



Hammersmith,
Fulham, Ealing
and Hounslow

Active Minds Summer Programme

Masbro Youth Centre: Summer 2024

About the Programme

During the summer break we delivered a range of wellbeing-based art, music and physical activity workshops for children and young people attending the Masbro Youth Centre.

The aim of the summer programme was to increase the engagement of children and young people living in the borough of Hammersmith and Fulham, introduce positive wellbeing practices through arts and physical activities and strengthen partnership working with the Masbro team.

Workshops were designed for children and young people aged 8 – 18 and 60 minutes in duration. 10 spaces were available for the two workshops provided on each day. Children and young people offered feedback on their experience of the workshop at the end of each session.



Active Minds with HFEH Mind at Masbro Youth Centre

This summer we are running a series of activities focusing on learning new skills, connecting with each other and looking after our wellbeing!

| Art Sessions | Music Sessions | Sports Sessions |
|--|--|---|
| <u>Tuesday 30th July</u> Mindful Making 11:00 - 12:00 14:00 - 15:00 | <u>Wednesday 31st July</u> Music and Tree Of Life 11:00 - 12:00 14:00 - 15:00 | <u>Thursday 1st August</u> Connect 11:00 - 12:00 14:00 - 15:00 |
| <u>Tuesday 6th August</u> All About Me Collage 11:00 - 12:00 14:00 - 15:00 | <u>Wednesday 7th August</u> Exploring Musical Mediums 11:00 - 12:00 14:00 - 15:00 | <u>Thursday 8th August</u> Be Active 11:00 - 12:00 14:00 - 15:00 |
| <u>Tuesday 13th August</u> Painting Together 11:00 - 12:00 14:00 - 15:00 | <u>Wednesday 14th August</u> Music Composition 101 11:00 - 12:00 14:00 - 15:00 | <u>Thursday 15th August</u> Take notice 11:00 - 12:00 14:00 - 15:00 |
| <u>Tuesday 20th August</u> Nature Prints 11:00 - 12:00 14:00 - 15:00 | <u>Wednesday 21st August</u> Music and Shared Identity 11:00 - 12:00 14:00 - 15:00 | <u>Thursday 22nd August</u> Give 11:00 - 12:00 14:00 - 15:00 |

First come, first serve
There are **10** spaces available per session.
SIGN UP EVERY MORNING

 Hammersmith, Fulham, Ealing and Hounslow 



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Art & Wellbeing



Masbro Youth Centre | Art & Wellbeing Workshops

Overview

A series of Art & Wellbeing workshops were delivered over four weeks. These workshops were limited to 10 participants which enabled opportunities for connection and sharing whilst allowing a comfortable space to make art with the support of two HFEH Mind facilitators. All sessions started with an introduction to the topic and ended with optional sharing of artwork and/or reflections with the group. Workshops were designed to include activities that were engaging for younger children as well as teenagers.

Mindful Making: Children and young people were encouraged to mindfully connect with their breathing, emotions and feelings, painting with watercolours in response to different music tracks. The group also learnt about grounding strategies and decorated pebbles with positive affirmations

All About Me Collage: This session aimed to explore themes of identity and boost self-esteem through reflecting on personal strengths, achievements and successes through collage-making. The group also created a large collage about their experience at Masbro Youth Club which was exhibited at the Masbro Summer Community Event day

Painting Together: This session promoted connection and teamwork through creating a collaborative group painting. Participants were encouraged to move around and experience painting on a bigger scale, taking inspiration from background music. The final piece was exhibited at the Masbro Summer Community Event day

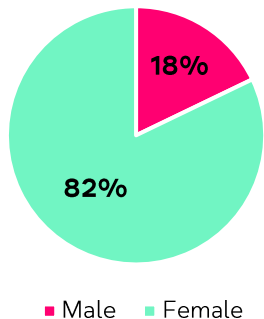
Nature Prints: This session promoted connection with nature and mindfulness through using natural objects to create dynamic and bold nature prints, taking inspiration from monoprinting techniques

Active Minds | Impact of Art & Wellbeing Workshops

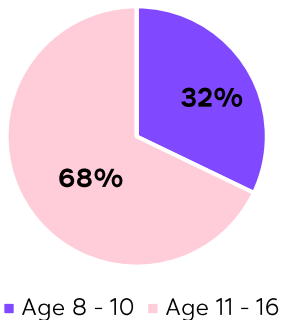
Art & Wellbeing

A total of **28** young people signed up to the 4 art and wellbeing workshops offered at the Masbro Youth Centre. Workshops were led by Molly Phillips, co facilitated by Tracy Mayi and Eleanor Cowie from HFEH Mind.

