

CO-PRODUCTION SESSIONS

NOTES AND INSIGHTS

On Monday 2nd August we conducted the first of three co productive workshops to progress against the four primary outcomes below.

1. To increase awareness of Lambeth's existing landscape around artistic and creative skills development among service users
2. To amplify and capture the voices of service users and potential service users in influencing project design.
3. To encourage ideation around potential future projects that SGS and Raw Material could incorporate into their programmes of work
4. To increase our understanding of what we can do differently to generate innovative artists who can access creative industries.

The first workshop comprised 13 existing service users from Raw Material, and SGS's services aged 16 to 25.

Group Dynamics and Consent

We began the session with introductions and ground rules and housekeeping, discussing the importance of the principles of openness, honesty, ensuring a safe space, using mutual respect and turn taking.

The icebreaker was 'bingo' set in the local context of Brixton landmarks – the group introduced themselves to each other and mingled well. The group were already very open and welcoming to each other, and some had already met.

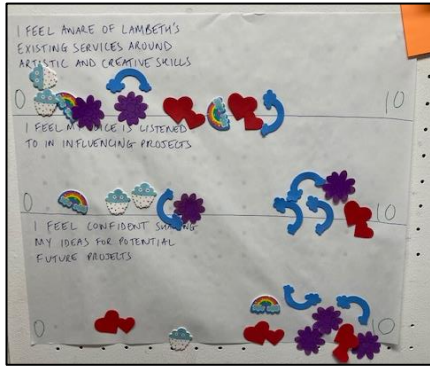
All participants except one consented to their photographs being shared with Trustees (that person's image is not featured in this document) and all participants consented to their verbal recordings being included as audio or transcript.

Assessing Outcomes

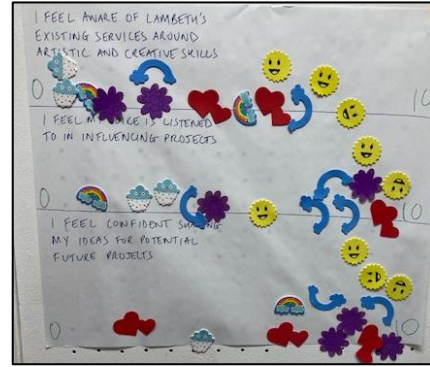
The outcome slider sticker wall exercise had a scale from zero to 10 for outcomes that relate closely to outcomes 1-3 listed above. Zero being, 'I do not agree with this statement', and 10 being 'I strongly agree with this statement'. This exercise isn't intended to be scientific, just to offer an overall impression. People were asked to place stickers against each of the outcome areas at the point that they felt reflected where they were at the start of the session. Estimated average start of session (baseline) and end of session (post) scores based on sticker distribution are given below.

1. I feel aware of Lambeth's existing landscape around artistic and creative skills development– Average baseline score: 3.5. Average post score: 7.5
2. I feel my voice is listened to in influencing projects –Average score: 5.5.Average post score: 7
3. I feel confident sharing my ideas for potential future projects – Average score: 8.5. Average post score: 9.5

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Baseline



Post

Service Landscape Exercise

The service landscape exercise comprised of some flip chart sheets which had a number of the larger local voluntary sector services on them. There are over 60 organisations that identified as being a Youth or Mental Health focussed organisations that are registered to an SW9 postcode on our directory.

We pulled out 15 larger turnover ones to focus on in the session, with a longer list of the others also included that they could scan for any familiarity.

We arranged the organisation names surrounded by three or four keywords that captured the main points of each service so they could quickly see whether or not they were already familiar with them.



We then asked the participants to discuss whether or not they'd already used these services or heard about these services, and how they felt about them being nearby.

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There were small group discussions around the local landscape of voluntary sector services.

As they reflected as a whole group, it was clear that they were not familiar with many of the services nearby, and could only name Streatham Space Project (with which a few of them were familiar) and Reprazent radio station. One also knew of Ebony Horse Club and The Baytree Centre.

Of course, there was a self-selecting nature to those they were able to name given their musical interests.

None had heard of Code 7, (which is another music provider nearby). Many were not aware of the sound recording and music facilities within local youth clubs either, such as Marcus Lipton.

One participant reflected that once they had been introduced into the service by their social worker, they then felt more confident making use of other services. So it's a very helpful foot in the door to be familiar with one voluntary sector service and then have brokered/curated introductions into others.

