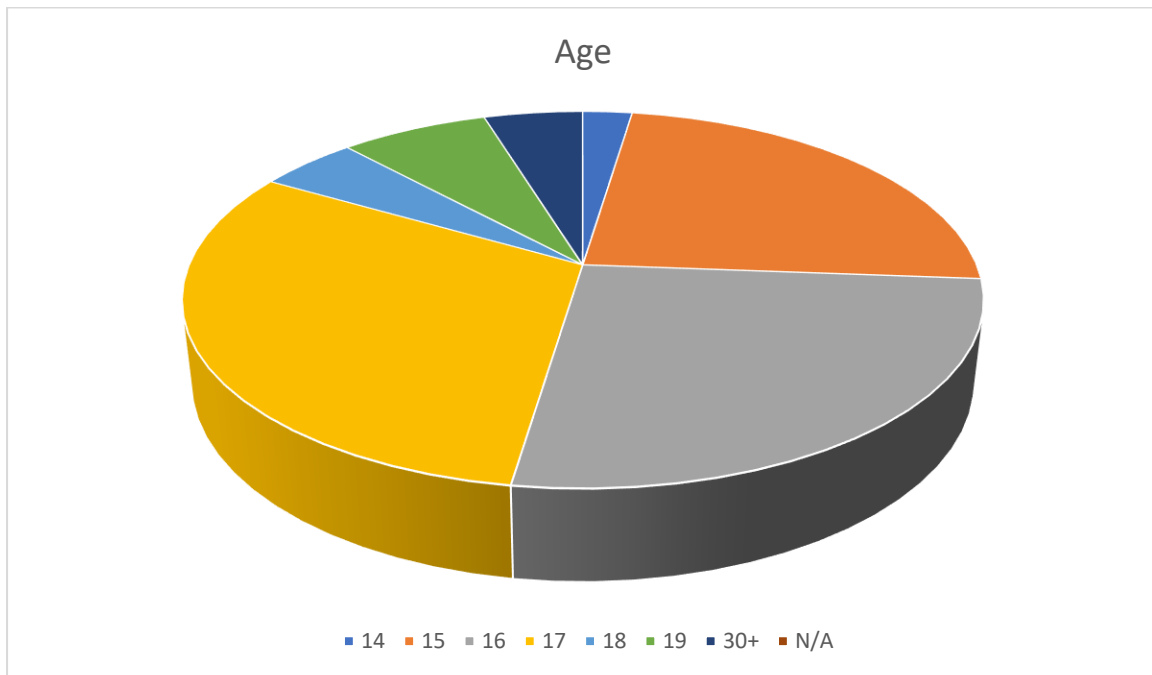
■ No Change ■ Shopped online more ■ Other/N/A

Postcode



■ LE1 ■ LE7 ■ LE3 ■ LE9 ■ LE23 ■ LE2 ■ LE5 ■ LE8 ■ LE12 ■ LE4 ■ LE18 ■ PE21 ■ PE15 ■ SM2

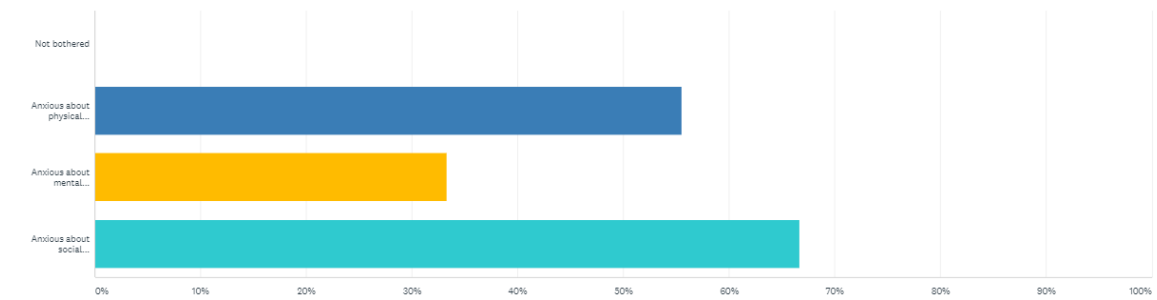




Feedback from survey monkey – 10 completed

Do you feel anxious about coming out of lockdown?

