

## Parent and Child Arts Involvement Project

The Parent and Child Arts Involvement Project involved a series of twelve art workshops held over the summer holiday. The project was run by First Steps Psychological Service in collaboration with the Arts for Health Organisation.

The workshops were open to families with children of all ages, and regardless of whether they had ever had any involvement with the service. The workshops were advertised through posters, leaflets and invitation by staff members.

The workshops covered a variety of art techniques, including ceramic tiles, felt work, painting and drawing. Some of the work created by the families is to be displayed in the new First Steps premises.

Each parent was asked to complete a questionnaire at the start of the first workshop they attended. This asked what families hoped to gain by attending the workshops.

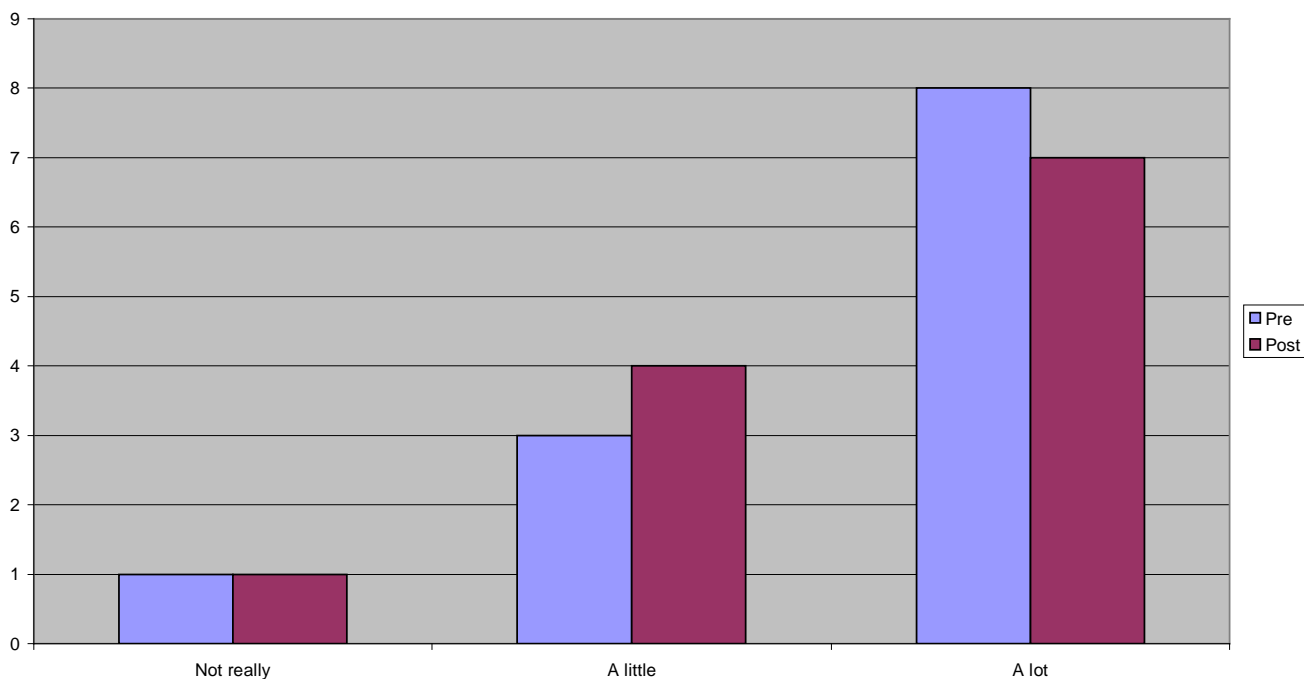
Following the last workshop attended, parents were then asked to complete a second questionnaire asking them to specify what they felt they had achieved through attending the workshops.

By signing the questionnaires, each parent gave their permission for their answers to be used for training and evaluation purposes.

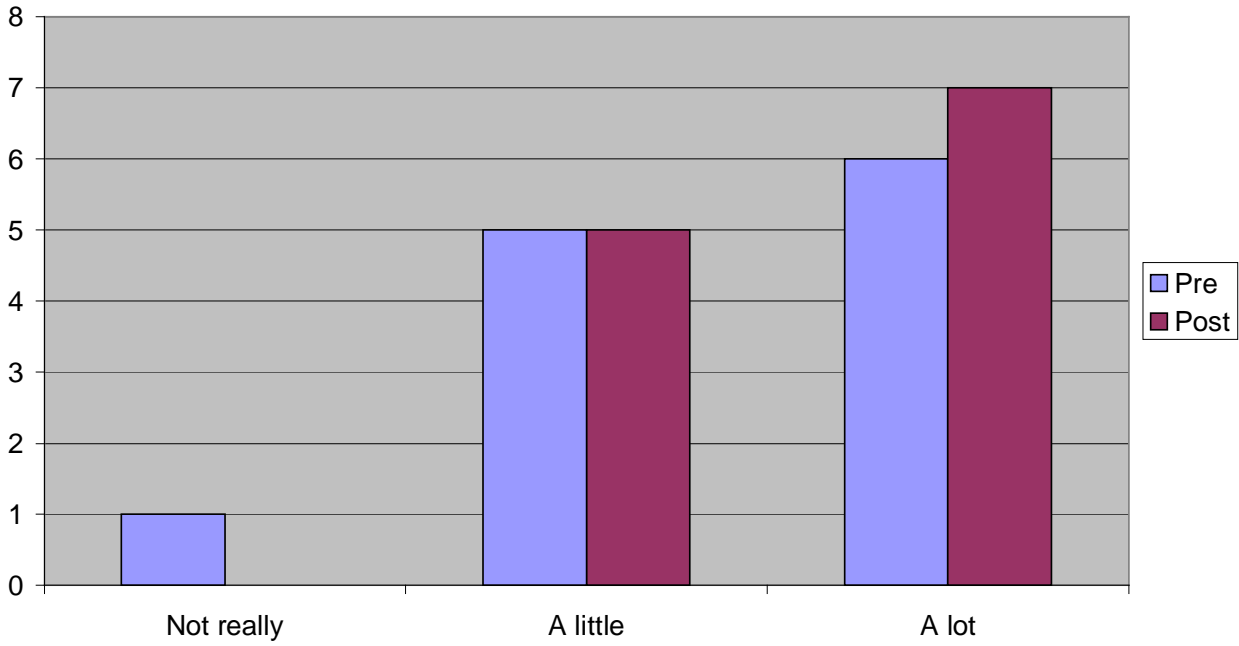
A total of fifteen families attended the workshops, and the following feedback is based on the responses of twelve of these families.