Participants were well able to describe SGS and Raw Materials services and spoke enthusiastically of their experiences.

Scenarios for Service User Led Design

We then took part in the main activity of the session, whereby there were three scenarios to choose from to work in small groups.

Titania set the scene of the group being in the future where there have been technology shifts and changes in the population towards more ageing populations, and the marketisation of domestic work that is currently unpaid.

Only 10% of the jobs that currently exist in 2021 will exist in 2030 it is predicted. We talked about the effects of automation on predictable physical work, and office support functions.

We discussed the creative sector, including artists, designers, entertainers, and media workers as a growing area, and how creative thought will be highly prized (in part because it is unable to be automated).

We asked the groups to use drawings, words, and however they wanted to express themselves in order to fulfil the exercise of imagining they have £10,000 to spend on their dream activities for three distinct cohorts.

Scenario one: Inspiring girls aged 15 to 21 in Lambeth who are interested in exploring a career in music

Scenario two: Inspiring young people who are at risk of exclusion in school who are interested in exploring a career in music.

Scenario three: Designing a dream activity for young people facing anxiety and depression who are interested in exploring a career in music. The group that focused on this expanded further upon the scenario to include other mental health needs and experiences of trauma and exploitation.

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KEY THEMES

1. The need to work around the individual, with parents, carers, social workers and teachers while being guided by the voice, interests and experiences of the young person

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2. Peer networking opportunities – solidarity, friendships and mutual support
3. Being clear and setting out your stall within services e.g. ‘We know that some of you will have experienced poor mental health, exploitation, abuse and trauma and we are a safe space for you whether or not you want to talk directly about those issues’
4. Longevity – an open door for the long term (as mental health fluctuates over time and there are times they won’t be able to engage, e.g. crisis or university)
5. Clear progression routes from one service to the next
6. Industry networking opportunities and inspirational speakers and performers
7. High quality events and spaces for those who don’t usually have access building experiences of high quality environments/ ‘high culture’ or ‘high class’ events i.e. not second best
8. Songwriting camps were mentioned a few times
9. Improving mainstream education – e.g. is there a role of supporting teachers to promote creative thought and incorporate principles from music therapy and alternative education into their every day engagement with people who are different to engage
10. Accessibility/ Enabled spaces – a few noted mental health issues and learning difficulties

CONSIDERATIONS TO INFORM FUTURE SESSIONS

1. The group size made for a really vibrant session, however for more withdrawn participants it may have felt slightly overwhelming at times.
2. Consider handouts for each participant with ‘My thoughts’ for those who would prefer to discreetly jot down their thoughts rather than / as well as idea sharing in groups.
3. The session could potentially have been maybe 15 mins shorter because 2 hours is quite a long time to stay engaged, although participants all did amazingly.

The following is a transcript of some of the reflections from the group about what they discussed in their groups.

-TRANSCRIPT FOLLOWS WHICH HAS SOME EDITS FOR BREVITY AND CLARITY. KEY IDEAS IN BOLD-

SCENARIO ONE

So if we come to this group, if you want to just summarise your scenario and then talk a bit about it

Laura

Can I put my phone near you to? I don't miss what you're saying, Is that all right?

Unknown

Yes. So our scenario was a project for 15 to 21 year old girls. We thought about doing **sessions with other artists who are females**. So then they can kind of **learn how to do production and singing**, as well as get **advice from female artists and have conversations**, as well.

We also thought of doing like a **talk show** thing with like three females and one male host as well, so that there's kind of a bit of a balance or a male's perspective on how he can help women. Because **boys need to be educated as well**, and how to push and encourage females to do and get out of that space or wherever they're stuck in.

We thought about doing like a **songwriting camp** thing, or retreat where girls can just go away and do songwriting, network and all of that stuff. A lot of these things are kind of **networking** things with **music therapy** included, a lot of education on the music industry, and how to develop yourself.

Woman Wednesday, so just a day where it was a day or like **a gig where females can perform and**

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speak and network as well. And the way we were going to do it is by going to different schools, female, only schools if they're still around, and just advertise it, speak with anyone, and encourage them to come forward. And if they have any ideas as well, they can put through to us, somehow through questionnaires or a new modern way.

Titania

You were also talking about capturing experiences that girls might have trying to be engineers or own studios?