Answered: 9 Skipped: 1

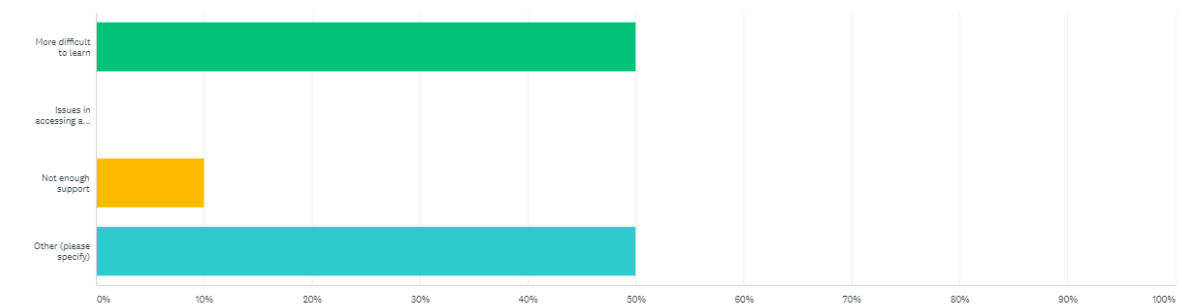


COVID TRANSITION INTO THE NEW NORM

📄 (0)

Did lockdown have an effect on your ability to learn?

Answered: 10 Skipped: 0

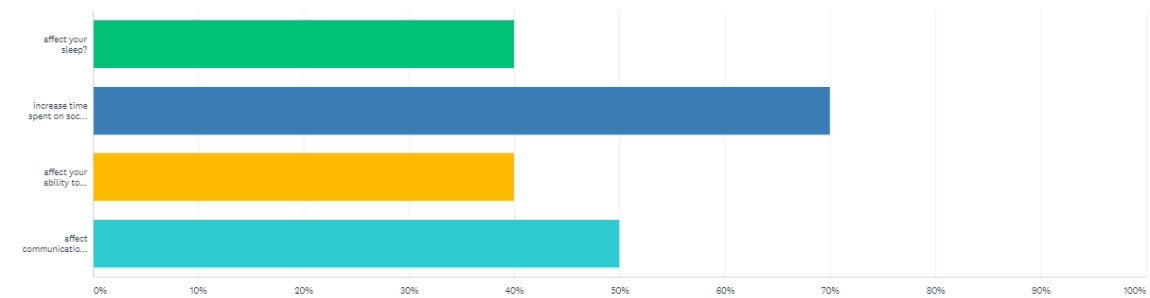


COVID TRANSITION INTO THE NEW NORM

📄 (0)

Did the lockdown

Answered: 10 Skipped: 0

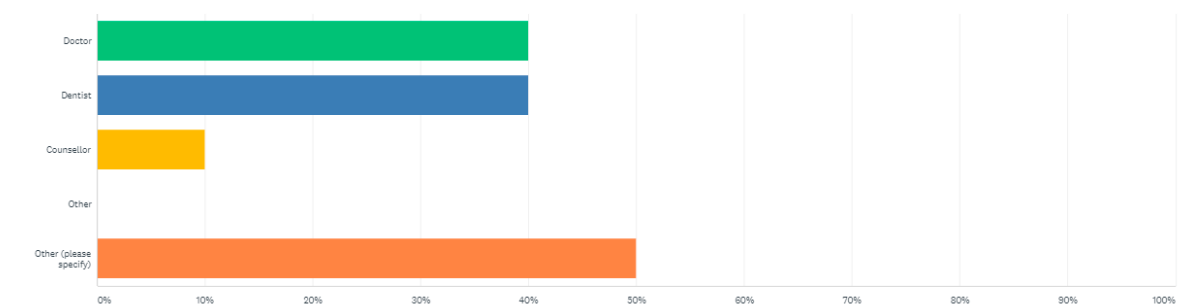


COVID TRANSITION INTO THE NEW NORM

📄 (0)

Is it as easy to access the services you usually use as pre-Covid?

