

THIRTY-ONE: A Creative Assembly

Overview of the Event

Film Summary - <https://www.youtube.com/watch?v=2YTpyc9f38I>

Thirty-One was a two-day creative assembly hosted by the Young Changemakers of Articulate Cultural Trust. The assembly brought the community of ACT together to engage in workshops and discussion together, to create new artworks and to share food and ideas with one another.

By the end of the weekend we aimed to create a manifesto together. Our manifesto directly responded to Article 31 of the UNCRC which states that children and young people have the right to have fun in the way they want to, whether by playing sports, watching films, or doing something else entirely. They have the right to rest, too. Children and young people should be able to take part freely in cultural activities, just like adults. The government should make sure it's easy for them to do this whether or not they have a disability.

Over these two days we joined to think about this right, to create art in response to it, and to question the implementation of this right within our society. We asked what creativity has given us? What does access look like? How do we access culture? Why is it important? And as young people, why is it our right?

The following document gives you an insight into the content of the weekend and what we discovered together.





Artist Heather Marshall's workshop explored inclusivity and access. Participants began by thinking about their happy places, things that give them the ick, what makes them angry, opening up about what makes them feel safe and unsafe. Participants were asked to draw or write a response to a series of questions, examples of questions and some of their answers are below:

What is your perfect day?

- Dancing in the sun
- Being with my pals
- Playing games all day
- Sleeping
- A sunny day

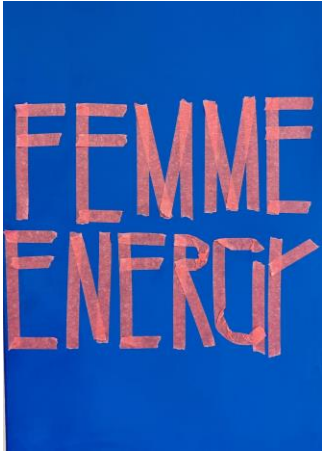
What makes your skin crawl?

- Bugs
- Snakes
- Transphobes

A place where you feel happy and safe?

- My bed
- My friend's house
- My friend has a fluffy rug and I like to nap on it, I feel happy there
- Graveyards
- With my dogs

What makes you angry?



- When my alarm goes off and I have to get up early
- Matt Hancock being on I'm a Celeb

Is there a food or smell that makes you feel good?

- Mashed potato
- Ice cream
- Soup



Participants had a discussion about if they were building a space that they felt safe and comfortable in, what from the questions above would be included and what would be banned. Heather went on to introduce the notion of an access statement and how we can be used to make sure everyone feels as safe and happy at Articulate/school/work as possible.

Taped on to the wall was the question 'What do you need to feel safe, happy and creative?'

Participants used tape art to cover the walls of our space. The walls became plastered in statements such as 'FEMME ENERGY', 'BE QUEER', 'BUBBLE', 'EVERYONE IS WELCOME HERE', 'FILL YOUR BELLY' AND 'SELF ESTEEM'. By thinking of our own space participants were asked to think about access in this space and in our community.

Cultural Rucksacks

Within the workshop 'Cultural Rucksack: What's in the bag?' participants were asked to think about when a young person enters care for the first time and what we would fill their 'cultural rucksack' with. The participants came up with lots of different practical ideas such as things that would make people feel comfortable and safe. They came up with practical necessities such as travel cards so their new home city or town is accessible to them. They came up with cultural activities they'd give young people such as leisure memberships, gig passes, restaurant vouchers, art shop vouchers.



Leading on from these practical suggestions we were led to a bigger conversation around cultural identity and how your culture evolves with you as you grow up. We spoke about how we could track people's cultural journeys in response to their own interests and passions.

Ideas/Considerations	Practical ideas for the rucksack
Map of culture in Glasgow - what's free, what's there to engage in.	Tech starter pack: Portable DVD player, recording device, MP3 player/ digit, babel fish (if learning English), noise cancelling headphones, portable camera, Dongle, laptop and WiFi.
Recipes/cookery lessons.	Self-care and toiletries: Something nicely scented, hygiene products, bubble bath, hot water bottle, condoms, fidget toys, comforter squishy, stuffy/teddy
Voucher to food markets or events.	Cards - Young Scot, travel cards, entitlements
Cultural calendar - what's on throughout the year.	Notepad and pen
Access to musical instruments/ lessons- perhaps collaborating with instrument libraries such as music broth.	Hospitality: Water bottle and flask, biscuits, tea/coffee/ hot chocolate, sweet treats, snacks - personalise it!
Voucher for gigs/events - Ticketmaster or equivalent?	Diary or journal
Spotify/ audible subscription or equivalent music/podcast platforms.	Books/audiobooks/comics
Comic book about what care is about.	Scots/slang language dictionary