Unknown

Yeah, I think, just think **more production based engineering stuff for girls**, I was thinking alongside that do more manual labour some general workplace things that men tend to do to see a woman know that they can be comfortable in those areas until I think when you're not, because you're always exposed to certain stereotypes, girls go into office and do this and learning that they naturally have thought that they will have to do something music related that's more for women. If you do other things outside of music, then it might encourage you a bit just to see you can do man things as well, because yeah, nothing stopping you.

Titania

There was another there's another bit of conversation, you were talking about building awareness and letting men know that they were also...

Male voice from group

Yeah so we were mainly speaking about some of the ways of support for both men and women. I think one of the main things in the industry today, a lot of sexual assault does go on in the music industry, especially with women. It's one of the main sort of factors, which causes a lot of problems, artists labels, using their own gender against some literally thing, if you don't do this for me, you're not going to get this. And that's mainly what happens quite a lot. And I think one of the main sort of things we were sort of leading to we were thinking of sort of getting maybe somebody who's a more experienced in the sector, for example, Dua Lipa, but she's gone through a lot of sexual assault, she's going through overdoses, which she's openly spoken about previously.

And I think one of the main sort of things were sort of bring was a woman in a sort of **communal sense** is having that sort of authority or authority figure saying, I've gone through this, but also getting that live sort of capture people who deal with a lot of mental health, we also seem to feel energy quite a lot easier, as well. And I feel like having that sort of stance of like, we've been here, we can easily get through this, I've been here. So these are the steps we need to take to not face it. I'm here as a **role model** to show you what I'm doing in this industry and I have a feeling that sort of communal sense also builds the aspect of like, we're going to start speaking for ourselves to sort of show we can do this ourselves.

And I feel like also maybe partially a sort of experience of **having an artist in a studio**. A young girl's dream normally is like I want to sing I want to hear like this artist perform live right in front of me. For example, I have Ariana singing live in the studio, you feel the atmosphere, you have everything sort of coming to you. I feel like that's more of more of a like growth, growth sort of aspect coming to it. Yeah, that's partially what we're speaking about as well.

Titania

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You have come up with some just fantastic ideas. This group over here...

SCENARIO TWO

Unknown

So we initially started off saying, we would want to do an activity that probably helps people when because personally for me, after leaving the Grit School and amazing experience, especially working with artists, and networking, and stuff like that, and just building confidence and stuff, what kind of things that **often you come out of the Grit School, you don't know where to go on from there.**

And also, we will think maybe to do **an activity with longevity** to it, that kind of help you understand what's good, what it's going to take to get there, you know, to really get connection with those big, you know, industries out there. And then, yeah, we kind of went on to talk about **group therapy** and stuff like that, like, because obviously, it's to do exclusion in schools and stuff.

And we thought that maybe the issue isn't just about providing the service for them after they get excluded, but actually dealing with the issue itself, like **why they became excluded?** Is it because we know they have anxiety? Is it because you know, maybe they're depressed or whatever the case may be or, you know, they're just not feeling school, what they're doing, particularly in school, you know, the subjects and stuff. So yeah, we thought that maybe the activity can be like, you know, organisation working with schools, and like finding something that can like work with them, whether it is therapy or **music therapy, or a writing camp**, things like that, that can just kind of help the child. and someone said, it's like, in schools, it's so easy for kids to get excluded, you know, for doing something wrong.

And it's like, a lot of kids, you know, they're **misguided** when they're growing up and stuff. And like, you don't know what their upbringing, they have an upbringing, they have an awareness and stuff like that. So it's just, it's very nitty gritty and I feel there needs to be more, more to do more conversation, maybe **more conversation with the child** more just finding out the core of the issue.

Unknown Speaker

so like seeing a pattern of like, if there's more people that have been excluded, kind of seeing, okay, **is there a pattern** in the people or the type of, or the type of person that's been excluded? Like, maybe see a pattern and kind of figure out, Okay, why are so many children, people getting excluded? Also, like, where would the 10k be coming from? Like? Like, who's like, given us that money? Because it's easy to just hand someone money, and then let them get on with it. So **whoever's given us the money, can they help us as well** as you know, I mean, rather than just going, here's the money, do what you want with it

Laura

Yes, it's interesting, in the charity world, quite often they tell you exactly what to do with your money? Well, it depends. So if you get it from like an individual, and they normally have a life experience, that means I want to give it to that charity, because I know what it will do, they might give you some more freedom. But like a lot of the funding for charities comes from institutional funders, so they're organisations and they'll be like, you have to spend it, you told us you're going to do say seven sessions a month with 14 people, and you're going to work with this, this this. So whatever you wrote in your funding application they use, then you have to do it.