Answered: 10 Skipped: 0



COVID TRANSITION INTO THE NEW NORM

📄 (0)

Therapeutic Drama Coach Feedback – Alex Preston

Using performing arts as a method to create a healthy mind

Participants were given the opportunity explore creative ways to stay, Positive. Manage difficult life events and situations by using the healing power of the performing arts. Exploring issues around mental health, positive things you can do.

Skills gained: Develop valuable transferable skills – Decision making/Problem solving

We delivered a workshop in mental health awareness to young adults within Leicester. We used the arts and performance to develop public speaking and confidence before exploring the topic of emotions and how we deal with them.

We used cards and post it notes to write responses to certain words (strength, joy, grief) and then how to use these words as ways in which to write scripts or other pieces of writing or movement that can be a good outlet.

We then created scenes in which we realised the value in talking to our friends/family/or helplines about our mental health or problems before creating small pieces of movement based work what we were grateful for in life (big and little things).

I left the workshop feeling like we had made a real difference to several young adults and offered them suggestions ways in which they can channel their talent and creativity to deal with any issues they may have, as well as realise the value in talking to their friends and family so they don't suffer in silence.

The people were great to work with and was a pleasure to deliver this workshop. After wards the participants were very vocal about how they hadn't expected much from the session but had really enjoyed it and taken so much from it.

Participant comments:-

Helped with my anxiety

I was able to communicate with others and come out of my shell

At first I had second thoughts about attending the session, but once introduced and saw how drama comes in all forms and can be used as therapy techniques it really opened my eyes

Therapeutic Sports Coach Feedback– Karl Brown

Initially the sport sessions were delayed due to group members being in contact with someone who caught covid. However, we were able to resume once isolation period had ended and everyone had their flow test to enable the sessions to continue. We delivered a series of basketball workshops over a four-week period to diverse group of 49 children and young people lead by a team of 5 coaches. We also conducted a series of discussions looking at the connection between physical active sports and mental well-being. Part of the session included physical fitness, balance diet, breathing techniques and posture. Participants also took part in completing questionnaires which outlined how covid19 and the lockdown impacted on their well-being. It was great to be able to engage with the groups especially after Leicester having such a long lockdown period. The children and young people were happy to be able to take part a physical sport again.

Participant Comments:-

Enjoyed learning to play basketball

Good being around friends

Its was fun

Learning new skills

Feeling confident

Charity Registration No. 1173362

Project Co-ordinator feedback

As coordinator of this Covid New Normal project I've helped the project lead to bring together a team of volunteers, session facilitators and mental health experts to deliver a wide-ranging project of sports, art, dance and drama activities to young people in challenging circumstances.

We wanted the project to become a model for future work in the charity and to develop a structure that could be re-used. In this project we have therefore trialled survey procedures, data collection procedures, volunteer recording documents and so on.

We also wanted the project to demonstrate AAA's collaborative approach. The reports show how many other organisations we have worked with.


This has been a brilliant project to work on. It has brought me in contact with great people and great work. I've learnt new skills relating to volunteer management - essentially in terms of communicating directly and being clear. My organisation Drum and Brass is also very keen to work with AAA in future projects so I see a good future for us all.

Art Exhibition:-

The project focused on the celebration of illustrators and their work while simultaneously uplifting, recognising young creatives by raising awareness of their achievements and journeys. The exhibition showcased their works of photographs, drawings, poems, and paintings.

An art exhibition that celebrated young people's artistic contributions creating awareness of their journeys and challenges. To achieve this, AAA Foundation asked artists aged 16-24 based in the Leicester/shire to submit artwork. The focus was on developing coping mechanisms which include, mindfulness, expression of thoughts and feelings, exercise, art. Participants expressed their versions of the post-Covid "norm" in the form of creative/informative works.

Participant feedback:-



The art exhibition
gave me a platform to
show off my artwork

Volunteer Feedback

Therapeutic Arts Trainee Volunteers Emily & Fatima

My name is Fatima Ibrahim, I am a 3rd year university student studying Creative Expressive Art Health and Wellbeing. Currently I am working on placement with Antoin Akpom Achievements Foundation Charity. As part of my work experience. I will look at exploring the role creative expressive arts children's health & wellbeing, working with children up to the age 11 years old.