The parents responses to the pre- and post-workshop questionnaires are detailed as follows:

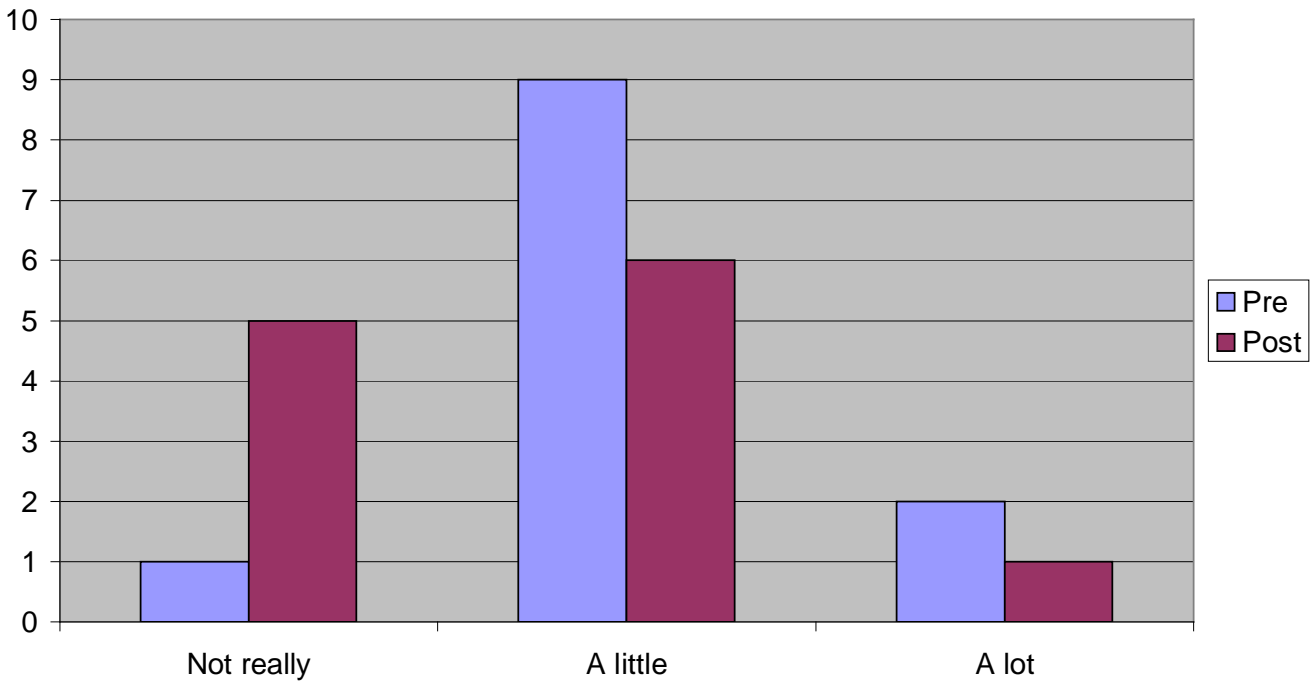
Qu 4. Build a positive bond with my children



