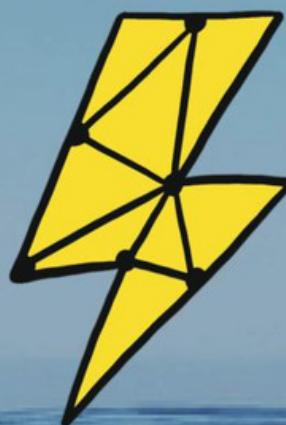


# SPARK

**BE BRAVE, BE CURIOUS, BE WELL**



**A project delivered in partnership by  
Rewired Counselling and Pound Arts**

**SPARK was kindly funded by**

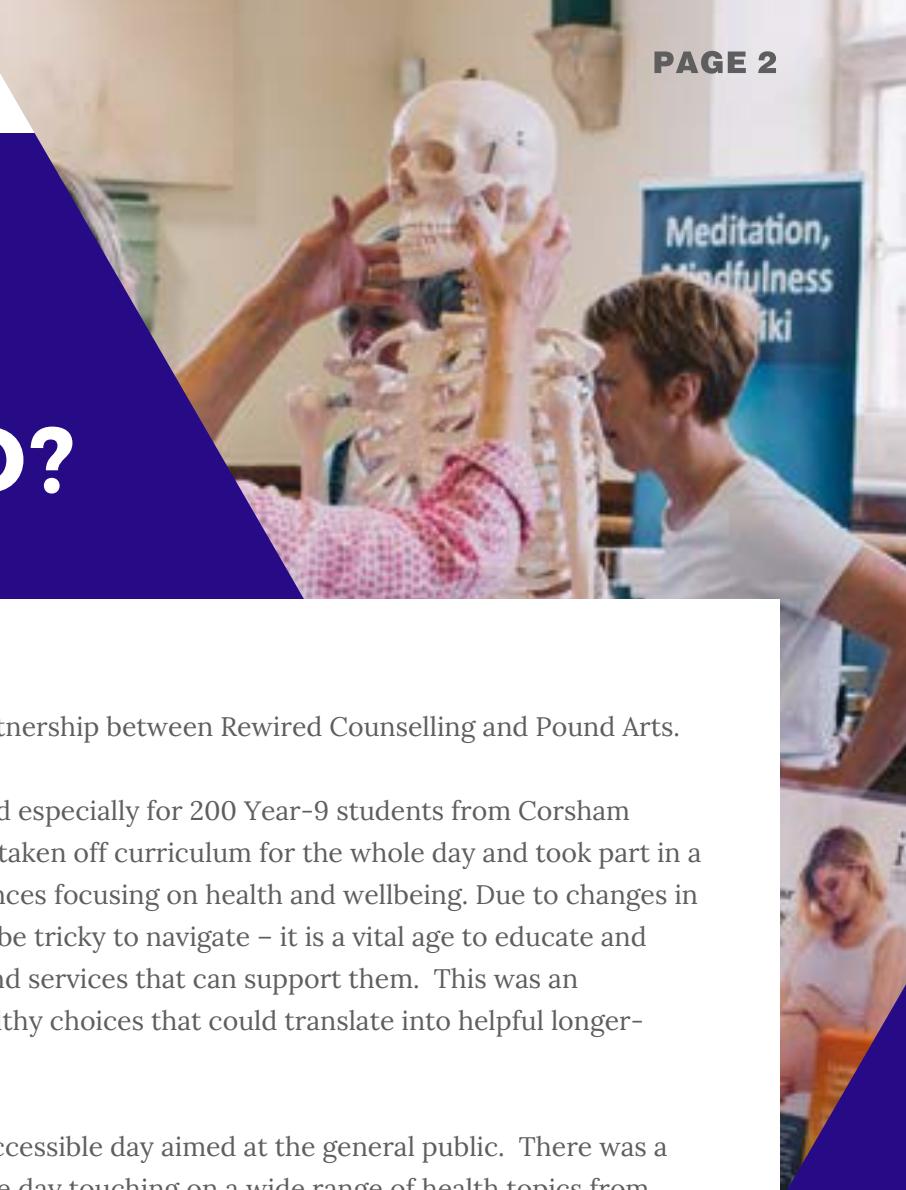
**healthwatch**  
Wiltshire

**Wiltshire Council**  
Where everybody matters

**Corsham**  
TOWN COUNCIL

*Project overview:*

# WHAT HAPPENED?



**SPARK** was a two-day event led in partnership between Rewired Counselling and Pound Arts.

**Friday 12th July:** This day was designed especially for 200 Year-9 students from Corsham Secondary School. The Students were taken off curriculum for the whole day and took part in a range of talks, workshops and experiences focusing on health and wellbeing. Due to changes in the teenage brain, this time of life can be tricky to navigate – it is a vital age to educate and equip young people with knowledge and services that can support them. This was an opportunity to offer young people healthy choices that could translate into helpful longer-term habits.