The aim is to create a safe and fun space for children to express themselves through creative activities and support their overall wellbeing.

Support and motivate children to engage in the workshops.

Children to express their feelings and thoughts of how they found the activity.

To enhance their creativity and imagination.

To build confidence and boost overall well-being.

I'm Daria, and I am part of the Marketing team at AAAFoundation. My role consists of creating flyers, writing blog posts, and creating and monitoring content for social media. The most important aspect of my role is communication. Communicating with other volunteers and communicating with our audience is the top priority.

I initially became involved because I wanted to develop my skills in digital marketing while helping a charity increase its outreach. Over time, I have become passionate about AAAFoundation's mission and its constant dedication to uplift the community and young people. Young people have been forgotten during these difficult times, and AAAFoundation's work is more vital now than ever.

Jordache

Since becoming a part of the AAA foundation I have become interested in psychotherapy and counselling, the charity has helped to drive me to chase a role within that sector and helped path the way for me to achieve necessary qualifications in order to do so. After experiencing my own psychological challenges.

I chose to gain greater insight on topics that affect many of us daily to do with mental health challenges. AAA foundation has helped to fund my level 3 in understanding mental health course which has helped further my skillset towards working in the required field I have chosen, I put forward my goals to the team leaders Cheryl and was able to gain access to funding through the charity. Without the charity it would have taken much longer for me to acquire the necessary funding to do so and I may not have had the professional support given by some of the mentors involved with the charity that have helped assist me on my course journey, for this I am extremely thankful.

Liz

The project so far has been successful we have learnt to work together as a team and be able to communicate with each other. With tasks being set this has had a positive impact on how we do things and how it has benefited us and helped us to motivate us and improve on skills that

I need to move forward. Really enjoying the projects we do it's been great and love being involved in all the events we do and discussions we take part in. This has helped me to network with others and get to know everyone on the team and all the support we gain really helps us.

The work we do as part of a team is so rewarding as these benefits other young people going

Through struggles and how to support them through mentoring and topics such as mental health and employment and covid and how we come out of lockdown and the impact this has had on people's mental health and how to support young people's mental health.

We had two voluntary Interns from Derby University working with the charity to assist in delivering the children's therapeutic art workshop Fatima & Emily below is their feedback

Fatima

"Today's session was about working online on how it impacts our performance and character when facilitating art sessions to children. The art therapist asked me and Emily to think of 3 things that relates to ourselves, zoom and the group we were working with. For myself I thought of a book, for the group I thought of a backpack and for zoom I drew a phone and a dark place surrounding the backpack. My reason for what I had chosen was because working online was a new challenge for me and I noticed that when working in person I am nervous and constantly worrying about my performance. So when working online, the overthinking and worrying about the sessions escalated for me because I just wanted to do well have fun with the children. The art therapist advice was to not see working online zoom as something scary but to think about your favourite place when facilitating online so I feel relaxed and calm. I decided to choose a beach and to think about this place before working online to bring serene and calmness to myself. Working creatively online has been a challenge for me however I have realised after this session that in order for me to learn, I will make mistakes and that's ok. It is how I learn and become confident in what I am passionate about; encouraging imagination and creativity in children!

Finally I would like to conclude by thanking everyone at the Aaafoundation as I have learnt a great deal from my mentor, Cheryl. Allie and Qet Nefert when working online professionally. I have learnt ethical practice, communication, confidence and punctuality skills from Aaafoundation."

Emily

Please see my feedback for the workshop I facilitated at the school.

"A quick run down of the workshop : As we are in very negative circumstances right now I wanted the children to focus on things that they can do at the moment rather than what they can't. I started the workshop by asking for the participants name, age, favourite colour and their favourite thing to do. They then had 20 minutes to create an image of their favourite activity, using their favourite colour. I showed an example I made prior to the workshop to give them some ideas. At the end, they all showed what they had created and explained their process.

I feel that the children engaged well with the workshop, even asking for more time to draw. This suggested to me that they were really getting into the process of making their pieces. They understood the activity well and all created great pieces of work.