So this is what's so great about this opportunity now is that some of the funders are starting to realise that doesn't really work. We can't tell you what to do. We need to talk to people about what

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they actually need. And we need to do these things together. And that's kind of why you're all being asked to help us design projects. Because if we design products with you, they're going to work much better than if we just try and design something and then do it because that's what the funder has given us the money for. And then and then maybe it works, maybe it doesn't work. So this is this is like why it's so important that you guys are speaking up today. But yeah, you're right. There's no reason why the person that's got £10,000 can't give you more money, to do more...

Titania

And I really want to capture that idea that you are talking about as well, how did you get funding? **How do you go about getting funding to run your own projects?** And so I'm going to remember that and take it back to the team. And then we'll come in and talk more about that...

Laura

And then you were telling us a little bit about how it works at a school - you say you're working in schools at the moment. Yes. And so I think you're saying like, they need to work around the person so they can keep doing the normal school. You really don't have to speak if you don't want to though...

Unknown

I guess yeah, it's just this thought of the actual system of exclusion in itself, because there's an **exclusion to prison pipeline**. So if they're at risk it's trying to ensure that they don't actually end up in prison because they don't need to be there, especially when a lot of the time, it's things that could have been easily rectified. So just looking at **supporting the school in developing its model with music**, that enables that young person to actually thrive in school in a way that works for them. And that they can actually get a successful career.

Laura

So it's kind of about like education and school and how to work differently as well, not just about so. For some people, this system just isn't working. And we know how to work with these young people. So they can skill up the school as well in a **whole school approach** and how alternative education works, which I think is such a fantastic, holistic approach to the issue. That means it's going to be really sustainable, because then then maybe these issues will, will be recognised earlier

Unknown

well, not the same thing works for every 'defiant' young person, like different young people need different stuff, one person, it might be a one to one for them to go out with, like a cool young mentor, he's been through similar stuff, and talk to them. And maybe go and like, I don't know, go to like a gig together or something like that outside of school hours and stuff like that, because they're the kind of things that make young people.

Young people don't like to disappoint people that they like, you know, and that's the honest truth.

The only people that they don't get along with are authority, people with authority, who view them as defiant and angry, and annoying and problematic, and because no young person wants to feel that, that most of these young people just want to be cared for and protected. And they want a sense of being in a school environment. They do because, but is that fight or flight it's like they prefer to be angry and naughty and misbehaved. And because that's kind of all they've really ever known.

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So I think it's just about having that element of care. Communication between professionals, people who work inside schools, social workers, mentors, there needs to be that sense of communication, because without that communication between there's gonna be a breakdown, yeah, 100%. And that's when it starts going wrong. **Everybody together around the individual.**

Unknown

I feel like a level of understanding is also needed from like, what you're saying about how authorities need to understand about like, the child, etc, etc. But I also feel like stuff like carers, also, they need to understand that more about what their child is going through. And just because they might have like, not experienced it when they were young, like, feelings of like, being alone or like, being at risk from like expulsion of stuff just because they didn't face that doesn't mean like, that child is like, abnormal or is going like crazy or just out of like order. I felt like they need to understand that, hey, there's been an issue that's arise, how do we solve it? **How do we fix the issue** instead of just like, I guess some parents or carers, they're just like, blaming it on them or saying that they've brought like, shame on the parents or carers because they didn't apparently raise them in certain way. And it's like, I feel like if that communication is also not held, and like the child's like **carers or parents**, then it also causes like everything to just be broken up to get that friction at home.

SCENARIO THREE

Unknown

We had, everybody who was over in our group, I think they've, they've suffered with some bad mental health or maybe some past trauma, exploitation, etc. So with our £10,000, we thought about doing something where **famous musicians** or people in the public eye, or obviously who work in the music field, share their past experiences, and their past traumas, and you know, just anybody who's open to **speak about what helps them, how music helps them** to kind of inspire, we know better than anybody that we look up to people, kind of, you know, people are in in that, you know, it's kind of like, oh, if they can do it, then why can't I do it.