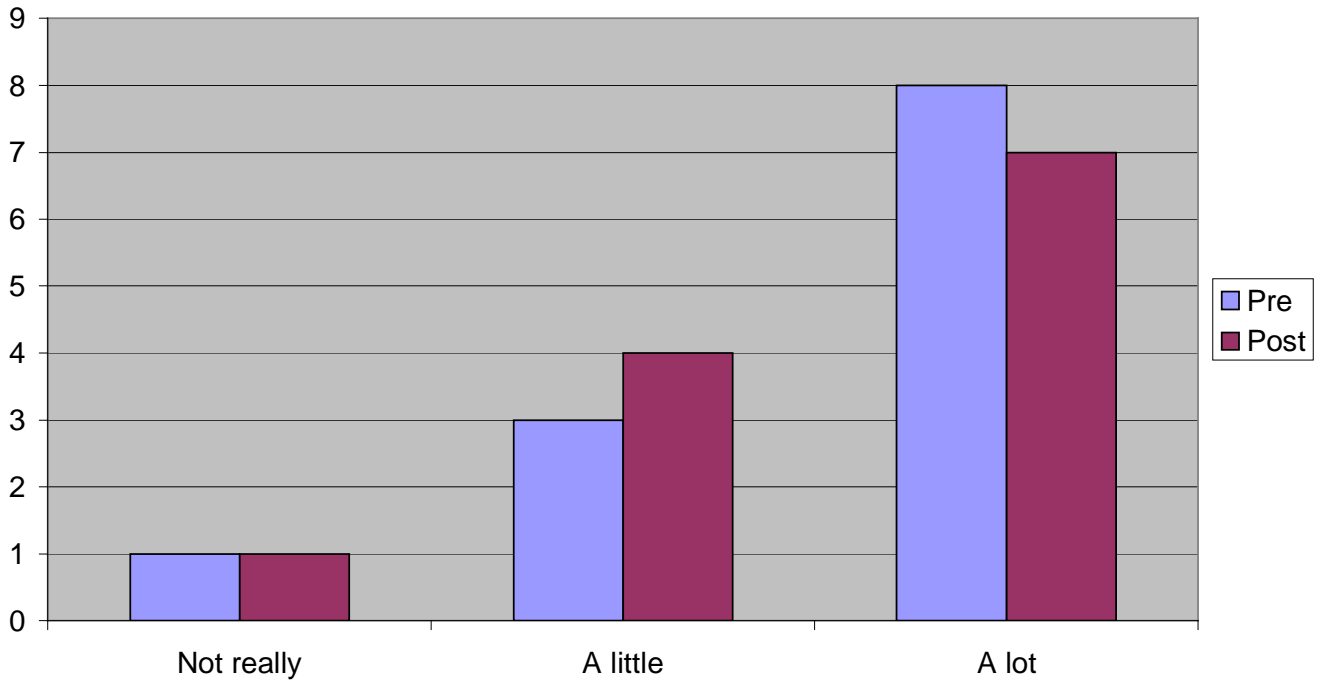
### Qu 2. Build my child/ren's confidence and self esteem



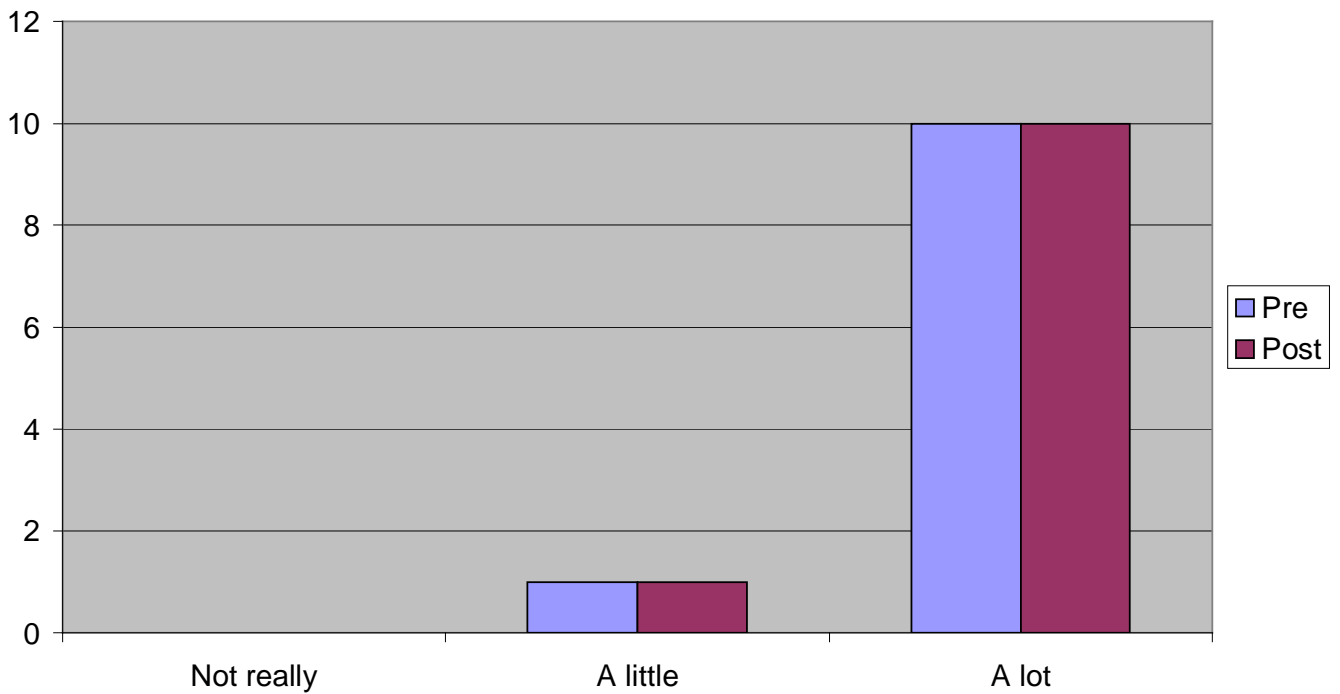
### Qu 3. Form supportive friendships with other parents