**Saturday 13th July:** An inclusive and accessible day aimed at the general public. There was a programme of speakers throughout the day touching on a wide range of health topics from academic research to personal stories, as well as a 'marketplace' with local services, experiences, charities and community groups represented. Our aims for the event are outlined below:

**1. Increase community conversations about health and wellbeing services.**

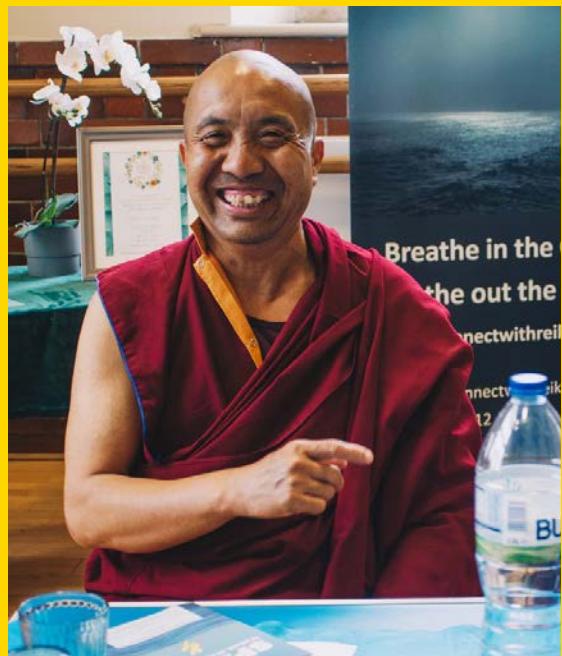
The event encouraged discussion and engagement; asking questions through interactive activities that act as a stimulus for thought.

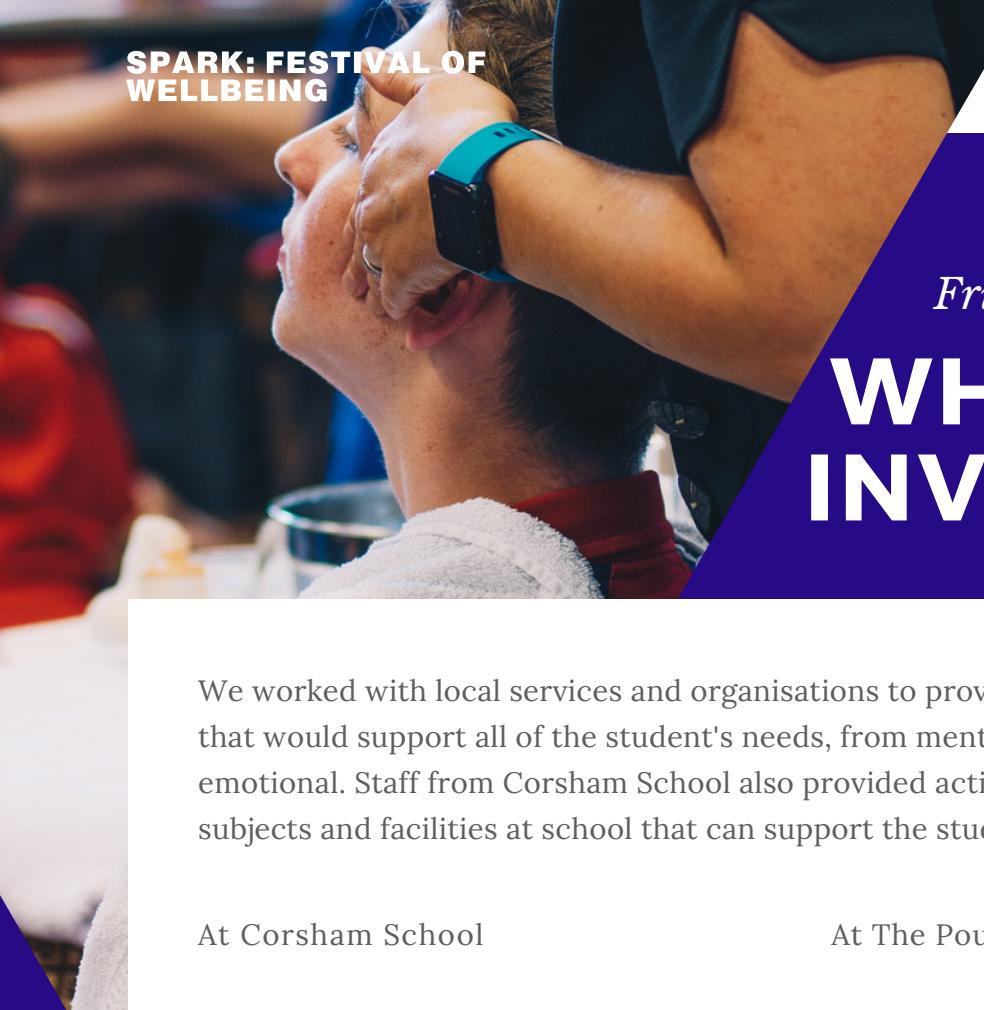
**2. Increase the participation of communities in improving their own health.**