And we also touched on the fact that everybody has been through things, they like to deal with things in different ways. And I think there's always been a lot of pressure to go and see a therapist do something like this. So it would be **nice to have an event where it's not so attached to, you know, professional help**, and more about, you know, things that you can do to help cope with, you know, mental health or, you know, whatever that is.

And then we also said that, because it's kind of a small budget for a big event for young people. And that would be nice if, you know, **people gave their time for free**. And I think that people do give their time for free when they know it's for a good cause, especially when it comes to young people, especially when they know what it could have done for them when they were young, if they had somebody speaking with them, and opening up to them. And also inspiring them too, because a lot of people that don't want to talk and that's fine. But just to hear somebody talk about their experiences, and to feel like Oh, they kind of understand or they know how it feels too and it's okay to feel that this, you know, it's a nice feeling.

And then having as well, **I think is really important for events for young people to be to be nice**, a lot of you know, thought to be put into them. And for them to look nice and feel nice and you know, have nice food there and have because a lot of young people who come from especially these type of backgrounds, there are a lot of these people that haven't seen that stuff before. They've never been to an event like that before. So it's really important to show people we care about you, we

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want this to be nice for you. And we want to put and a lot of people do that. But I think there's still definitely room for more. (to others in her group) Did you want to add anything?

Titania

I love that. So while you're doing that, to ask you to go around and have a look and add things. You're absolutely right, I go to music industry events and there's champagne and there's this and there's that, and then you go to charitable events, and you're lucky to get breadsticks...

Unknown

if people just put a little bit more effort in Yeah, okay, I'm just I'm just I'm reaching out, I just feel like a lot of it slapdash that way. Because I know for a fact, if I try and run a charity event in in two months' time, which isn't very long, and I say to a few of my people that I've grown with, or you work in the makeup industry, can you come along? Yeah, no problem, I'll come along for free. I'll come and work with these young women who have been excluded, because that will make me feel great. Do you know I mean, and it's just it's just that little bit of networking that a little bit of asking around. Because if we could set up a sick event, if you gave us a proposal and said, Can you pull together your people, and do an event that we could do it? So why can't people who've been paid to work in these professions put together a sick event for young people, you've just put amazing events?

Titania

this is it. This is exactly it. This is fantastic. Is there anything else you guys wanted to add that maybe was missed off or to just add to?

Unknown

I think just the **aftercare**. Like even though I do this event, we're also talking about it to be something that young people can also pick up a phone and call when other people that are there because the pressures are not alone, because you don't know where they're going back to whether they're on the street without a home whether they're in care. So that extra support of yeah we've had this event, but it doesn't just stop there. Because a lot of the time the events just stop there.

Unknown

and the networking as well. They can just exchange numbers. And even though like just to have someone's number just to be able to watch something and be 'you alright sis?' or... they might need that message because they might not have anybody, so it's good to just exchange numbers and build a little community.