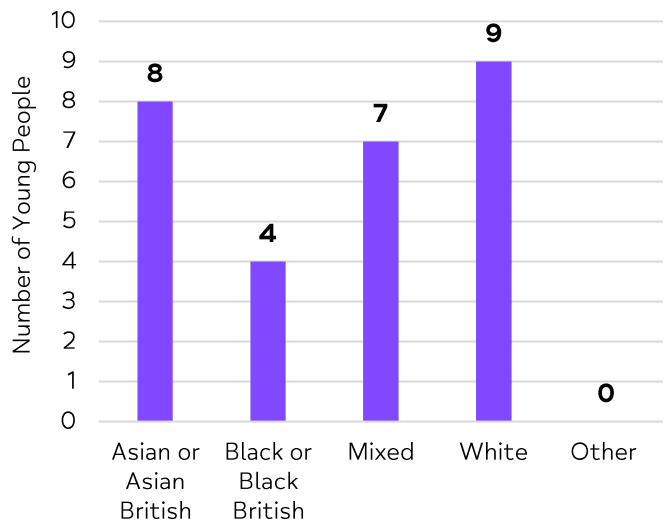
Gender



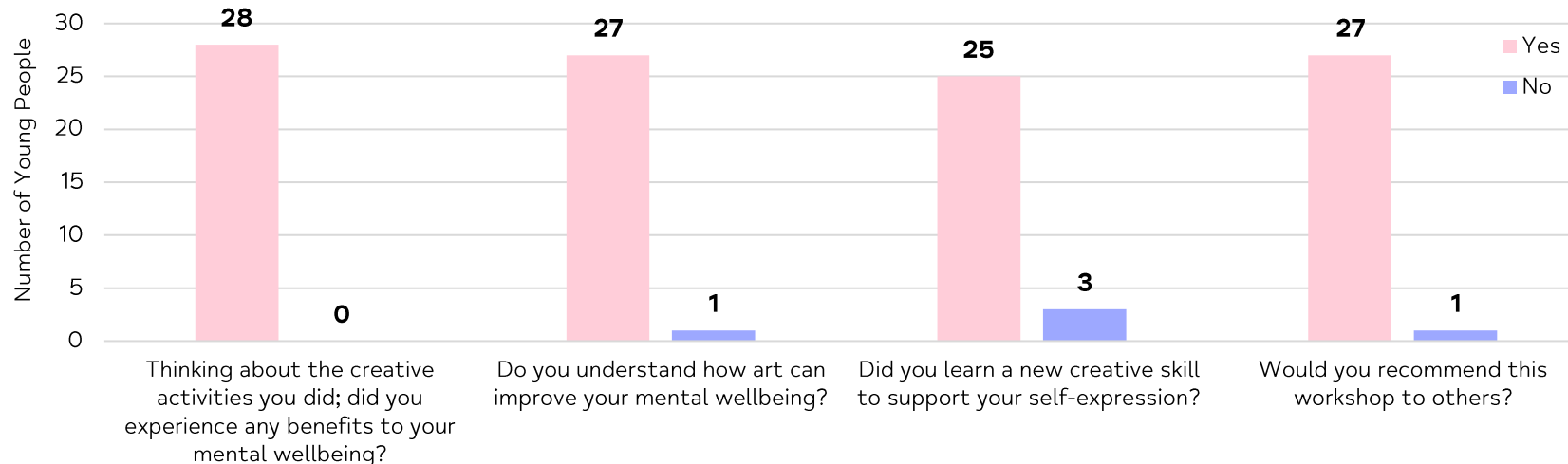
Age



Ethnicity



Overall Feedback Across 4 Art & Wellbeing Workshops



87% of participants enjoyed the workshops, with an average rating of 9 out of 10
100% of participants experienced benefits to their mental wellbeing engaging with art workshops
96% of participants understood how art can improve their wellbeing
89% of participants learnt a new creative skill to support their self-expression
96% of participants would recommend the workshops to others