One of the students joined slightly late. I felt that I dealt with this well and enabled them to join in with the workshop without causing much disruption.

I also liked that the children were all sat together in a room, as apposed to separate video calls as it allowed for them to engage with one another while creating and have a more shared experienced. This can help form relationships.

Overall, the experience was enjoyable. For next time, things that I would do differently include using music while they are creating to avoid silence or maybe attempt further conversation. However, I do not want to distract from the main activity itself."

Please see the feedback from our session.

"At the start of the session we discussed our feelings and experience within our placement. A very evident part of our experience has been both mine and my co-facilitators worries towards taking part in a placement online. Facilitating online has been a challenging experience and has involved running workshops in a way that I am not used to.

In our session we were asked to draw a picture of how we felt about our placement and then discussed what we noticed in our creations.

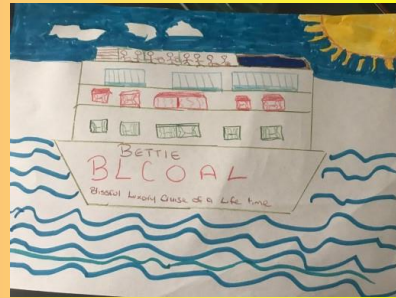
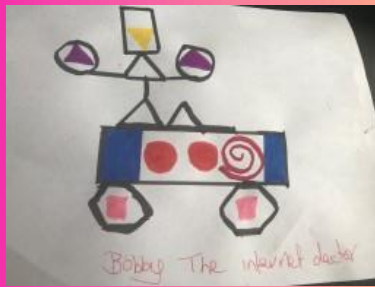
Within my first drawing I noticed that I coloured in the question mark in red. Red often symbolises negativity such as danger. I also noticed that I drew myself first which I was unsure of what that could symbolise. I drew more people than I planned which maybe suggests that I am overwhelmed.

We then created a second drawing once discussing our previous drawings and the negative emotions that followed. This drawing was more condensed, had positive colours and the participants were now just inside the computer and not all around which seemed less scary and daunting.

I really felt that I got a lot out of this session and really enjoyed being creative as my university degree is the art pathway. It enabled me to feel more confident within my online facilitating and a decrease in any overwhelming feelings."

Finally I would like to conclude by thanking everyone at the Aaafoundation as I have learnt a great deal from my mentor, Cheryl. Allie and Qet Nefert when working online professionally. I have learnt ethical practice, communication, confidence and punctuality skills from Aaafoundation

Some of the children's artwork, we used story telling sessions with relaxing music and asked the children to draw their interpretation of the stories



Creative Arts – Costume made from the children who attended from Highfields Centre, we used this session to have light discussions expressing happy community events where the community came together pre covid. This work was displayed in our art exhibition

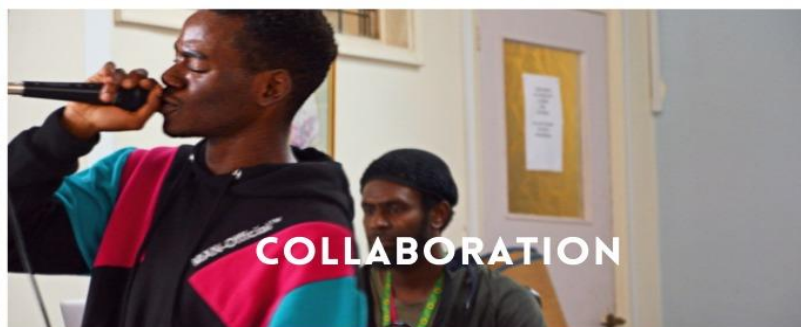


Creative Arts sacred Heart School – skirt for a carnival costume as part of our wellbeing program