<p>Your Culture Journey: Working with young people when entering care to decide together what should be in their rucksack. They have a budget for cultural activities that then we use to book the right experiences in keeping with their personal interests. On leaving care, working with them to track the culture they have experienced and enjoy and deciding what next steps you can take to continue your cultural journey.</p>	<p>Clothes and pjs</p>
<p>Age appropriate bags: How do we ensure bags are age appropriate? Are there different bags for different age groups?</p>	<p>Personalised accessories - gender-neutral</p>
<p>Support information sheet - links and numbers to services, access to mental health services, a one to one set up at the beginning to make contact with organisations for support, places where you can go where you are safe and included.</p>	
<p>Games and creative activities</p>	
<p>Leisure pass with info pack</p>	

At the end of the workshop the participants were asked to think specifically about what a cultural rucksack could look like for a person leaving care. The responses generated a rich discussion with many young people who weren't initially involved in the workshop joining into the discussion and sharing their views on issues of through- and after-care.

They spoke about how there should be advocates for young people who support them and how this would help to soften the transition. Having someone by your side to learn how to run a house, how to access support, how to apply for jobs, where to furnish your home, access to materials, how to buy a food shop. Young people spoke about how these types of support should be in place, as they believe there usually are no practical skills given to young people while in care and these life skills are essential to survival when they leave care.

Creativity Gave Me ...

One question posed throughout the weekend and a theme for many of the workshops was 'What has creativity given you?' Here we have a list of the assembly's response to that question:

- positive energy
- peaceful mind
- freedom
- a way to work through trauma
- a way to self soothe
- Individuality
- an income
- a voice
- comfort
- a safe space
- stress reliever
- expression
- a place to escape to
- confidence
- way to express emotion
- liberty
- a way to clear my head
- happiness
- connection
- confidence
- life
- peace
- friendship
- escape from reality
- enjoyment
- community
- a career
- art
- a way to let go
- skills
- silliness
- my own way
- the feeling of being alive again
- life to live
- help
- inclusivity
- a big imagination



Game On

Biome facilitated a workshop called Game On exploring digital activism through gaming. Through the workshop participants were asked if there was something they wanted to change in the world and if

they thought they could make a game about it? The majority were unsure. They then were asked about what types of games they played, eg computer games, phone, cards, board games, to think about what the objective of those games were and what do you do in order to get to the objective. Whilst discussing at the table they also put their answers on Post It notes.

Lots of people played computer games with the main reasons why being:

- Something to do
- Play with friends
- Distract myself
- For fun
- Because I want to

Some played board or card games the main reasons why being:

- It's fun in a group
- To play with friends
- To pass time



Participants were asked about subjects or issues they care about, they answered:

- Racism
- Mental health
- Food
- Articulate
- Money
- Cost of food
- Friends
- Climate change
- Politics
- Being queer
- Mental health services and support

Participants were split into two groups and asked to pick a topic from above along with a style of game and an objective. As a group they had to use these to design a paper prototype for a game.

Group one designed a game exploring food poverty that could be played on the phone. The objective was to feed as many people as possible and fire rotten food at the Tories! Group two designed a game about climate change where players followed a storyline to defeat the enclave.

“The atmosphere was great on the day and it was nice to see a broad spectrum of people attend. We had planned to do two workshops, one after the other but after consultation with the team and other

facilitators we decided to do one session for an extended period. There was clearly an interest in the topic of games and activism! The vibe was very friendly and positive. I could see some attendees struggling within themselves as we were setting up, but Articulate staff were very supportive and when the workshop started any nerves were gone. It was clear that the crowd all embraced game design as a creative practice and they all understood the concept of play and activism. Once we completed our introductions setting the scene, the group started to have thoughtful discussions around play and activism and ultimately this led to two fun concepts that engaged and also asked questions of their audience.”

Mal Abbas (Biome Collective)

Reflecting throughout the workshop participants said:

“Games can allow people to explore things from different perspectives. You can be in a situation you wouldn’t be in real life and see what it’s like to be another person”

“Play is universal - it's how we learn about the world.”

“Games can be emotional.”

“You see yourself doing it, you learn what it's like for someone else.”

Arts and Wellbeing; Drawing and Discussing

Our Mark Scott Award students facilitated an Arts and Wellbeing workshop. Together they created an open space for drawing and discussion in their workshops. As people responded to questions posed by the facilitators, participants began to doodle, draw and write in response. By the end of these discussions a variety of artworks were created and displayed for the rest of the community to experience.