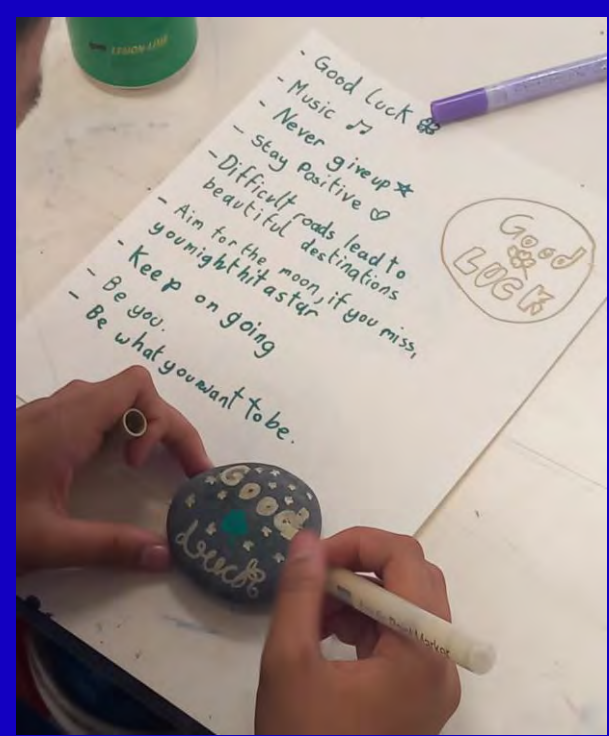
Tell us one thing you will take away from the workshop

“The collage helps you represent yourself and you as a person”

“Very peaceful, keeps the mind working and really nice mind exercise”

“I will take away that in art you don't make mistake it's just a new piece of artwork”

“To take a break and be mindful of your surroundings”





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Music & Wellbeing



Masbro Youth Centre | Music & Wellbeing Workshops

Overview

A series of Music & Wellbeing workshops were delivered over four weeks at the Masbro Youth Centre. These workshops were limited to 10 participants, which enabled opportunities for connection and sharing whilst allowing a comfortable space to create music with the support of two HFEH Mind facilitators. All sessions started with an introduction to the topic and ended with reflections with the group. Workshops were designed to include activities that were engaging for younger children as well as teenagers.

Music and Tree of Life: In this session participants explore identity using the Tree of Life methodology, connecting personal experiences and cultural heritage through music. They also learn a simple sequence on an instrument, gaining confidence in their musical expression while reflecting on their roots and life stories

Exploring Musical Mediums: This session focuses on how music influences mood, thoughts, and behaviour through a listening exercise. Participants explore different musical instruments in a music circuit, learning how various sounds and rhythms can affect emotions and shape mental states

Music Composition 101: In this hands-on session participants engage in a songwriting challenge, focusing on writing verses to develop their composition skills. The session also covers song accompaniment and development, offering practical tools to create cohesive, emotionally resonant pieces

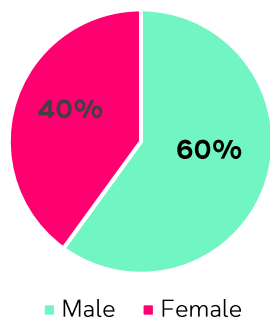
Music and Shared Identity: This session explores the relationship between music and mental health, highlighting the positive effects of music-based communities, businesses and networks on well-being. Participants collaborate on a group song production, culminating in a performance that fosters connection and shared identity

Active Minds | Impact of Music & Wellbeing Workshops

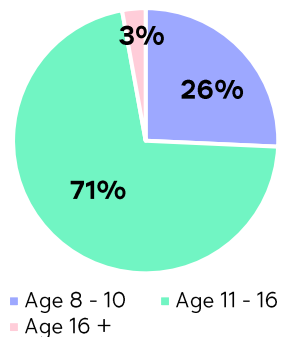
Music & Wellbeing Workshops

A total of **35** young people signed up to the 4 music and wellbeing workshops offered at the Masbro Youth Centre. Workshops were led by Martine Brighton and co facilitated by Andy Apraku from HFEH Mind.