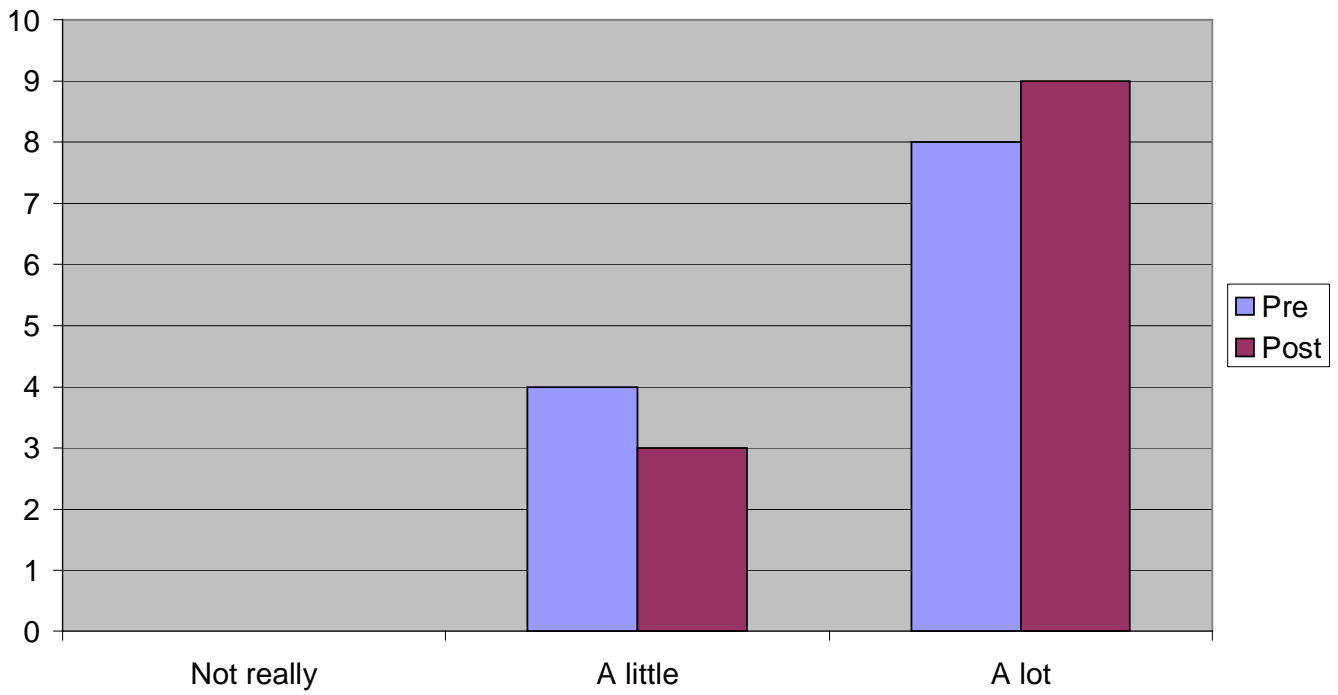
### Qu 4. Build a positive bond with my children