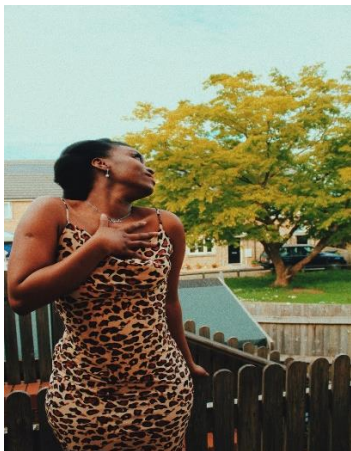
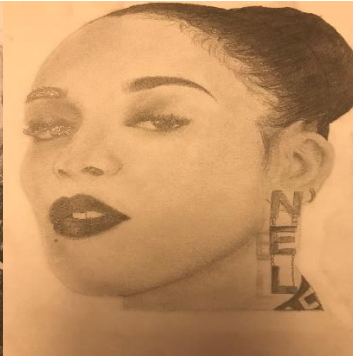
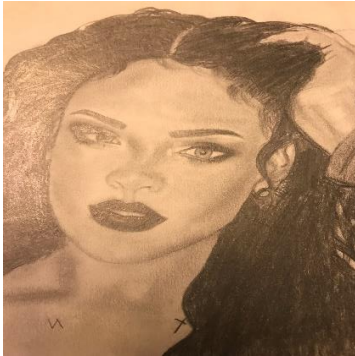
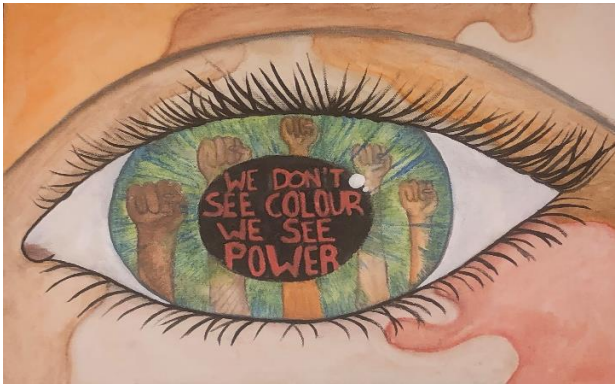
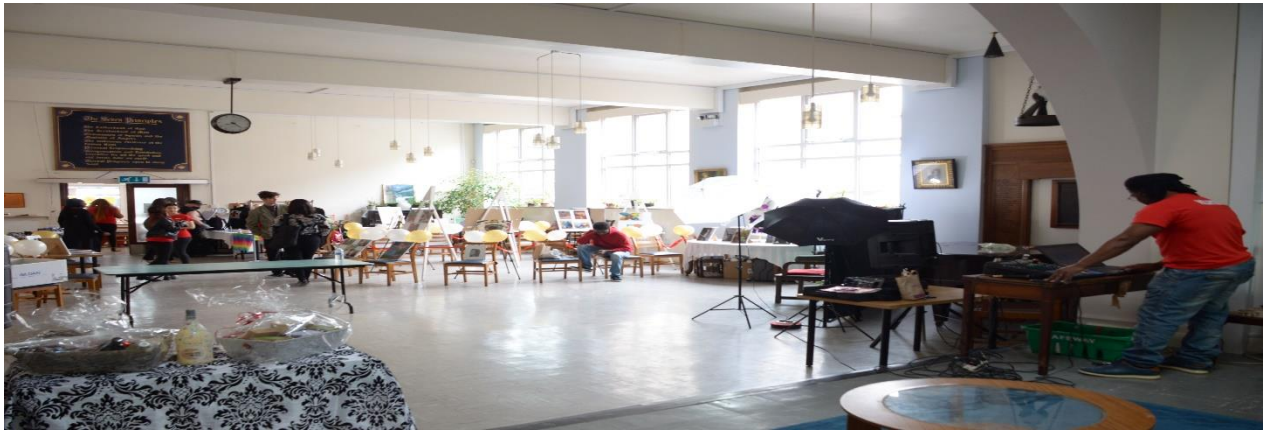