By sharing knowledge at this event, through the talks and discussions, and showcasing a range of health and holistic services in one place, attendees felt more confident to take ownership of their wellbeing and feel more confident to engage with services.

**3. Bring people together and build strong relationships.**

This event was a bridging of people, communities and services. We encouraged active participation, not only in this event but as a community with activities, habits and services that improve our health and wellbeing.





*Friday 12th July:*

# **WHO WAS INVOLVED?**

We worked with local services and organisations to provide a range of activities that would support all of the student's needs, from mental and physical to emotional. Staff from Corsham School also provided activities to highlight the subjects and facilities at school that can support the students wellbeing.

## **At Corsham School**

Charlie Derham - Drama teacher  
Sarah Humphreys - PE teacher  
Claire Elmer - Art teacher  
Hannah Lees - Helping girls into exercise  
Mimi Hunt - Masseuse  
The Photo Club - Photography workshops for young people  
Mike Alexander - Guitar workshops  
Pickwick Physio - Exercise activity  
Warrior Academy - Mixed martial arts  
The Beauty Room - Teenage skincare  
Jane Rourke - Yoga  
DoTerra - Oils for relaxation  
Jenny Newman - Reiki  
Sarah Colins - CAMHS  
Jo and Stacey - Healthwatch  
Nicola Davis - Eating disorder recovery and cooking  
Sophia Thakur - Poet

## **At The Pound**

Motiv8 - Drugs and alcohol  
Kooth - Online youth counselling  
Kay Wood - The Botanical Therapist  
No Worries - Sexual Health  
Out of the Can - LBGT group  
LUSH - Bath bombs  
Gemma Spooner - Bright Future Counselling  
The Green Room - Skin care  
Byron Harris - Mindfulness  
Katerina Newbury - MindCraft Kids  
Bonnie Copeman Gardens - gardening  
Julian House - Smoothie bike  
Dan and Michelle - Springfield gym  
Rachel Heard - Art activity  
The Last Baguette Theatre Company - writing workshop  
Ellen Carr - Nutrition advice  
Jamie's Farm - Talk on being a successful young person  
Maya Milani - Talk on music and mental health



*Friday 12th July:*

# FEEDBACK & NUMBERS

Following the event we gave the Year-9 students feedback forms.

We wanted to find out if SPARK had been a worthwhile experience and what they felt they needed from their community and their school.

**88%**

*of students would recommend attending SPARK*

**26%**

*of students felt worried about trying new activities or accessing services*



82% of students thought SPARK was good fun/ interesting



10% of students thought SPARK was okay



8% of students thought SPARK was boring

## How can the school help?

Over 30% of respondents wanted someone to talk to in confidence within the school. Some suggested a regular health MOT to check on student's emotional welfare. Others felt they needed to be better informed on how to understand their own and other people's feelings, as well as general education on mental health issues. One person suggested that topics could be posted anonymously as suggestions for talks and discussions in class.