Questions and Responses:

What do you do to be creative?

Cooking, making jewellery, painting, upcycle clothing, walking, sports, game design, going to art galleries, origami, listening to music - finding meaning in songs, drawing, gardening, printmaking, moving people and objects around, problem and creative thinking, playing instruments, playing.

The variety of responses reflects just how everyone has their own notion of what it means to be 'creative'.

Is art important to society?

In both workshops the overall response to this question was yes. People spoke about the fact art has always existed and has been there to create improvements, to help society evolve. The group spoke about how art has represented cultures and stories throughout history.

Participants spoke about their own experience of how it offers a way to communicate and that can only be a good thing for society. Participants spoke about how the enjoyment that art had given them has 'released us from routine'.

The group spoke about how society would look without art, how empty and sad it would look if art was taken out of the equation. An interesting analogy was made that art was like salt, it provides flavour and society without art has no flavour.

The conversation led onto digital art spaces, how their influence on future generations may change how we see and experience art. Participants asked in the future will the majority of art take place in digital spaces? If so, what will people miss out on from the physical experience of art? When there is no longer the ability to touch or smell art? There was a conversation about how public art spaces are missing a lot in Glasgow, however that we are lucky to have affordable art spaces on our doorstep such as museums or places such as The Burrell Collection.



Does art have a stigma?

The groups spoke about how there is not enough understanding about what art is and how vast an umbrella art covers. The group spoke about how there should be more information and experiences for young people. That venues and artforms need to work to become more accessible. Participants said that 'it takes a lot of work to get people into a gallery' and that if it is not affordable then it will become elitist. Art galleries are uncomfy - how do we change that?

Participants spoke about how it is often 'seen as stupid', that it is never seen as a career avenue.

What would more access to arts change to society in Scotland?

There would be a greater appreciation of art. A lot of people say they are not creative. Participants argue that as a young person in school you have to decide too early what you want 'to be', not taking a chance to step into the creative world. At school creative subjects don't usually get first choice options so this needs to change. There needs to be more equipment, more teachers. Creative subjects in schools are restrictive and exam-focussed, there is not enough freedom within the subjects when in school so when in higher education the sudden freedom to express yourself how you want can often make you 'feel lost'.

Food For Thought

Isaac Tandler's workshop looking at access to food encouraged people to think about their relationship to food and how food feeds into culture.



People responded by saying food for them was a celebration. It was local and universal.

Food is sentimental. Food is enjoying the process. Food is empowering. It is happiness. It is social, it is bonding and family. Food is heritage and tradition. It is a reminder, nostalgia. It is tasty. It is healthy. It is delicious. It is care. Food is coming together.

One participant left a final reflection saying after the weekend they had learnt that 'there is a greater connection between food and people'.



Creativity Gave Me ... A Voice

Shabnam Karim's podcasting workshop looked at the artform of podcasting and the potential it has to make change. Here is her reflections on the workshop:

Shabnam:

I discussed the possibility of putting your own ideas into a podcast series with some of my workshop participants. I had to remind several people that it's normal to feel uncomfortable while recording your own voice and hearing it again, but once you start, it becomes normal. I realised how crucial it is to have access to creative opportunities after seeing some young people try podcasting, enjoy it, and promise to try it even in class or wherever they can find a microphone or a button to hit record. In addition to improving our physical and perceptual abilities, being creative allows us to examine the world we live in and our feelings.

I personally believe that each of us benefits from incorporating the arts more fully into our lives, and because doing the arts brings us people together - it creates a community. Art and artists can be found everywhere - they are not just found in galleries, theatre or concert venues. Each one of us has the power to think and want to contribute to the social circles/communities we are a part of - helping us make the bond stronger.

The fact that young people were in charge of everything at the event—from preparing the food to decorating the venue and also having access to the quite safe rooms – particularly that I liked. I was genuinely moved by it, and it caused me to reflect on my own creativity. Loved the artwork that was pinned on the walls, the culture corner, and the delicious healthy lunch. I also appreciated the chance to participate in the other workshops. The food workshop was fantastic; it was incredibly insightful and engaging. Initiating discussions about the value of food to society, how it draws people together, and how it has changed over the past 100 years.

Participant Feedback:

“I’d make a podcast about life stories, cause when people know your life story, they understand you.”

“Thanks! The workshop made podcasting seem like something that lots of people could try more and lots of nice tips and ideas. Very encouraging.”

“Fab loved the workshop, I would recommend.”

“Loved the workshop! Lots of great info and really useful insights. 5 stars!”

“Really helpful!”

