Welcome...

to the first issue of 2020!

Firstly, on behalf of the Birmingham Centre for Arts Therapies, I would like to wish you a very healthy, happy and successful 2020.

In this special issue we look back on an amazing year in BCAT’s history. There has been so much to celebrate in what we, as a small organisation, have achieved.

We have built some solid relationships within mental health provision across Birmingham, Sandwell and Dudley and indeed further afield in areas such as Redditch, Coventry and Worcester. We very much look forward to developing these relationships in 2020 and are excited to see how working together will provide a stronger service for those who are in need.

A personal highlight for me has been the success of the Community funded Lottery project that has seen BCAT achieve and surpass all of its outcomes that were agreed with the Fund at the beginning of the process. You can read in more detail about these within these pages. I have to say a personal thanks to all BCAT staff, therapists and facilitators who have worked above and beyond. One of the most poignant outcomes when analysing achievements after the first year was to see how necessary this project has been for the children. We look forward to enhancing the project in 2020 to accommodate more work with immigrant families.

Looking forward, we begin 2020 with a grant from Birmingham City Council to deliver an arts therapies and arts in health and well-being prevention project - offering a free service to all Birmingham based adults to prevent escalating mental health conditions. Referrals are now being taken for this.

We also look forward to delivering our first Birmingham South Libraries arts festival in May; working with ‘Everything to Everybody’ in delivering a Shakespeare Memorial Library project and providing even more arts based workshops to our communities.

Dr Angela Fenwick
BCAT CEO and Consultant Music Therapist

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2019 - looking back

Over the next few pages we look back at some main achievements that BCAT has made over the last year. But first we hear from BCAT staff and trustees.

Report from Tony Nicholls, Trustee

The popularity of the EAL project through 2019 has provided valuable learning to us as an organisation. We have had to adapt our resources to manage capacity issues and have learnt more about partnering with other community organisations, where our network now extends to over 100 partnerships. One of our major challenges on the project has been in reaching and especially, retaining children who are refugees within the therapies programme, due to the often transitional arrangements for their accommodation. As such, this has brought its own challenges but we have still managed to provide interventions to 85 of these hard-to-reach children.

The Trustees have been delighted with the success of the Arts in Health (AIH) activities that grows from strength to strength. This in turn has provided our volunteer base with immense opportunities across art, dance, drama, music and play. We have currently 39 active volunteers, most of whom are using the experience to develop career paths as Arts Facilitators or move into health and social arts care.

We are very proud of what we have achieved in the past year to make a difference to so many people's lives.

Report from Mark Driver, finance manager

The year started with me increasing my time from 2 to 4 days a month, with both the passing of more activities from Angela to myself. This move was allied to a one third increase in income (partly thanks to the lottery but also more paying schools) and meant change was necessary.

The challenges have been met and more knowledge of income/expenditure is allowing us to plan for a firmer financial future. Despite lottery and BCC money we still need to raise around £70,000 a year from fundraising, and I continue to be involved in appeals to various trusts and helping to plan other ways of raising much needed funds.
Report from Richard Mole
Project Manager

It has been an absolute pleasure to see how BCAT has developed over the last year. We have not only taken BCAT into many new communities and partnerships, but most importantly we have been able to offer intervention at the earliest possible stage to prevent escalation of mental health problems for all members of our communities.

The Community funding has made a significant difference to people’s lives in many ways – from work we are doing in therapies with children and their families with EAL needs - to supporting community grassroots organisations to develop strong cohesive relationships.

The funding has given so many opportunities to assist BCAT grow as an organisation. We are now heading in the right direction in terms of modernising all our systems and helping us to become a 21st Century charity. Word of mouth has created so many strong bonds with other charitable organisations that we are working in ways beyond this grant.

One of the major pieces of learning I have found is how in demand arts in health is as an intervention to offer the best possible opportunity for us all to be positive.

I am most proud of assisting our libraries to offer a varied community programme of activities – a place that is truly the pinnacle of the community - and we look forward to doing more work in 2020.

Report from Liz Beech
Referrals Manager

2019 was a transformative year that I completed my Masters training in Dramatherapy. This brought a wealth of personal insight which profoundly affected my life. It was the hardest period of my life – through this I began to understand who I truly am which gave me the space and freedom to connect authentically with clients and fellow co-workers, friends and family.

BCAT has provided a sound base whilst I completed my training and facilitated my transition into Referrals Manager. I began at BCAT as a volunteer, working alongside Angela over four years ago.

BCAT is a fast paced, caring charity that always put the clients first - 2019 was no different. We increased our client base and reached out to a wide EAL base within schools. The pride I feel when I know we have allocated the right therapist to the client is very satisfying. I have also loved making new connections and introducing over 15 new therapists to our team.