Titania

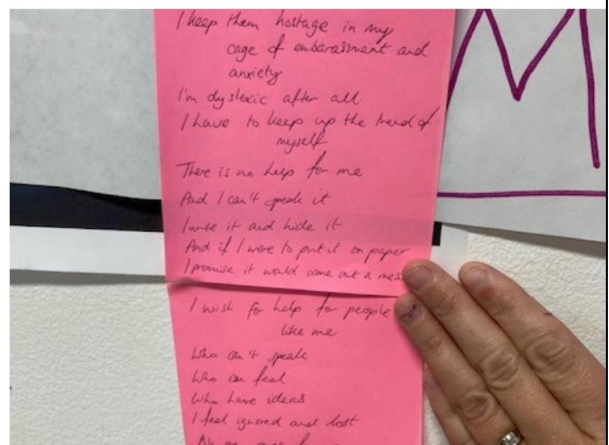
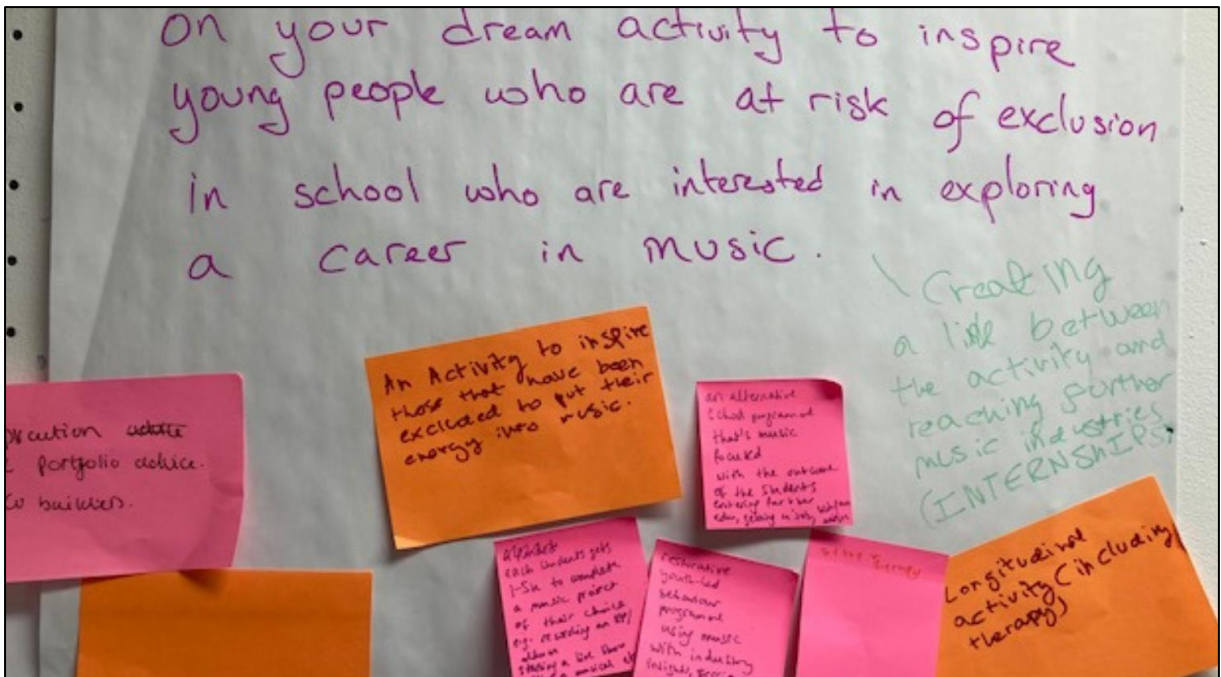
That's wicked, that's so exciting. Really is fantastic.

-TRANSCRIPT ENDS-

At the end of the session, there were reflections around progress towards the four primary outcomes (as shown in the images above) and we ended the session with pizza and music.

There was very positive feedback from the group around their enjoyment of the session. Everybody was asked to select their incentive from voucher or studio time. The group left seeming very energised and upbeat.

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Comments made on post its

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Young people were each encouraged to write a post to capture their own input.

Mental health scenario

- Aftercare what happens next. Networking.
- Shared platform followed by an open mic for young people to express their thoughts or experiences
- Help after the event
- This is all I have silence in my head there is more but my words just won't escape me I keep them hostage in my cage of embarrassment and anxiety I'm dyslexic after all I have to keep up the trend of myself there is no help for me and I can't speak it I write it and hide it and if I were to put it on paper I promise it would come out a mess I wish that help for people like me you can't speak you can feel who have ideas I feel ignored and last no one cares for us no one talks about us yet we hide in silence for how hard it is to speak or how hard it is to be seen as someone of worth I wish to help that's all I ask I wish I could write how

Exclusion scenario

- Famous musicians and artists speaking about their story make sure they are different
- application and portfolio advice co-builders
- An activity to inspire those that have been excluded to put their energy into music
- Each student gets £1-5k to complete a music project of their choice eg recording an EP or album starting a live show writing a musical etc
- Restorative youth led behaviour programme using music with industry insights, sessions
- Group sessions
- An alternative school programme that is music focused with the outcome of the students entering further education getting a job being an artist
- Longitudinal activity including therapy
- Creating a line between the activity and reaching further into music industries eg internships

Girls into industry scenario

- Therapy music therapist music psychologist
- Expose women to roles that are they are not generally exposed to
- One man three women mixed- Ted style talk
- Female youth clubs educate men about female statistics
- Talks questionnaires, girls only night
- Building awareness for the issues that young girls face in the industry
- Producer songwriter with famous artists musical projects
- Female teachers female leaders female leaves showcase talk shows
- Visit schools including Virgo's Saint Martins etc Streatham and Clapham
- #female Fridays
- prizes #big up yourself