To [space], thanks for everything

Emma Bentley-Fox took participants through a workshop exploring trauma informed writing practice. When reflecting, participants were asked to write postcards with feedback here is their responses below.

“I’m going to start writing letters to myself, my partner, friends and strangers. Despite being a writer, I often forget how powerful and therapeutic writing can be. Thank you.”

“Brave spaces are so important! Take ownership of your thoughts and feelings! To be creative is brave! To be vulnerable, open and honest is brave! To create change is brave! LET’S BE BRAVE TOGETHER!”

“I didn’t expect to find myself in such a ‘brave space’ - and what a revelation to see how important bravery is within creativity (how did I forget?). A valuable lesson to take back to my work - it should be the core of it.”

“Smile, if you can’t smile, try to be positive. The world is a mirror!”

“Thank you for allowing me to see and hear myself a lot more. You’ve opened a door into a world of practices that I hope to carry forwards with me. I hope these new lessons not only benefit me but others that I may meet. I intend to take today with me and be more creative daily.”

Facilitator Feedback

'I really enjoyed running the session with the group. It was a wonderful, generous and engaged group of people to be working with. I was really impressed with the openness and compassion with which everyone extended toward each other. It created a lovely supportive space to hold challenging topics gently. I think this is a real testament to the culture created at Articulate, as well as individuals around the table at the workshop.

In fact, I saw this replicated throughout the day that I spent with the wider group, in the meal shared together, and cooked by one of the group, and in the way space was held for everyone to contribute in a way that felt comfortable to them and valued their contribution and skills.

I visit a lot of art spaces through my work and it's rare to visit a group where I feel so immediately welcome and comfortable, particularly as a Queer and Disabled person.

Equally I was really grateful for the accessibility accommodations provided to me, and the importance and attention placed upon it by staff. I often have to advocate for myself and negotiate access support so it was really nice not to have to do that at all! It certainly made my experience much easier and safer for me too.

Finally, just a big thanks to staff, I could see so much passion and energy in the room which is always so joyful and motivating, particularly when working in the arts and with communities, can sometimes feel so energy zapping! Thank you. thank you :)'

Emma Bentley-Fox, Workshop Leader



Art Buds Collective

Younger participants spent time creating a city of art. We made puppets, Rapunzel towers, homes, slime ponds, connecting bridges, living houses, billboards of art and play gyms.

Lunchtime Artivism Walk

To get some fresh air, groups of participants walked into Glasgow city centre to find and feedback about the large-scale street art posters that had been collaged by young people from Barnardo's around their Article 12 rights:



Digital Sharing

1. Glasgow Health and Social Care Partnership - Arts in the City

[AITC Final - YouTube](#)

2. Blue Cabin - Life Stories

https://us02web.zoom.us/rec/share/3R2djVKgugU0etJwDDF3uk8S4SKFjXI_w3L2BkUM1dSL-_2i_rFu2j0yL-e3vlwn.lI9eGDqLtsEQ9rig

Passcode: WF2#DGTv

3. Articulate Cultural Trust - Track Playlist

<https://open.spotify.com/playlist/3klF3Bhs0xZluySHt8Dgld?si=8a29b43981c4475d>

4. Articulate Cultural Trust - Films

https://youtube.com/playlist?list=PLHPipp_ikbqSxhGpTV23kNq3F5JU300s5

Manifesto Making

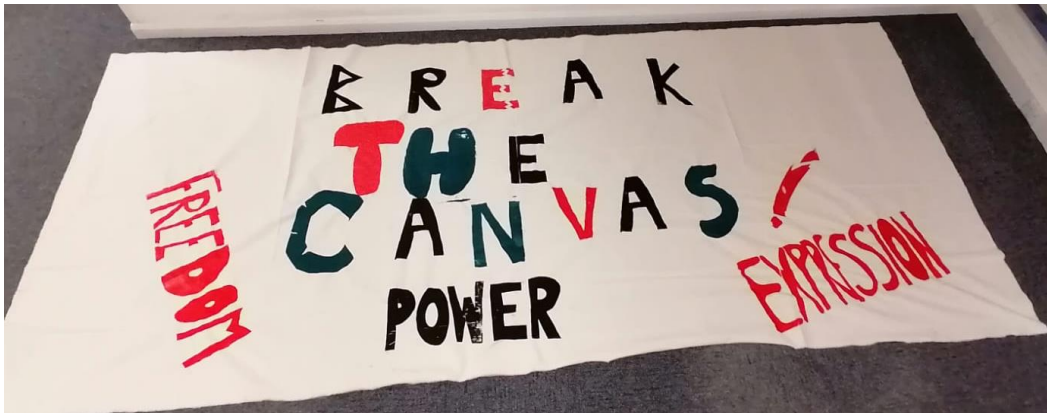
We began by drawing on starting points that were drawn from the 'creativity gave me ...' reflective wall. These starting points were the following statements:

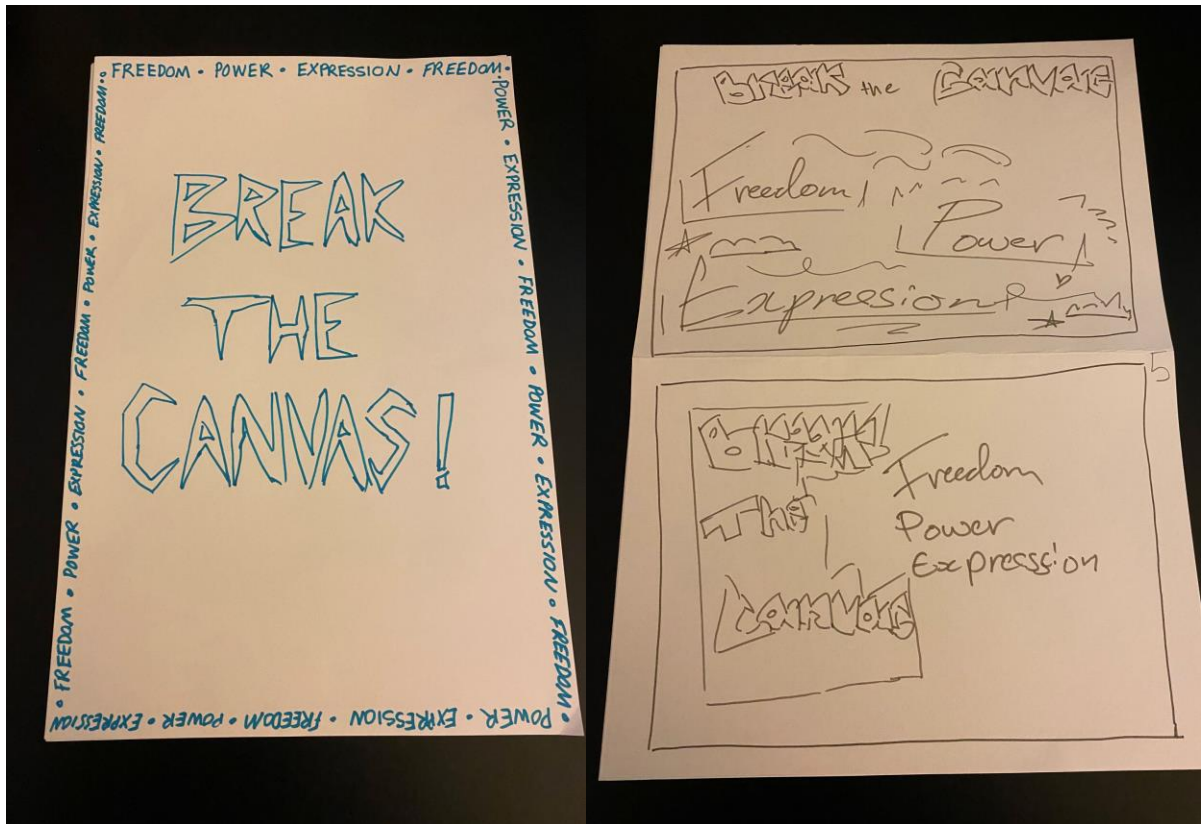
- culture informs identity
- the right to culture is the right to happiness
- the right to express yourself
- creativity gave me freedom

We discussed these and used a voting system to see which phrases resonated the most with people. We then combined a few responses to create the final manifesto:

BREAK THE CANVAS. FREEDOM. EXPRESSION. POWER.

The young people then worked with artists to design their banner and screen print these words to create their artwork.





Final Reflections

At the end of the day on Sunday participants were asked to reflect on how they were feeling after the weekend. We asked them to do this by either adding a dot to the flipchart or writing their own contribution. From the options we offered 4 people said they were feeling inspired, 1 said passionate, 2 were tired, 3 happy, 1 okay and 1 better. The other participants wrote that they were feeling:

Humbled
Warm
Grateful
Part of a community
Exhausted
Rejuvenated
Ignited
Refreshed
Hopeful

We then asked, what are you taking away with you? Participants wrote:

“Peace of mind- reminder to slow down from everyday chaos.”

“Sore feet.”

“I’m more creative than I think.”

“That Articulate is an amazing company.”

“The ability to create, being less critical about my work and privileged that I have the skills to articulate how I feel through art.”