I also turned 40 - which I love, I am more comfortable today than ever before in my own skin and along with this strength is an acceptance of how fragile life is. I look forward to 2020, I hope we grab each and every day with positivity and love, and continue connecting with everyone and everything that comes our way!

LAUNCH EVENT

Join us at the BCAT offices on FRIDAY 7 FEBRUARY 11AM - 2PM

to hear about how we can help you or your clients for FREE as part of our new Birmingham City Council Prevention Grant. We will be joined by professional therapists who will give an insight into art, dance, drama and music therapy.
BCAT’s 2019 main achievements

- Delivered the first year of the EAL PROJECT and achieved all outcomes
- Developed over 117 community partnerships across the Midlands
- Delivered the first year of the EAL PROJECT and achieved all outcomes
- Delivered 7320 engagements in a BCAT led arts in health workshop
- Achieved a 60% increase in English language skills in EAL pupils
- Developed over 117 community partnerships across the Midlands
- Seen a 70% increase in positive mental health in EAL pupils
- Worked with 27 libraries delivering arts based workshops
- Engaged 16 schools in the EAL project
- Ran a video gaming project with Your Ideas
- Provided 1020 hours of arts therapy to EAL pupils
- Engaged 16 schools in the EAL project
- 85 children took part in the EAL project
- Ran our first arts festival and Christmas musical with Where Next?
- BCAT helped the careers of 41 arts in health facilitators
- 93.35% positive mental health in BCAT arts in health workshops based on 1496 evaluations
- We have 39 active volunteers on our Volunteer Development Programme
- Raised £111,628 in fundraising and donations to support our work
- Achieved agreed specific personal aims for our arts therapies clients
- Received £6920 Award for All grant to work with our libraries
- Delivered 400 hours per month average in arts therapies for clients
Timeline for 2019

JANUARY 2019
Started our 2nd year at Northfield STEP ON

FEBRUARY 2019
Took part in Time to Talk day
Kings Senior Dancers gala performance for BCAT
Josh completed his school work experience
BCAT moved operations to the Cloud

MARCH 2019
Attended thank you tea by Raddison Blu supporting local charities
Ran our 1st NCFE qualification sign up
Participated in the Age of Creativity festival
Attended Hive College careers day

APRIL 2019
Said goodbye to Tjasa - Erasmus student from Solvakiia

MAY 2019
Exhibited at EAL conference @ FlashAcademy

JUNE 2019
Exhibited at the National Autism Show @ NEC
Completed our Video Design project with Your Ideas and Leonard Cheshire
Took part at in the Forward Carers event
Ran arts training for Muscular Dystrophy Support Centre
Ran our first Yoga workshops
Took part in the Law and Multicultural Medicine Colloquium conference @ Trinidad High Commission

JULY 2019
Co-ran an arts festival with Where Next? in Redditch
Completed our 10 week ‘virtual cruise with Spurgeons with a garden exhibition
Sianne completed her school work placement
Held our first Ballet workshops for children

AUGUST 2019
Ran 61 arts workshops to support the Summer Reading Challenge in libraries with 587 engagements
Reached our 500th arts in health workshop for 2019
Held a thank you tea for all those involved in delivering the Lottery project
Received an awards for all grant to develop more arts work in libraries
Held our 2nd NCFE qualification registration
Wendy Cox and Francesca Riggon joined as Trustees

SEPTEMBER 2019
Ran our first trips based STEP ON
Ran a joint event with Birmingham City Council on social prescribing through arts
General update of Policies and Procedures
Began process of updating therapists contracts
Lottery delighted with first year results of the EAL project!

OCTOBER 2019
Exhibited at the Autism Central @ Aston Villa
Launched our Social Media campaign with LOVEBRUM for World Mental Health Day
Our very own Liz passes her Dramatherapy Masters!

NOVEMBER 2019
Attended the Schools Academy Show @ NEC
Betty BUDS week of fundraising fro BCAT
Completed our external review
Appointed Lord Howarth of Newport as Patron
Participated in Global Happiness Conference, Bewdley

DECEMBER 2019
Developed Tinsel the Musical @ Where Next?
Spoke at the LOVEBRUM Good Intent Bar
Launched our GivingTuesday campaign

THE BCAT SPRING DEBATES
Come along and join in one of the FREE Therapies debates taking place at The Friends Institute - suitable for all health care professionals.

16 March Attracing ethnic diversity in therapies - clients and practitioners
23 March Combating therapy as a stigma
30 March Arts therapy or arts in health - what is needed to support clients

Debates will start at 6pm - 8pm in the Studio.
Free refreshments.
Book your place online at www.bcat.info or https://www.eventbrite.co.uk/o/birmingham-centre-for-arts-therapies-18064619322?fbclid=IwAR25NU7-YcepFW8mZDZJihHNd2B7Oa4KXwVOzVy2A6p0OnQsupIFg-oespBw
How has this project helped and supported beneficiaries?