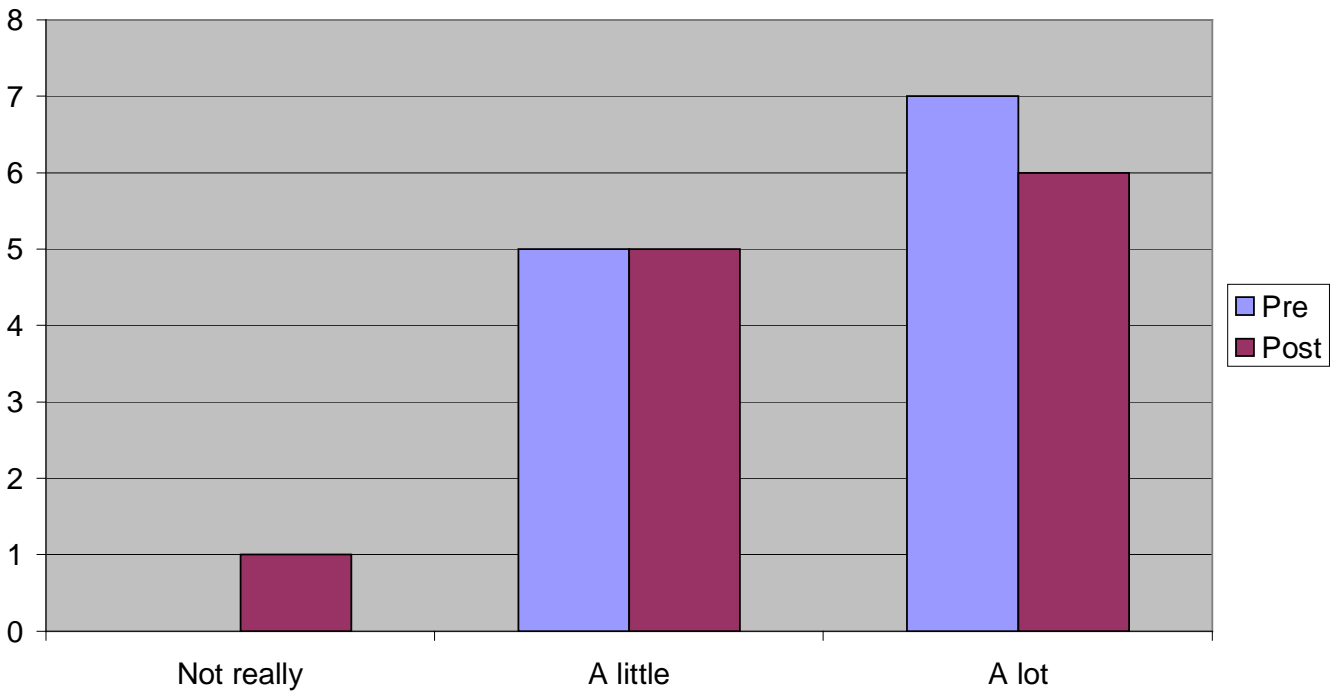
### Qu 5. Try something new



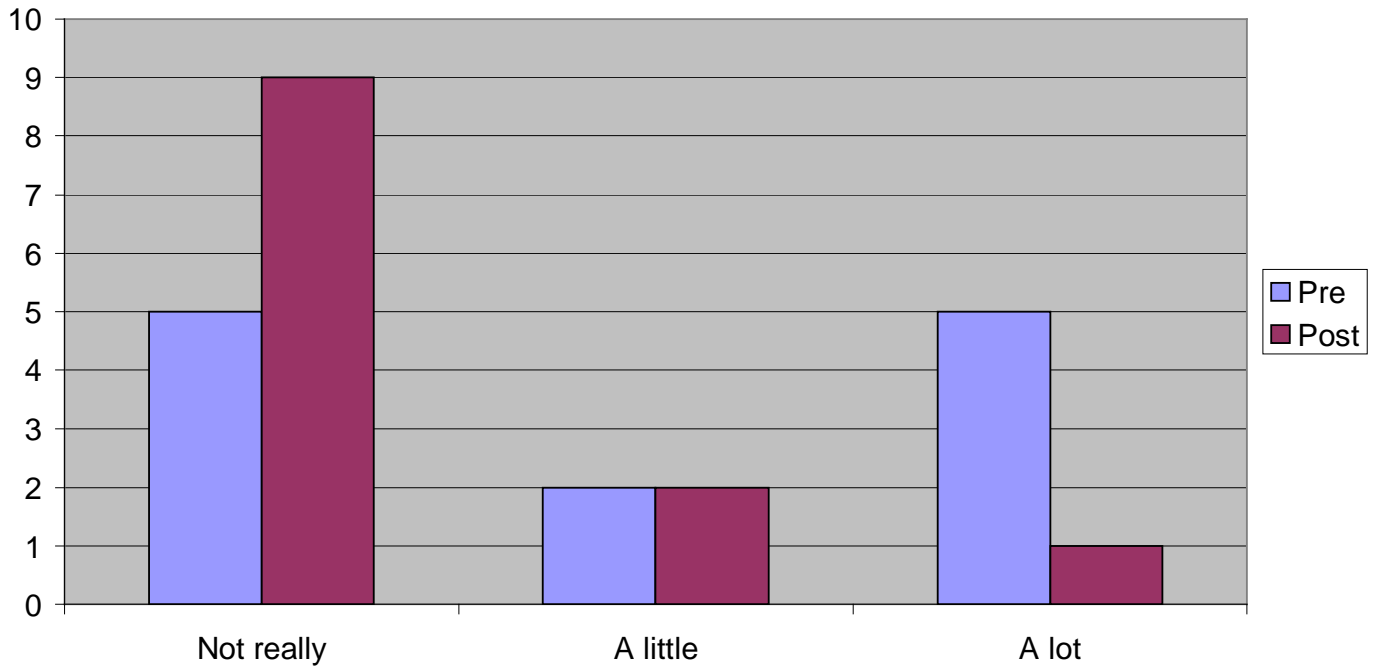
### Qu 6. Gain a sense of achievement



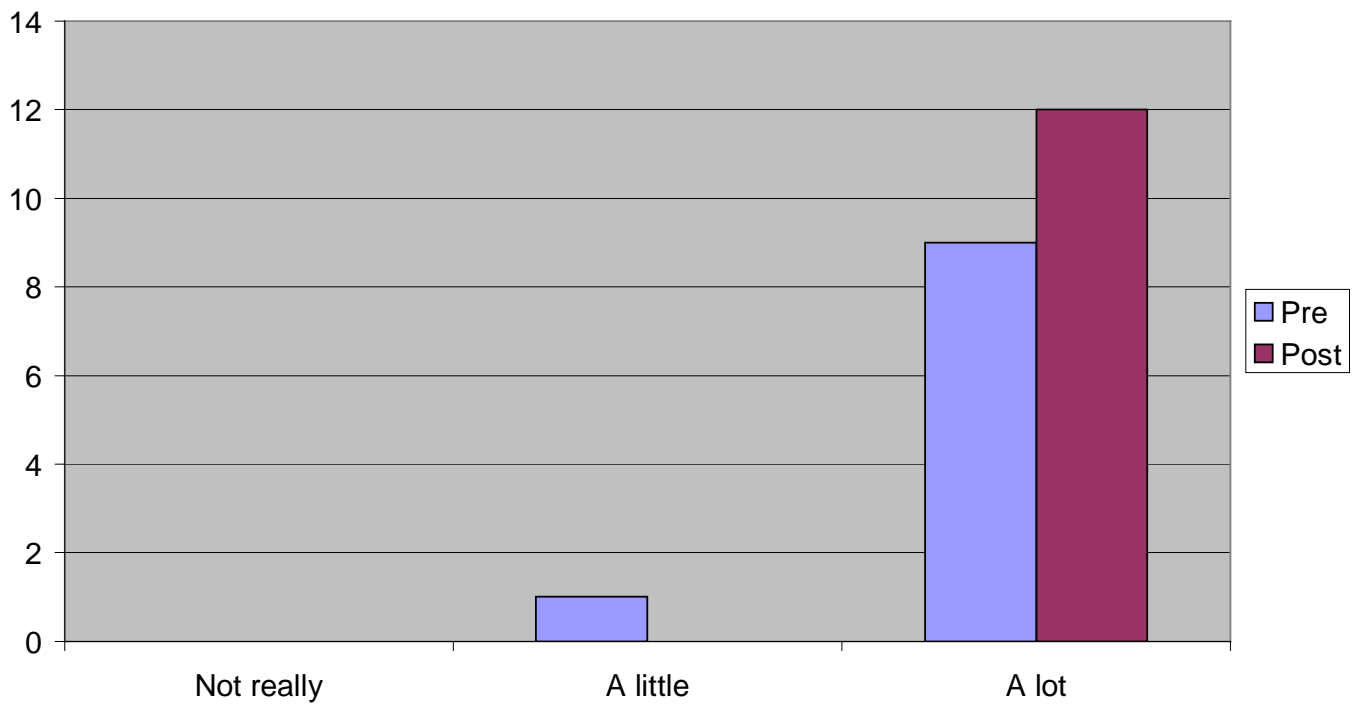
### Qu 7. Experience less school holiday stress



