

# 19+ FREE RANGE PROJECT 2009-2010 Cornwall

Tailored support for disabled citizen's 19+, looking to engage in  
Education, training, employment, volunteering (EET)



**FREE RANGE is supported by  
Cornwall Council**



Creative Expression is offering individually tailored support pre (re)-entry into, and during resettlement in new EET settings. We are supporting service users who have difficulty working in groups and other mainstream provisions, resulting in reduced chances to settle in education and employment. We specialise in working with those, who struggle to engage, sustain, and achieve. We use creative and therapeutic methods to help users to develop a confident personality in their personal and professional life.

Creative Expression has developed a service with activities centred on individual needs and circumstances. All are designed to make clients feel at ease in a relaxed and non-threatening but ultimately challenging way in order to increase their motivation and self-belief to find and sustain their place in EET.

### **Project specifications**

The project will offer individual sessions, work and social support, outreach, group sessions and integration into mainstream provisions. Activities are based on a personal key worker forming a trust relationship with the client. Creative Expression utilises the expertise of a great variety of art forms and the in-depth intervention and knowledge of professional creative therapists.

Sessions can be individual, small groups, support in mainstream, family interventions, drop-in, open classes and mentoring.

### **Activities include:**

Drama (also as Drama Therapy)	Dyslexia/visual thinking
Music (also as Music Therapy)	Circus skills
Crafts/pottery/felt /willow/wood (also as Arts Psychotherapy)	Writing/poetry
Dance/Movement (also as D&M Therapy)	Comedy
Outdoor activities/adventure/sports	Photography /Film
Visual Arts (also as arts psychotherapy)	Digital Media

Activities are partly accredited and partly in-house diplomas, aiming towards progression into non-Accredited and Accredited Learning, and qualifications at L1, L2 & L3

### **Career planning and personal development**

Mentoring  
Counselling  
Coaching

### **Topics may include:**

Confidence building	Personal change management
Self awareness	Counselling
Presentation Skills	Independence/entrepreneurial skills
Communication skills	How to implement specialist leaning support
Preparation for Work	Citizenship
Identity in teams	Emotion Management
Responsibility and Assertiveness	Body awareness/self image
Health/Sexuality	

## **Support and training for employers and educators**

We have understood the importance to support and empower educators and employers in order to increase knowledge and sustainability of placements and employment.

We therefore offer individualised support through outreach officers, training and supervision.

### **Activities include:**

- Visiting organisations, training days/sessions both in house and open, learning support sessions at the training or work provider. Creative Expression is a registered training provider since 2008.

In house-

Phone in service with questions and consultation, mailing presentations/information

IAG with other established support and information services by sector.

## **Project methodology and aims**

Disabilities are diverse, with significant differences of need between various diagnosis, severity and personality. The project supposed is therefore highly flexible and individualised.

The client group is hard to reach and engage with; often individuals live circumstances characterised through isolation. Many clients present a severe lack of confidence and thereby motivation to achieve and socialise. This results in a lack of ability to form and sustain healthy relationships and to maintain continuity and engagement at EET. Their circumstances and past experiences have often formed an identity of worthlessness, fear, dependency with a family member (and indeed interdependency) and rejection of support.

In order to stabilise the person a holistic self development is important. The individual's wishes and anxieties need to be identified and often only highly flexible interventions ensure a long term engagement and commitment to the projects. A holistic integrative approach with the family or particularly important family members is often key to a sustainable success. Family needs have to be assessed and behaviour change supported.

An Individual SMART Development Plan (IDP) will inform activities, and progress. The IDP focuses on what a client can do and achieve, where strength and opportunities lay, and how each client can be empowered most to achieve his or her full potential (1).

During the course of the intervention, clients will grow awareness of their skills, identify with them and be able to utilise them in EET and social settings.

Confidence in the assessment, the plan and the action that flow from it, and a good working relationship of trust and respect between tutors/key workers and clients, will all help ensure success. Trusted support and raised personal skills allow the participant to commit, seek help and sustain their relationship and motivation for their education.

Initially, a significant amount of work may have to be conducted out of mainstream and group pressure, at a location where the client feels safe and appreciated, with people around them which are trusted. Success will be directly linked on the ability to build a meaningful and trusted rapport with each client and their allies.

The relationships are based on effective confidentiality policy, clearly communicated.

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<sup>1</sup> DDA, disability is defined by what a person cannot do, or finds difficult, rather than what they can do.

The creative media give the experiencing and testing arena for clients to review their achievements throughout the project and to introduce change in meaningful and carefully planned ways. The IDP is tool to this change of attitude and behaviour. ID Plans are tangible achievement records that will carry clients towards their goals-step by step. They help project staff and participant to focus on the tasks at hand. IDPs keep track of goals and evaluate the barriers to those goals. They offer continues opportunity to recognise personal talents and limits, and confirm what the project can and cannot offer.

The interventions are focussed on progression and achievements tangible through documentation and social and EET success;<sup>2</sup> during these activities the person builds up a safe and therapeutic relationship with their creative practitioner/ therapist/mentor as well as their personal skills portfolio (Social pedagogy approach).

By using therapeutic relationships in fun enjoyable but challenging activities, resilience, motivation and task focus are strengthened, and enjoyment of achievements through persistence is increased, these experiences can be then related and transferred gradually to EET settings.

With one personally allocated suitable practitioners/therapists and IDP, the participants get support where they live, work or get educated and where they choose to be for recreation, in a way that they feel able to engage with and activities they are interested in.

Creative media are used beside traditional communication methods to explore the realities of the challenges for participants in a tangible way. This is effective because of it is a non exclusive way while allowing clear non-verbal and communication of health, social and relationship matters and anxieties around these. Services include training for professionals, parents and carers, how to work non-verbal creatively, management and communication with between the disabled person and other staff.

Long term engagement and access to support (up to 2 years) through mentors ensures not only monitoring and sustainability of the project input, but also enforces the message of commitment and safety we offer.

Achievements and aspirations of disabled clients are as much dependent on the trust and appreciation they receive by colleagues and in their social lives as on the disability itself.

We define

- Respect and dignity
- Accessibility to material, venues, documents, equipment, meeting times
- Flexibility of the provisions to include personal adjustments and preferences e.g. Working with a carer or family member
- Continues reviews and
- Adjustable steppingstones of the IDP

as key elements in order to attract positive and effective engagement.

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<sup>2</sup> Creative Expression models the activity and achievements passport developed by "Cornwall works/ jobcentre plus".