Event Feedback (on the day):

“It’s places like Articulate that actually give young people voices. They lobby for us.”

“My course is online. We share our work online. It's good but I thought if I came here I might meet some new people in real life. I didn’t know what to expect ...”

“Me and my sister play with these all the time (fidget toys). We love them. It's good they have them here too because I didn’t bring mine.”

“Creativity gave me a voice.”

“I come here all the time, no just when groups are on. You can play games or nap or that. It’s good we have this.”

“Great introduction for those new to the idea of setting up their own podcast. Good examples used BUT get good speakers for sound.”

“Beautiful to see and hear such bravery and talent.”

The #creativitygaveme Online Campaign - Comments



‘A freedom to play, to express myself other than verbally, to connect to an inner peace, to see progress and feel pride, to feel accomplished, to use my body differently, to share personalised, sentimental gifts with others, to think differently...’

'Creativity have given me a new identity, new relationships and an opportunity to learn and develop which I wasn't able to access in my professional role.'

'Purpose.'

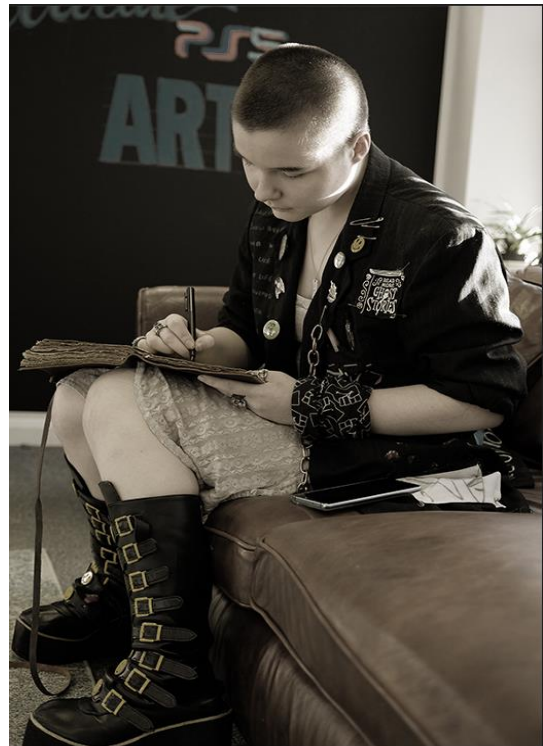
'A way to communicate.'

'A community.'

'A sense of self, and somehow both a feeling of being grounded and in flight.'

'Creativity gave me purpose. It helped me understand I have a place and that thinking and learning outside the educational norm is valuable. The more senior I became, seeing the world creatively has value and creates impact. We need creativity more than ever.'

'Confidence and connection.'



Theodore Brogan (from Dundee via Creativity + Care Experience Legacy Project)

Post-Event Feedback (thus far):

'Theo really enjoyed attending the weekend and gave us some great pictures and feedback. They especially enjoyed the screen-printing advocacy workshop with Keng Keng.'

Jon Davies, Creative Learning and Programme Manager (Creativity and Care), Moniack Mhor

'I hope you're well, and not too exhausted after such a busy weekend! I just wanted to say thank you to you and everyone involved in Thirty-One for welcoming me yesterday and being such a supportive and inspirational group. It was a joy to see so much engagement and spend time in such a vibrant creative space. I'm sorry I couldn't stay longer – the screen-printing looked so much fun – and had to rush off without saying goodbye to so many people. I also wanted to thank you for letting me run away with my artwork – it now has pride of place on my sideboard!'

Gail Robertson, Screen Officer - Education, Creative Scotland

'I had a wonderful day on Saturday. I hope Sunday was productive! You've got an extraordinary team at Articulate.'

Peter Gilchrist, National Digital Project Lead, YMCA Scotland's Tek Care

'First of all thanks for inviting me to the Thirty-One event. Was great to meet some younger care leavers and have a chat with them. I also took part in one of the workshops. It was great fun. The Articulate hub is amazing. 16-year-old me would have been a permanent fixture in that place. I'm just lucky I found my own way to art/music/acting otherwise I wouldn't be where I am now. I gave up on youth work after my bad experience with ***. Seeing a private company using kids with trauma to make money whilst not helping them explore their past was gutting but what you guys are doing is definitely gonna help so many kids.

Also if you and Articulate need any help with events I'd be glad to help out. You've restored my faith in youth work through the arts.'

Nick Goldie, SWG3

'The weekend was amazing I wouldn't of expected anything less. The manager and staff member from our Motherwell service shared how delighted they were with everything and I know that the girls really enjoyed it. They shared that they felt famous after seeing their artwork in Glasgow. Articulate always provides a warm welcome with everyone so relaxed and accommodating to all.