There were requests for talks and classes covering specific topics such as mindfulness, yoga, dance and more physical activities and more SPARK days. There was an expressed need for a dedicated quiet space to enable students to "clear their heads" and "focus on ourselves".

## How can the community help?

One request that came up frequently was having people to talk to "without being judged". Cost was also indicated as a barrier: as free therapy sessions and mindfulness sessions were suggested as well as clubs offering "fun things to do"

Some felt they needed more relevant information and a user friendly system to signpost people to events, activities and personal support. One person felt these issues were "not the community's problem". Several respondents suggested more SPARK days.



*Friday 12th July:*

# FEEDBACK

### **Feedback from Corsham Secondary School:**

"I really need to say a huge thank you for all the work and preparation that you and your collaborators put into Friday. The day was a big success across the board, with the sunshine an added bonus. The range of activities and contributors was amazing, everything ran smoothly thanks to your superb organisation and attention to detail, and best of all, the students recognised this and were fully engaged, challenged, even entertained."

Mr K Rogers, Art + Photography teacher

### **Feedback from a Parent:**

""I just wanted to let you know how much J enjoyed his time at the SPARK wellbeing festival today. He has not stopped talking about all the activities that he has experienced and how much he enjoyed it since he got home from school. J was initially unsure about what the day would involve and was a little negative about how such activities would be of interest to him however he thoroughly enjoyed everything and was so animated when talking about the day. Thank you so very much for including this within the school timetable and for raising the importance of wellbeing to J and the other children. The fact that these opportunities were given to all of J's peers has meant that he has taken them on board so much more than he has ever done before when they have been presented to him by health professionals in a hospital setting. Also it appears to have made J more aware of the importance of the need for a range of differing strategies to help himself if needed. Today has made a big difference to J and made him aware of the wide range of activities that can help his mental health and well being, I am so very grateful to all who organised this wonderful opportunity. Thank you so very much".

*Saturday 13th July:*

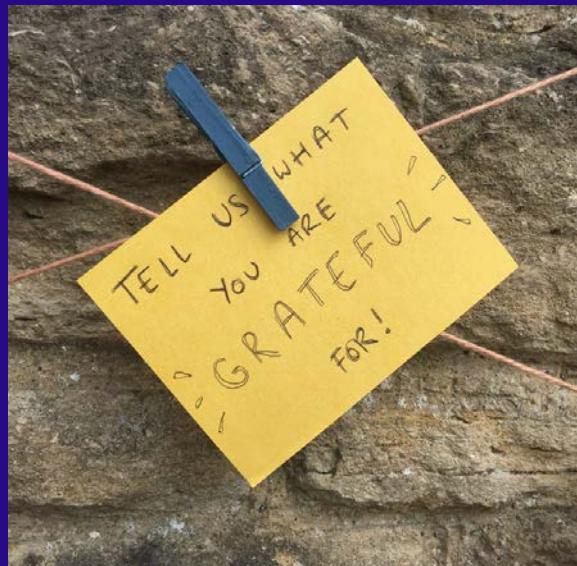
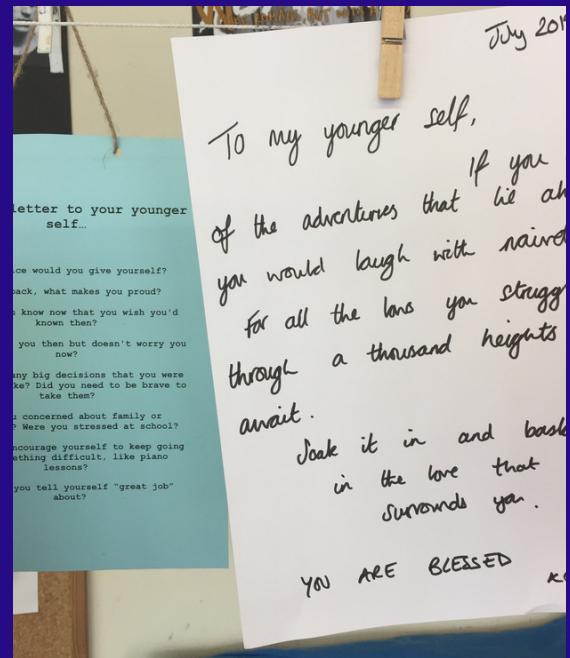
# **WHO WAS INVOLVED?**



The event on Saturday was aimed at the general public, we wanted this day to feel inclusive and have activities and information for all ages.