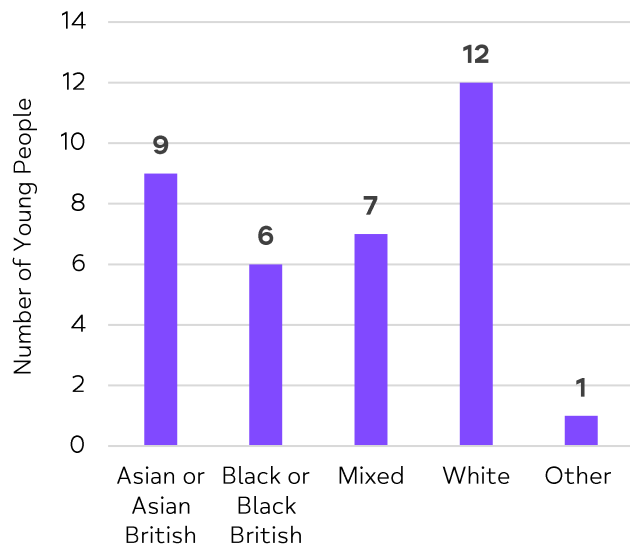
Gender



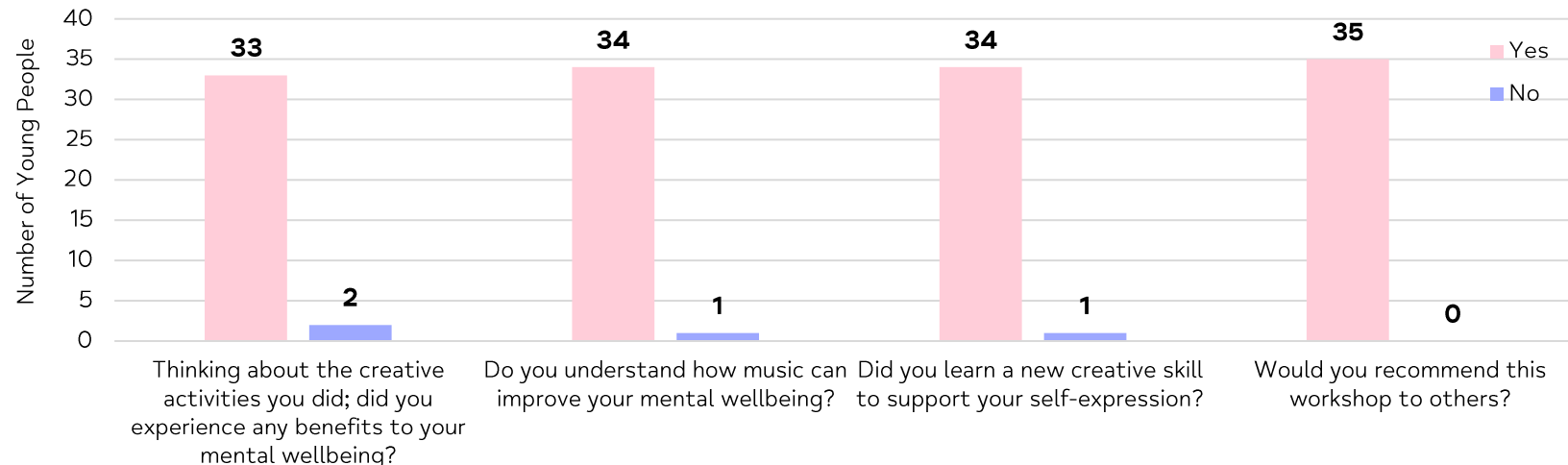
Age



Ethnicity



Overall Feedback Across 4 Music & Wellbeing Workshops



92% of participants enjoyed the workshops, with an average rating of 9 out of 10
94% of participants experienced benefits to their mental wellbeing engaging with music workshops
97% of participants understood how music can improve their wellbeing
97% of participants learnt a new creative skill to support their self-expression
100% of participants would recommend the workshops to others