I had planned to come and pick up the artwork this week but my plans have changed slightly so I'll be in touch at the start of next week to see when suits you guys best.

We're having a small celebration at our Glasgow office at academy park on Thursday 8th of December 4pm to 6pm that you are invited to attend. I'm hoping that all the services included in our Article 12 week will come along'

Louise Wakeling - Barnardo's

'I so enjoyed meeting you and thanks for taking the time to show me around.

Please pass on my best wishes to Reyna, who truly brightened my day.'

Angela Murray, TV Producer

'Don't make me cry guys smh! Thanks, couldn't have gotten where I am without the you guys!'

Jack Broadley, trainee chef

'My feedback for the weekend is that the event was extremely well organised. From the moment I stepped through the door I was made to feel very welcome and it was good to see my team calm and relaxed before delivering their first session.

I was very impressed with all the practitioners and loved the way they engaged with the young people who were fully engaged and immersed in their activities. I loved the way the participants spoke freely in the workshops despite being a very diverse group of individuals. The whole weekend challenged the young people but made it a very enjoyable experience for them.

I think access to art and culture is really important for everyone as well as the young people. It opens us up to our emotions and challenges our thinking.

I loved the way the studio space was laid out with all the different areas and the blaze of colour throughout the floor. The food was outstanding and was a great way to get people to mingle at lunchtime. It was also great to go out for a walk at lunchtime to look at artwork on the billboards, again a great way to get people to mingle.

The feedback from my team was that they really enjoyed the weekend despite one or two of them describing themselves as not being particularly creative but after the weekend they realised there are many different ways to express yourself through art.

I have not stopped singing the praises of Articulate and the staff since the weekend and has made me think about how we can incorporate art and culture into our outdoor residential weeks. It would add another really powerful dimension to our course delivery.

The whole experience last weekend was educational and uplifting and the whole atmosphere was warm, safe, caring and creative.

Please pass on my thanks to all the team at Articulate and for an insight to an inspiring youthwork project.'

Steve Elliott, Project Coordinator, The Mark Scott Leadership for Life Award

'You have created such an incredibly special space and the feeling you get when you walk into Articulate is something you don't get very often. It was honestly such a delight working with you all, you really are such talented people and you can see how amazing you are by the ownership of the Young Changemakers and how invested they are in Articulate.'

Rosie Reid, participatory artist and facilitator

'Thank you so much for having us. It was honestly a joy to be a part of and we are in awe of your fabulous set up and ethos.

For me the real reflection was just how incredible and interested and engaged all the young people I spoke to were, they obviously feel really valued and heard which is just fantastic.'

Art Buds Collective

'Sanctuary.'

Reyna, Young Change Maker

'The workshop began with some warm up writing exercises, an experiment in visualising a purple apple and then went in to a longer period of writing where the participants responded to a series of spoken prompts. We then wrote anonymous letters answering the question 'What has creativity given me?' At the end of the session we picked one letter

each from the post-box each and read it out.

Everyone was very generous in sharing their thoughts and feelings throughout the workshop. There was a section of the workshop where I read out a series of prompts while the participants silently wrote in response to what I was saying. After this someone said that they realised it had been so long since they had actually sat with their own thoughts, and that because they were writing privately they could be more honest with themselves. We also discussed how the act of writing your thoughts can externalise feelings and begin to articulate them outside of your body, and some participants were quite surprised by what they ended up writing. Another said he really enjoyed tuning into my voice and just responding to what I was saying, talking about the kind of space that creates where you are writing privately but still within the group, as everyone is responding together.

There was a really calm and beautiful energy amongst the group and it felt like everyone reached a deeper level of introspection about what creativity meant to them. One participant who said she used to write a lot but had been struggling to find the joy in writing after working in that field wrote that she 'needs to remember this moment' in relation to how she felt during the workshop. Another participant realised he was writing to his younger self and found this therapeutic. The idea of writing to your younger self came up a couple of times, which wasn't an intention of the workshop but I think this became really useful for people when thinking about how creativity has been present in their lives.

The end of the workshop was quite emotional, with even a few tears, as we read out the letters together. We also had a laugh together at the end about it feeling like some sort of counselling session. For the second session there was a bit less time and people were definitely feeling tired towards the end of the day as there had been so much on. There were fewer participants so I edited the workshop a little bit to hopefully fit their needs better. One of the young people wrote an absolutely beautiful letter about what creativity meant to them, it was funny and really insightful. They had expressed at the beginning that it might be difficult for them to write in silence, and we discussed other ways we could do that part of the workshop, but when it came to it they managed to write quietly for the entire time. Another participant wrote to his younger self, and at the end of the workshop he showed us a picture he carries in his wallet of him as a child dressed up as a cowboy, saying that everything he does is for that little boy. As we passed around the photo and talked it was a really lovely ending to the day.