As with Friday's school event, we worked with local services and organisations to provide education, practical taster sessions and signposting to support one's mental, physical and emotional needs.

Jo and Stacey - Healthwatch  
Kay Wood - The Botanical Therapist  
Anne-Marie - La Rim  
Maria - The Beauty Room  
Terri - Synergy Sticks  
Louise - Dorothy House  
Amber - Precision Pilates  
Emma - Real Life Yoga  
Kez - The Photo Club  
Ellen - Eat Healthy for Life  
Hannah - DoTerra Oils  
Jenny - Connect with Reiki  
Jo - Out of the Can  
Gemma - Bright Future Counselling  
Dawn and David - Wellbeing Osteopathy  
Kerri - NHS Health Trainer  
Wiltshire Centre for Independent Living  
Byron - Harris Plus Health  
Katerina - MindCraft Kids  
Bonnie Copeman Gardens  
Julian House - Smoothie Bike  
Dan and Michelle - Springfield Community Campus  
James - Corsham Cycling Club  
Sheila - Corsham Hockey Club  
Simon Tyler Coaching  
Graeme Vousden  
Niamh Ni Shuilleabhair  
Natalia Sanchidrian  
Helen Eaton

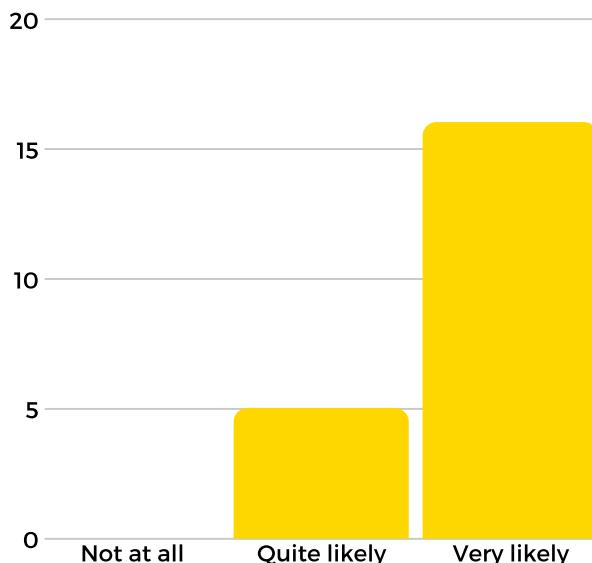


Saturday 13th July:

# FEEDBACK & NUMBERS

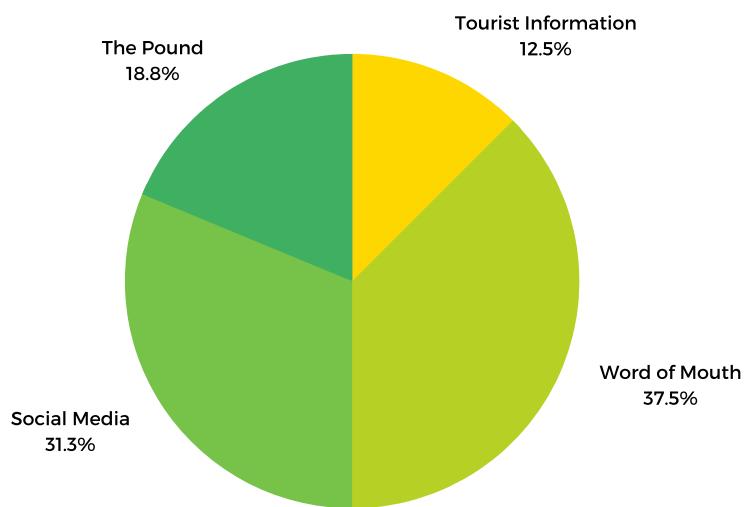
We estimate that we had 300 attendees in total throughout the day.

137 attendees who booked for a talk, taster session or experience. These ranged from pilates, reiki, singing and osteopathy, just to name a few.



We asked participants how likely they were to attend another SPARK event

One of the successes of the SPARK event was connecting local service providers and individuals working in the health and wellbeing sector who were unaware of each others work. This atmosphere of collaboration was very exciting and we received lots of positive feedback from stallholders about this.