Tell us one thing you will take away from the workshop

"I will take away that music can help your wellbeing"

"I liked how I could be creative and express myself with words"

"Confidence boost and how to rap"

"How you get to bond with people you don't know through music"





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Physical Activity & Wellbeing



Masbro Youth Centre | Physical Activity & Wellbeing Workshops

Overview

A series of Physical Health & Wellbeing workshops were delivered over three weeks (one workshop was postponed due to potential risk of riots across the UK at this time). The workshops were limited to a total of 10 participants and aims to educate young people on the 5 Ways to Wellbeing through physical activities. Each session brings focus to one of the 5 Ways to Wellbeing through engagement with specific physical activities where participants reflect on how their body is feeling and offered practical coping strategies to support their wellbeing. Workshops were designed to include activities that were engaging for younger children as well as teenagers.

Connect: This session consisted of physical activities designed to emphasise the role of connection in good mental wellbeing. We spoke initially about what connection means to the participants. We went through 4 exercises designed to boost their connection to one another focussing on attributes to boost connection like communication and teamwork

Be Active: This sessions focused explicitly on the link between physical and mental health. We shared information on the positives of being active including better self-esteem, goal completion and boosting mood

Take Notice: This session turned participants attention inwards through yoga and stretching. We then engaged in fun activities like shooting penalties and tag. Extra attention was paid to the way the young people were feeling both physically and emotionally in simulated stressful situations.

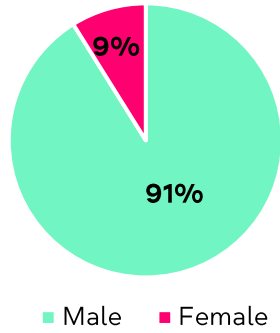
Give: The final session involved activities where different members of the teams had different roles meaning they had to give their attention to one another. This session linked to the previous one as CYPs were asked to give attention to the mind-body link while engaging with activities.

Active Minds | Impact of Physical Activity & Wellbeing Workshops

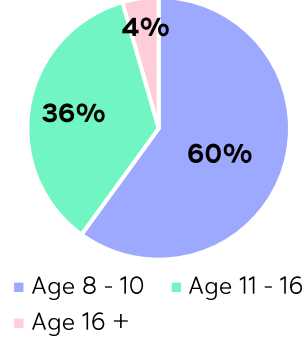
Physical Activity & Wellbeing Workshops

A total of **45** young people signed up to the 3 physical activity and wellbeing workshops offered at the Masbro Youth Centre. Workshops were led by Rob Ferriman and co facilitated by Zulaikha Iqbal from HFEH Mind.