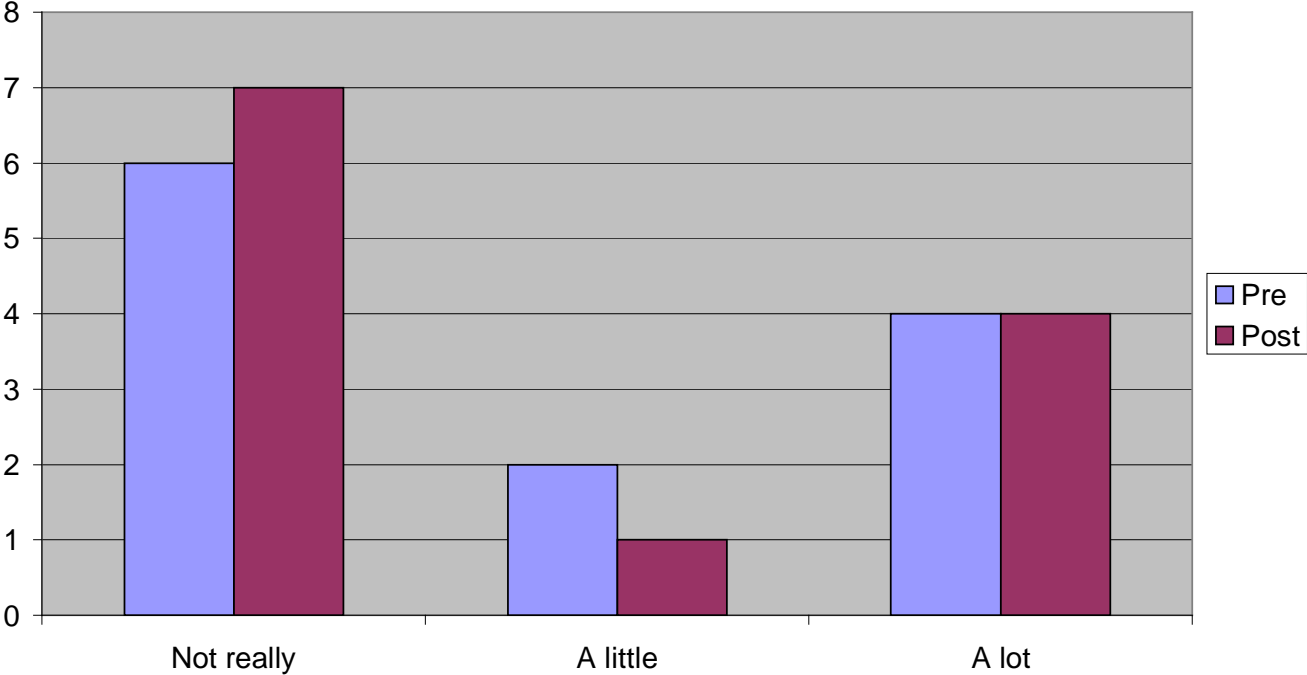
**Qu 9. Find out about further learning and access to college courses**