We asked participants how they heard about SPARK

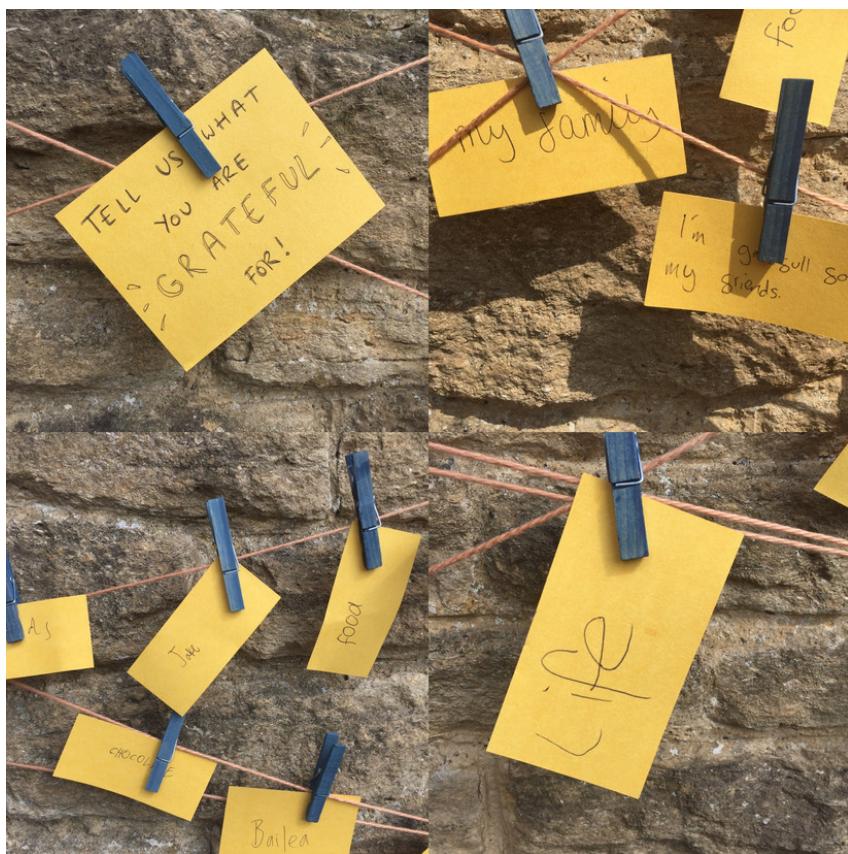
This day embodied real community spirit, We had 19 volunteers, 4 of these were young people. Along with the speakers, stallholders and others involved we had over 50 people working at The Pound to deliver the event for the community.



*Saturday 13th July:*  
**FEEDBACK**

Feedback from a stallholder:

"We had a very enjoyable day and it was great not only to be able to tell people more about what we do and to offer some taster sessions but also to meet and interact with other local professionals who are passionate about supporting health. I am so glad the day was such a huge success for you and a just reward for all the hard work that had obviously gone in to organising the event. As an aside, one of my patients whose son is in year 9 at Corsham School, was telling me how thoroughly he had enjoyed the day at school and was enthusiastically telling them all about it when he got home."





# THANKS TO...

Louise Urquhart for designing SPARK and bringing so many of our community's brilliant people and resources together.

Sally Dellar, Betsy Huggins, Kay Wood who made SPARK possible by giving so much of their time, energy and ideas to this event.

The speakers who came and shared their knowledge and stories with us, and the individuals and organisations that spent a day or two with us sharing the work they do.

The amazing group of volunteers who helped make SPARK happen, we are so grateful for your help. From cutting up smoothie fruit, handing out programmes, booking the experiences and so much more.

Julian House for donating the Smoothie Bike which was such a wonderful addition to both days.

The companies that donated items for the Year-9 students, in particular: LUSH, who donated over £900 of bath bombs, Pulsin, who donated over £500 of health snack bars and Team Rubicon, who donated 100 mini skateboards.

Paul Jones for his help and advice on the evaluation of this project.

And last but not least - Healthwatch, Wiltshire Council and Corsham Town Council who have funded and supported this work.

**Rewired**

don't believe everything you think

**Pound<sup>Arts</sup>**