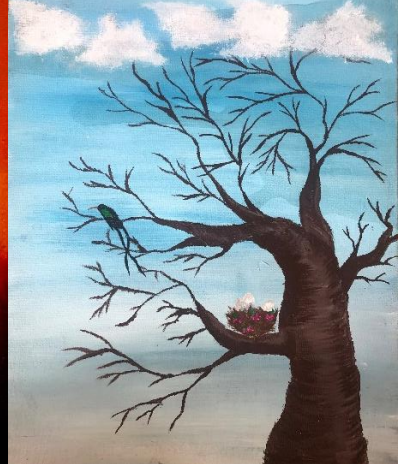
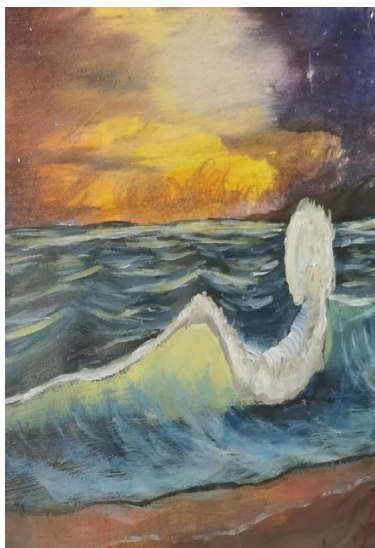
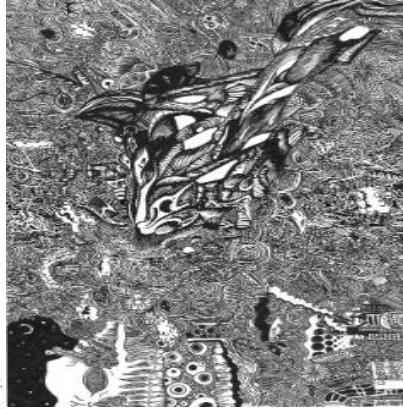
Charity Registration No. 1173362

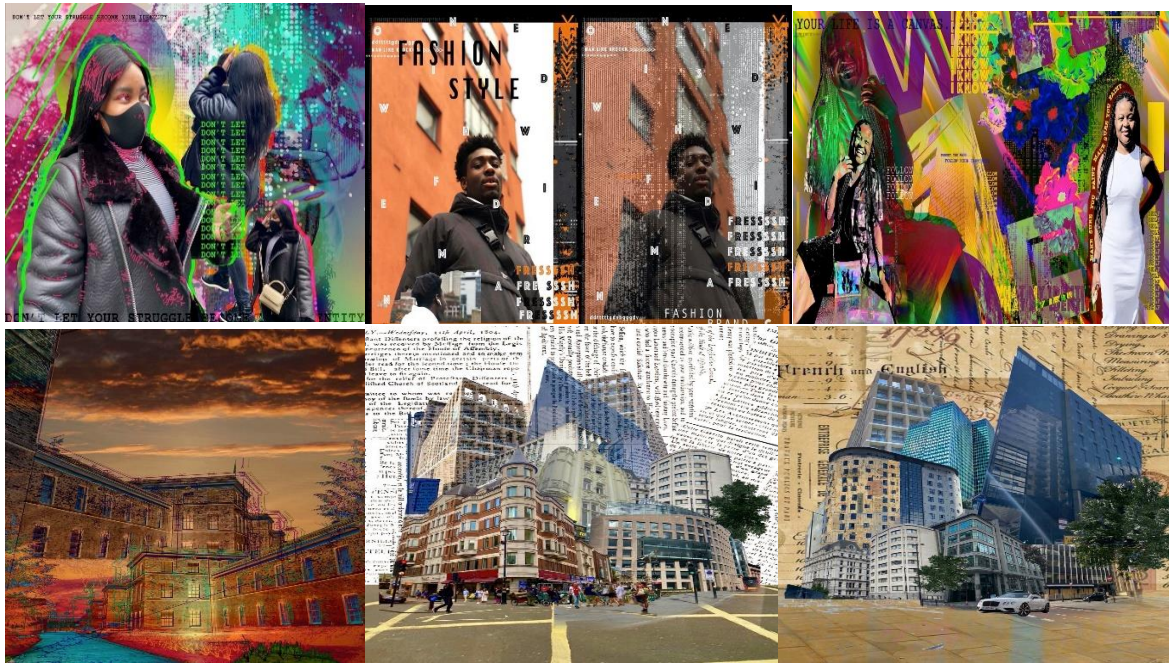
Art Exhibition – This project was used as part of our transition into the new norm program. It gave young people a platform to display their opinions, emotions and feeling constructively through various artforms using paintings, photography, digital photography, poetry and music. Collectively bringing together their art pieces they used to help them cope throughout lockdown.