- Provided alternative intervention to assist EAL pupils in dealing with their own traumas that has allowed them to progress in the English educational system
- Has been delivered in an outreach capacity to local communities and provided early intervention to stop escalating mental health conditions
- Provided ongoing holistic support for EAL pupils and the community by cross referrals and signposting to other partner organisations
- Has allowed beneficiaries to remain in control of their pathway
- Quick referral process so help is almost immediate
- The outreach nature has allowed us to reach the genuinely hard to reach
- Has shaped out to be a project for everyone despite background and culture
- Supported our local libraries by increasing community engagement
- Has remained free at the point of delivery, allowing others to redirect their own limited finances to other areas
- Provided opportunity and professional training to those on our Volunteer Development Programme to support their own careers

How we have reached beneficiaries?

- Extensive marketing of services through statutory services via meetings and flyer distribution
- Building on relationships with community partners already in place and establishing new ones
- Building on and establishing relationships with community champions in each area
- Through social media channels
- Word of mouth
- Maintaining a visible presence in libraries and remaining outreach
- Developing our relationships within the educational sector
- Targeting those who make decisions with the educational and cultural sectors
- Attended/run specialist meetings/ events (Project Group, FlashAcademy, Birmingham Council) to support project awareness and development

Issues faced by EAL beneficiaries:

- isolation/ trauma from displacement/ not fitting in/ bullying/ withdrawn behaviour/ disruptive behaviour/ rape/ domestic abuse/ depression/ anxiety/ victims of crime/ torture/ discrimination/ trafficking/ confidence/ trust/ FGM

Ethnicities of EAL beneficiaries

- Eastern European/ Romanian/ Panjabi/ Farsi/ Bangladeshi/ Ghanaian/ Arab Polish/ Somali/ Yemeni/ Spanish/ Iranian/ Armenian/ African/ Pakistani/ Kurdish/ Chinese/ Asian/ Italian/ Bengali

Beneficiaries face issues such as:

- ESCALATING MENTAL HEALTH ISSUES/ DISABILITY/ ANXIETY DEPRESSION/ ISOLATION LONELINESS/ ADHD/ TRAUMA THOSE ON THE AUTISTIC SPECTRUM/ BEREAVEMENT AND LOSS/ ADDICTIONS THOSE EXPERIENCING A CRITICAL LIFE EVENT/ SEXUAL OR DOMESTIC ABUSE REHABILITATION/ CARERS BURN OUT/ COPING WITH MEDICAL CONDITIONS
Our in house clubs were set up in 2016 as an adhoc arts in health addition to BCAT’s services. STEP ON and STARZ has now become a valid addition to our libraries community programmes.

What are our in-house clubs?

- FREE arts clubs for adults and children
- Held in libraries across Birmingham throughout the year
- 5 week arts courses including arts and crafts, music, poetry, drama and games
- Open to all abilities
- Drop in workshops
- Fully evaluated outcomes using session diaries
- Supports BCAT’S volunteer development programme and helps libraries to reach out to their communities
- Builds cohesion in communities by providing safe, fun and enjoyable spaces
- Enables BCAT to identify clients for arts therapies referrals

163 STEP ON and STARZ sessions ran in 2019

Sessions have been delivered by 23 arts in health facilitators and gave 30 volunteers valid experience

Achieved 1611 engagements across both arts clubs

Delivered clubs to 16 Birmingham libraries in 2019
Accounts 2018–2019

Income for the year was up 31% to £206,549, driven by the lottery fund grant, as other grant income decreased by 15%, whilst income from sessional fees rose 6%.

Following the sharp rises in expenditure in 2018, due to several changes and investing in the future, we started to reap the benefit with overall expenditure reduced by 7% for the year.

Last year we noted that the shortfall was temporary and planned, due to several changes. This year we are pleased to report that, as expected, a small surplus was recorded.

The finances are reviewed regularly by the trustees with cash flow reports and is a critical part of our forward planning.

At the 31 March 2019, BCAT had reserves of £46,658, of which £31,575 were held for restricted purposes. Excluding reserves of £718 invested in fixed assets, this leaves £14,365 available as ‘free reserves’.

We have instigated a reserves policy whereby we aim to keep as unrestricted reserves 10% of our annual turnover. Whilst these remain slightly below target, there has been an improvement this year.