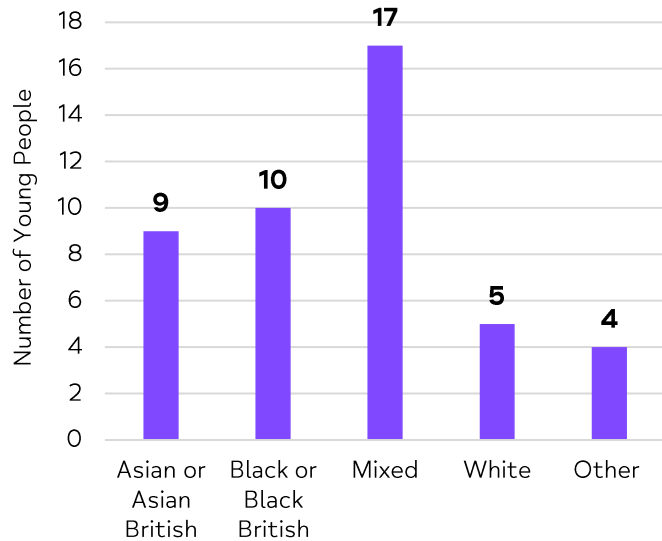
Gender



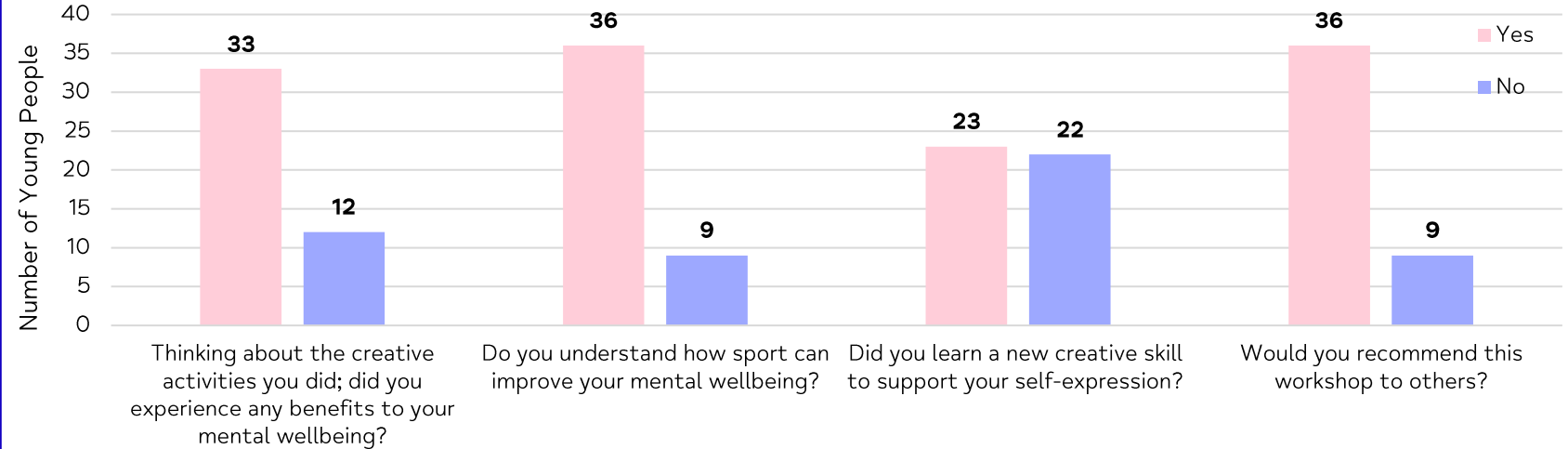
Age



Ethnicity



Overall Feedback Across 3 Physical Activity & Wellbeing Workshops



76% of participants enjoyed the workshops, with an average rating of 8 out of 10
73% of participants experienced benefits to their mental wellbeing engaging with physical activity workshops
80% of participants understood how physical activity can improve their wellbeing
51% of participants learnt a new creative skill to support their self-expression
80% of participants would recommend the workshops to others

Tell us one thing you will take away from the workshop

"Exercise makes me happy"

"Sport can help people socialise"

"Coping with pressure in football penalties and basketball"

"How to connect with others"





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Feedback From Eamonn O'Keefe: Youth & Community Programme Manager at Masbro Youth Centre

Active Minds | Masbro Staff Feedback

Masbro Youth Centre Staff Feedback

Eamonn O’Keeffe, Youth & Community Programme Manager, at Masbro Youth Centre offered their feedback on the Active Minds summer programme

To what extent did the HFEH Mind 'Active Minds programme meet your expectations?

“The programme exceeded our expectations. The staff engaged our members well and fitted into our systems and how we operate seamlessly. It was a blessing to have them to support us over the summer and most importantly the young people really enjoyed the sessions”