I feel honoured to have been able to spend time with everyone in what felt like a really special space. I was so touched by the generosity and vulnerability of the participants and I feel like this day really made me reflect on what can be possible within a workshop setting. The conversations around the importance of creativity also reinforced how it is an absolutely vital aspect of ourselves that we need to nourish, and hopefully we did so within these workshops.'

Megan Rudden, creative writer

'Thank you for the opportunity to spend time with the young people involved with Articulate Cultural Trust at the 31 event.

I was hugely impressed by the range of abilities and insight demonstrated during the workshops and by the themes discussed at each of these.

My personal focus is on visual arts however I learnt a lot by attending the creative writing workshop, a new experience for me which I thoroughly enjoyed.

I look forward to seeing how these young people proceed in their creative endeavours and I am happy to make myself available to help in any way I can.'

Willie Sutherland, visual artist

'Fantastic opportunities for young people in care to express themselves in a supportive environment. It was a privilege to take part in the event. The atmosphere was positive, inclusive and supportive. We were warmly welcomed and felt like part of a strong team that was actively helping young people. We felt looked after ourselves and this made it easy to deliver our workshop to a group of interested and interesting young people and people with a history or connection with care. All facilities and equipment were provided.'

Tom de Majo, digital artist

'The atmosphere was great on the day and it was nice to see a broad spectrum of people attend. We had planned to do two workshops, one after the other but after consultation with the team and other facilitators we decided to do one session for an extended period of time. There was clearly an interest in the topic of games and activism! The vibe was very friendly and positive. I could see some attendees struggling within themselves as we were setting up but Articulate 😊 staff were very supportive and when the workshop started any nerves were gone. It was clear that the crowd all embraced game design as a creative practice and they all understood the concept of play and activism. Once we completed our introductions setting the scene, the group started to have thoughtful discussions around play and activism and ultimately this led to two fun concepts that engaged and also asked questions of their audience.

Broadly speaking it was excellent to see people visiting Articulate HQ for the very first time. A few people said they had heard about the event the day before and decided to turn up.'

Mal Abbas, digital artist

'It was great to deliver my workshop with groups I hadn't previously (e.g. care-experienced young people) - their participation challenged my assumptions, and made me reconsider my work in a new light. It was a really valuable experience for me. The workshops went well and I found that both sessions had great engagement from participants, especially those who worked in the food industry. Participants told me afterwards that the workshops helped them to think about food, the role it plays in their lives, and their power over it, in new ways.'

Isaac Tendler, Workshop Facilitator

The Young Facilitators - Mark Scott Award (workshop on arts and mental health):

Rachel Finlayson - 'For me I'd say I enjoyed the discussions surrounding art and society as I learnt about many different perspectives about how art has impacted people.'

Haddy Njie - 'I really liked that every person could speak freely without there being a 'right' or 'wrong' answer, I also enjoyed doing the emotion lines because they were different for each individual showing different ways we all express certain feelings on paper.'

Oliwia Kolbusz - 'It was really fun delivering the workshops and attending others. It was really good to discuss various topics and the overall experience helped to widen endless possibilities.'

Hervira Kenfack - 'It was really good to get together with other people and see how they experience themselves within art. It felt good to know that they found a space that they that could help them with this and meet new people as well.'

Batseba Asmelash - 'I really enjoyed the opportunity to gather with people who have different backgrounds in the arts and life, both during our workshop and all of Article 31. Entering conversations about the place that the arts have in people's lives and society was very interesting and insightful.'

Participating in workshops related to gaming and food was a reminder that creativity and community is in many places, even in places you don't expect it to be.'

RECOMMENDATIONS

1. Support The Creative Changemakers as required (11 young people).
2. Launch the manifesto and banner.
3. Create an advocacy plan for Article 31 work.
4. Get creativity into care plans. It IS important for so many reasons.
5. Do more Artivism work around creative use of lived experience ideas for positive change.
6. Make more spaces to help young people from care to feel they belong and in which they can be themselves, brave, creative and exploratory about self, others and their place in the world.
7. Research more about the idea of physical and digital cultural rucksacks.
8. Explore gaming and Artivism concepts further.
9. Look again at life stories work.
10. Think about education, subject choice, pathways to training and into the industry; which needs to look less scary and exclusive - how?



The Creative Changemakers



Tia



PJ

Caitlin



Reyna



Jason



Nicole