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BEHAVIOURS, CHANGING LIVES.**







Therapeutic Drama Workshop



Project Overview to date

In the light of our original aims, phase 1 of this project was a success. We engaged over 100 young people in our art exhibition and family day events, and in our art, drama and sports sessions.

We carried out over 60 surveys, collected responses and recorded video, images and podcasts in which young people express their thoughts and views of the “new normal”. Conducting the survey was interesting and we gained a good insight on not only the impact of Covid19 but the way the lockdown affected individuals and families in so many different ways.

Initially we found that people were reluctant to get involved in the survey as they had enough of covid and just wanted to get on with their lives, particularly within the Black Caribbean Diaspora communities. There was a lot of conspiracy messages bouncing around on their watsapp and social media platforms. When in discussion regarding the vaccine, even though many either heard of, knew of or had friends and family members who caught Covid19 (some sadly lost loved ones) there was a large proportion who refused to take the vaccine. When asked why it was clear that this community had personal reasons why they did not trust what they called “The System”. Mainly due to historical negative experiences. A small percentage was connected to experience within NHS however, they were connected to issues with housing, police harassment, racism and discrimination.

Then of course it was highlighted that a greater number of Caribbean and Asian people were affected by Covid19 (either critically ill or mortality). Reasons given by members of the community as follows: most of the care, domestic, frontline staff were from BME and other ethnic backgrounds, underline health issues that some of them were unaware of, most did not attend doctors regularly (especially male) so when they had symptoms of covid they relied on home remedies, some believed that people were turned away from hospitals and sent home to die due to their ethnic background or they were left to die. (this is based on remarks made from people's opinions)

Lack of services

Many people we spoke to all had similar experiences in relation to not being able to access services from their doctors, clinic and hospital appointments cancelled without any knowledge on when those appointments would be rescheduled. A few had their chemo or surgery postponed.

Clinical Vulnerable

There was a lot of confusion and major concerns amongst those we spoke to who were classed as clinically vulnerable. 1. DNR (Do Not Resuscitate) 2. Ventilators

People felt scared and confused where the two issues were concerned – Information was not clarified nor was it clear what would happen to someone classed as “clinically vulnerable” if they went into hospital and needed critical care if they became unwell with Covid19. Once again open to conspiracists.

The George Floyd incident through a huge spanner in the works when it came to mistrust as it had a massive trauma impact evoking personal negative experiences in regard to inequality and racism which in turn affected the take up of the vaccine along with people refusing to be compliant. Then there was the subject of mental well-being and how the combination of all the above affected individuals and communities.

As expected, Covid presented challenges. Delivery of one of the sessions was delayed and some community conversations were postponed to the second half of the project phase due to isolation of staff members.

Covid, or more precisely the thrill of coming together again after such a long time apart, was also responsible for a lot of the enjoyment we experienced. We strengthened existing partnerships with organisations in Leicester including First Contact, Karl in the Community and Iconic Drama & Dance through the delivery of various workshops and community events, and forged new links with, e.g. Drum and Brass in order to develop our organisational infrastructure.

The funding enabled us to develop our workforce by delivering safeguarding training to 10 young people. Those same young people were then also able to assist in leading projects e.g. making masks at our art exhibition and organising podcasts with local performers.

Volunteers also got hands-on experience of event management. They organised the set-up, audience engagement and social media campaigns for two events. They then learned how to evaluate the events in terms of what they got out of it, what exhibitors got out of it and how it impacted the community.

We look forward to the second phase of this project in which we build on the data we have collected with the thoughts, emotions, and experiences of young people in marginalised communities in response to Covid and re-accessing life in the new normal.

Phase 2

For the second phase of the project we will deliver the follow:

- Community conversations with our inspirational speakers
- A detailed report on the impact of covid in the Caribbean Community of Leicester
- Complete the mentoring program
- Summary of the community events