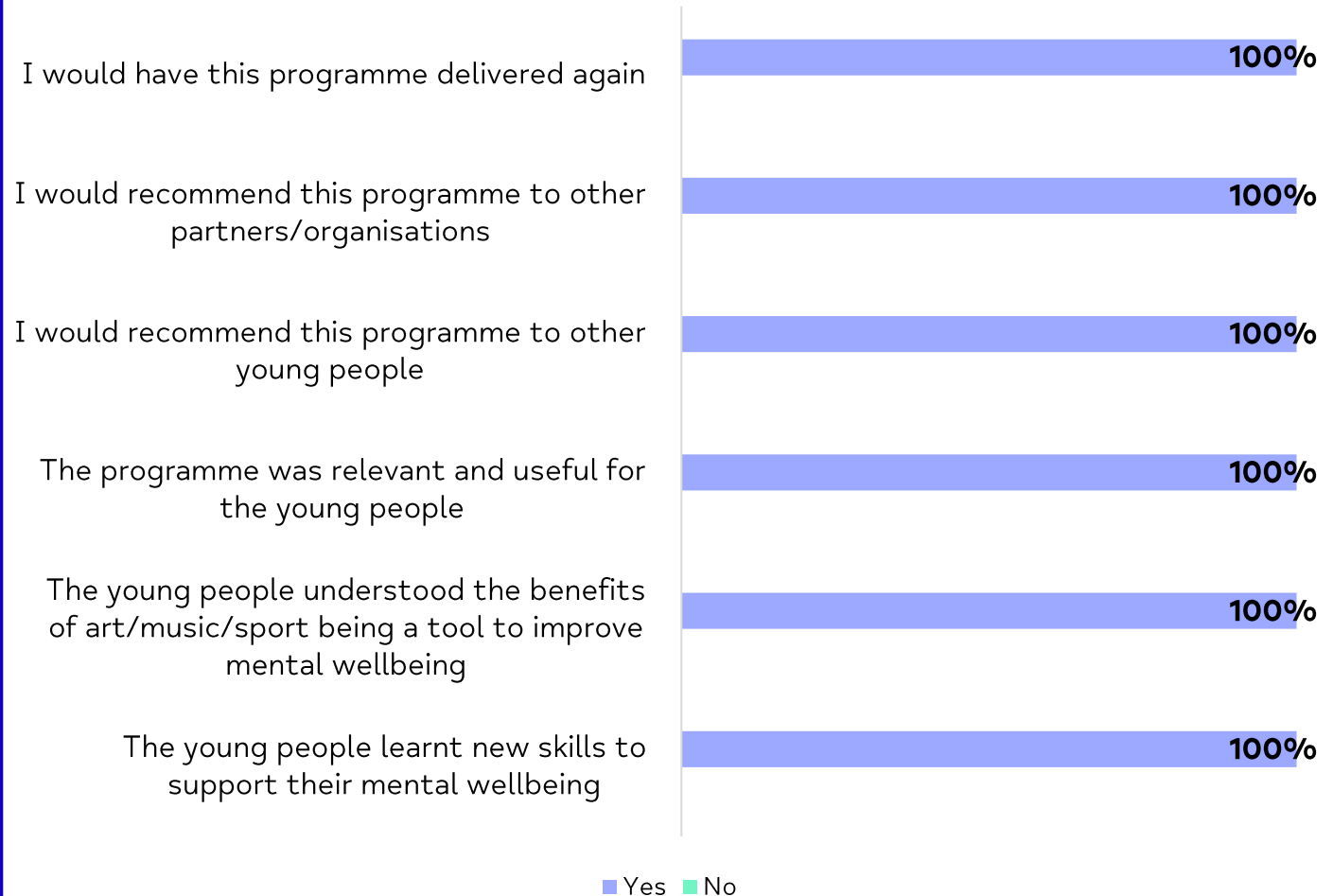
What went well about the programme?

“The engagement with our members and getting them involved in different activities really shone across the summer. Adding the mental health and wellbeing angel to the activities while being delivered by those with specifically tailored skillsets meant the young people received an excellent quality of activity and information.”

How can the programme be improved?

“We need more! Entrenching a MIND worker into our programme (and others like it) would be huge for us as it would ensure a professional to be embedded in the youth community who could support them at the times when needed and in the spaces and ways that are needed”

Staff Feedback





***The MIND team are
now honorary
'Masbronians' and are
more than welcome
back to work with us
and in our space at
any time.***



Community Event Day

Friday 23 August 2024





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