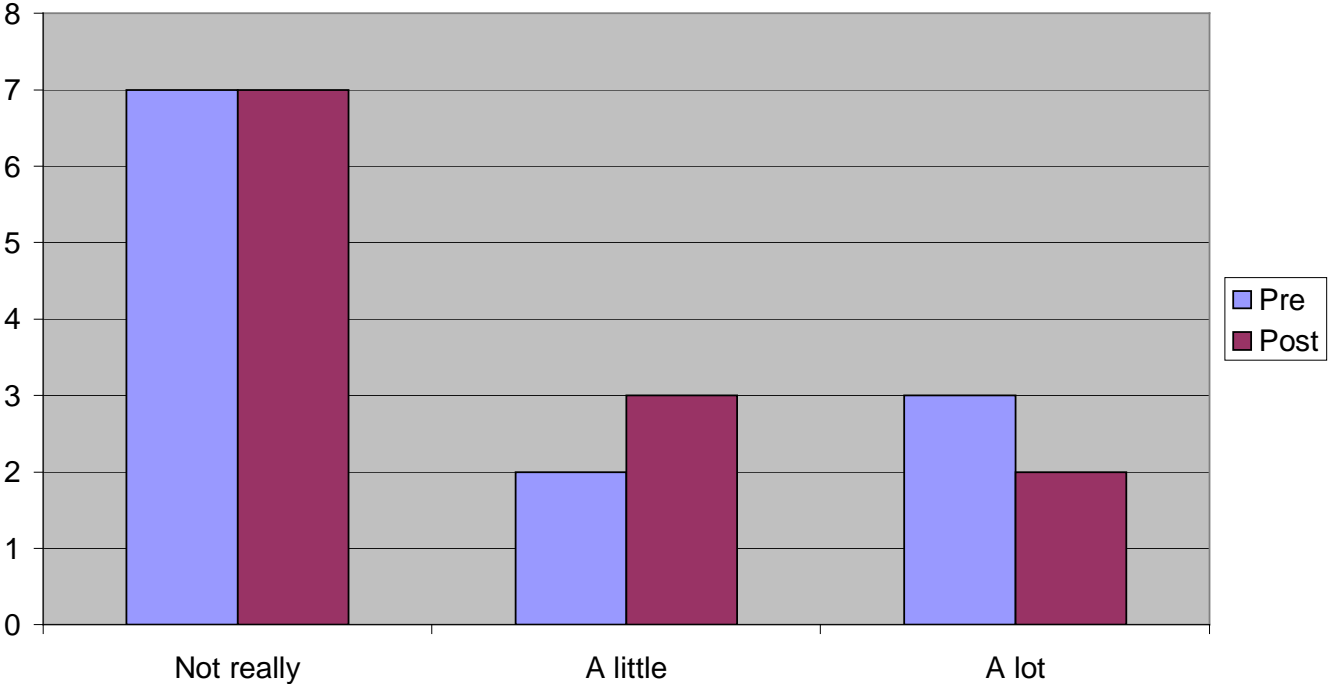
**Qu 8. Have fun**



**Qu 10. Find out more about First Steps Psychological Service**

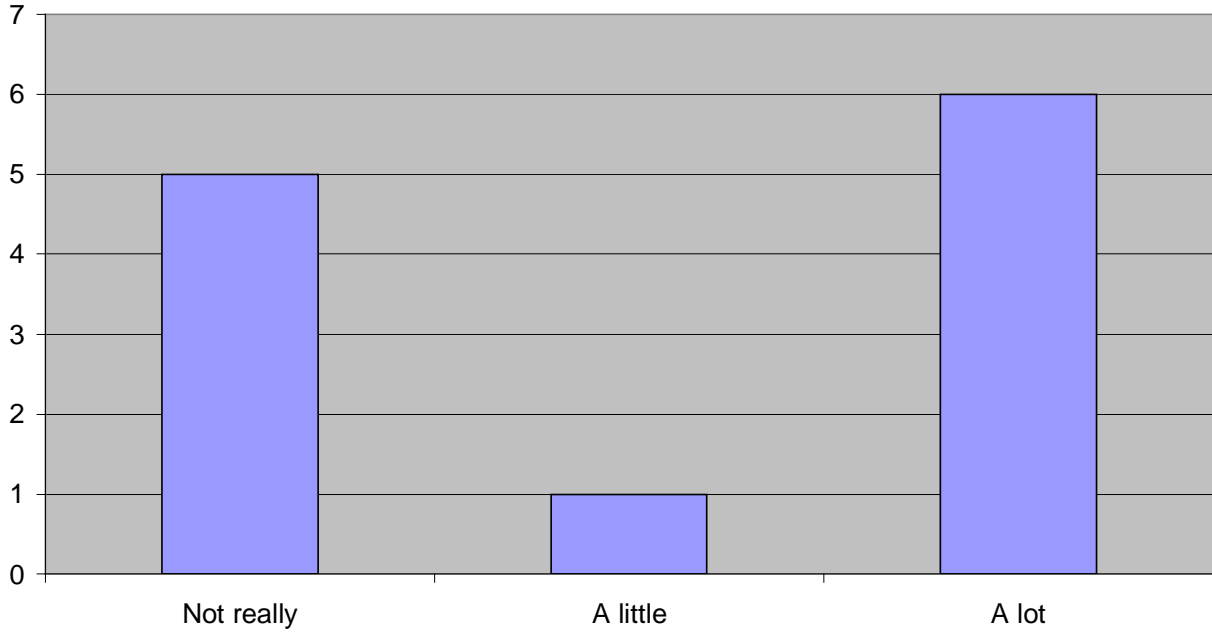


**Qu 11. Gain more understanding about mental health**

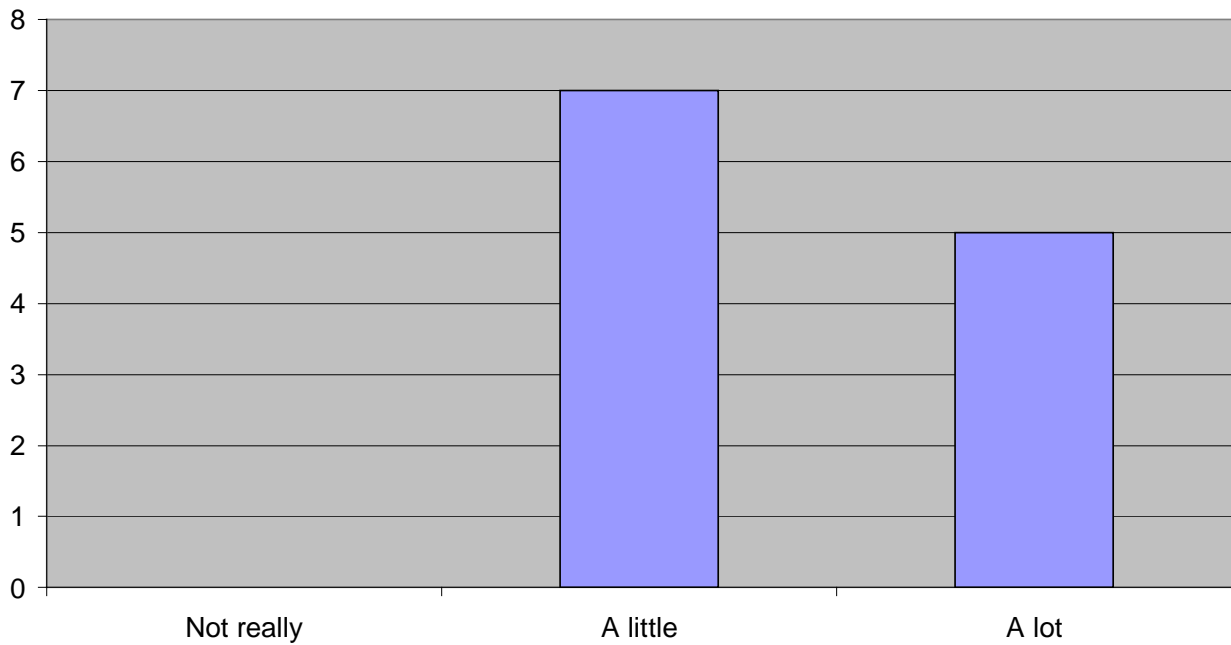


The post-workshop questionnaire included an additional section, asking whether having attended the art workshops the parents felt more likely to do any of the following:

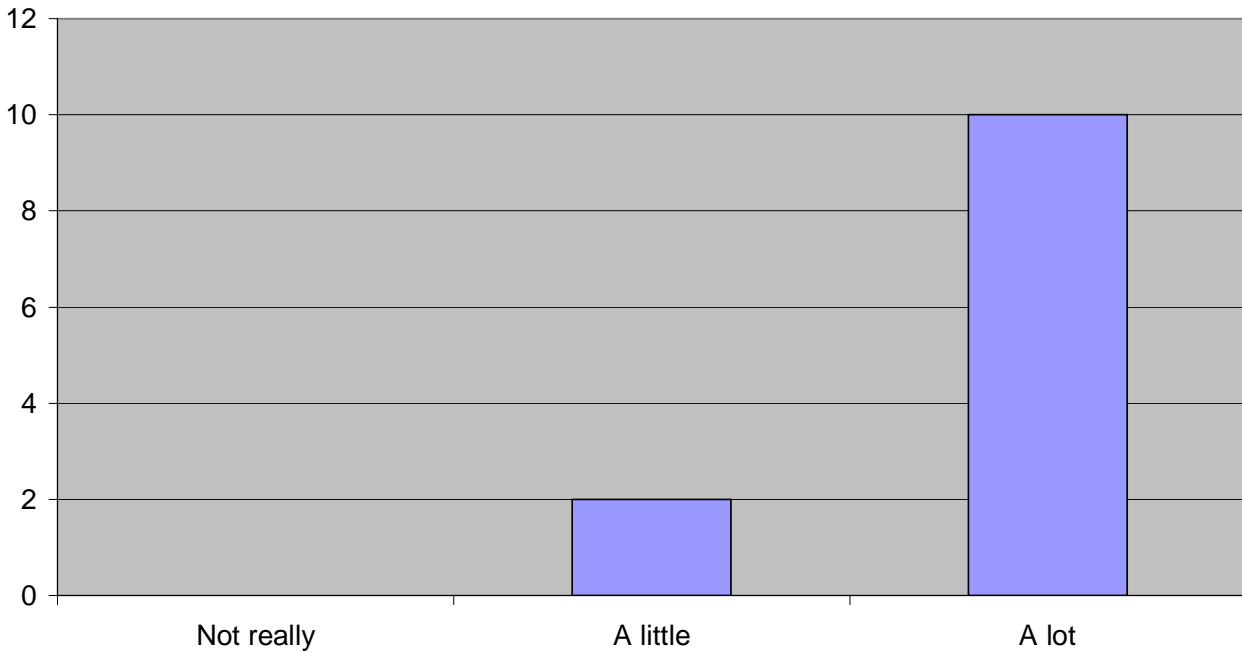
**More likely to come to psychology services if I need to**



**More likely to come to this building**



### More likely to be involved in similar projects in the future



Overall, the project appears to have been very successful, with 83% of parents attending feeling that they would be a lot more likely to be involved in similar projects in the future, and 17% feeling they would be a little more likely.

50% of the parents felt they would be a lot more likely to come to psychology services if they needed to having attended the workshops, and 8% felt a little more likely.

All the parents reported feeling more likely to come to the building having attended the workshops, with 42% feeling a lot more likely and 58% a little more likely.