INCOME £206,549
EXPENDITURE £179,823
SURPLUS £26,726
RESTRICTED RESERVES £31,575
UNRESTRICTED RESERVES £15,083

Thank you to all our volunteers: who donate their time for free to support our work

Amber Pickford-Perry
Amira Kazzi
Ana Lau Neve
Alana Harrison
Alex Stevenson
Angellette Walker
Bella Connolly
Claire Roberts
Charlotte Callaghan
Daisy Nash
Damian Hursey
Emily Dore
Erin Connolly
Elena Pers
Esme Munro
Heidi Mobbs
Ellie Payton
George Lapidakis
Holly Cookson
Jacqueline Stevenson
Lucy Hopllingworth
Marayam Elbanna
Megan Wilson
Melody Madoure
Natalie Morrison
Naomi Thompson
Natasha May Allen
Serena Jenkins
Sophie McKinney
Natacha Ashman
Nimra Ali
Paul Nokes
Porscha Jordan-Gilfillan
Patrick Enright
Symrun Sanghera
Shiyu Cheng
Saida Vedasto
Victoria Firkins
Sample arts therapies evaluations:

Referrer: Despite not having language development as the focus, the therapy appears to have significantly improved the student's confidence in using English in his everyday interactions.
Therapist: Processed some difficult life events—less stressed when talking about them. Can express himself much better than before. Confidence has improved—able to make friends and cope with changes.
Language tutor: H has always been quite sensitive but seems to have more control over his emotions. He has become more fluent in English. His confidence has improved but he often clashes with other students and disrupts lessons.
Referrer: The therapy was quite beneficial in as far as the student's sense of belonging and his confidence in and out of lessons is concerned.
Client: Thank you. I feel good. I learned to use the art materials.
Referrer: The therapy provided him with a safety net and to an extent gave him an opportunity to feel more than just a number.
Client: I like to come here because it is fun—positive good life in my school.
Client: My English is better because the therapist speaks with me, my mum is happy because I speak more English!
Client: This was my first time drawing pictures.

Some children's comments from STARZ

‘Absolutely great’
‘It was really good and I will come next time’
‘Thank you, looking forward to Saturday’
‘Thank you – such a good day’
‘Loved it – you should do it all the time’
‘I had lots of fun’
‘I enjoyed today and using my imagination’
‘I feel happy because I coloured in’
Some adult comments from general workshops

‘It was really great experience we enjoy art. I happy to see how my child uses her imagination and learn new things with the fun. Also the staff was so lovely and friendly’
‘Today is my first day, it was lovely to meet with different people and enjoy the sketching’
‘When I come in the centre and I start new I cant do anything and time pass to do something then I carry on’
‘Enjoyed taking part – feeling happy’
‘Encouraged to do something special’
‘I enjoyed the company’
‘It was more fun than I thought it was going to be’
‘I enjoyed being here today because more people spoke to me’
‘Very fun and loved the music’
‘Really had fun today. It made me smile. Thank you so much.
‘S was very patient with me and helped me.
‘Making this has made me feel good of making something for my daughter’
‘Fun, hands on, making fabric mobile, enhance creativity and help ours imagination and get creative and learn more skills’

Clients feedback from STEP ON

‘Started to squirm at the thought of doing the poem but actually ended up enjoying it!’
‘I’m always nervous beforehand – will I be able to do today’s ‘task’. But I really enjoyed it as always! Thank you’
‘Mixed group of interesting people. Wasn’t sure if I would enjoy the groups. But I had a good time!’
‘Loads of different projects to choose from. I made a lovely bracelet whilst having a natter and a cuppa with loads of lovely people. Feeling Fab!’
‘Today has brighten up my day’
New project launch for 2020

BCAT is delighted to have received funding from Birmingham City Council to deliver a project to prevent the escalating mental health of Birmingham citizens.

How will this project help and support citizens?

Delivered in an outreach capacity in local communities
Provides ongoing holistic support
Citizen is always in control of their pathway
Quick referral process
For all citizens 18+, of all cultures and conditions
Not reliant on verbal ability and English language skills
Early intervention
Do not need a creative ability – its for anyone!
Supports our local libraries with community engagement
Provides safe spaces
Proven method of intervention
Remains free at the point of delivery
Provides opportunity and professional training
Alternative support to medication

LAUNCH EVENT
FRIDAY 7 FEBRUARY
11AM - 2PM, BCAT Offices, Highgate

What is available?

• 12 weeks free arts therapies programme with qualified professional arts therapists

• Up to 5 free arts in health and well-being workshops for CVS

FOR ALL CITIZENS FACING ISSUES SUCH AS: ESCALATING MENTAL HEALTH ISSUES DISABILITY ANXIETY DEPRESSION ISOLATION LONELINESS ADHD TRAUMA THOSE ON THE AUTISTIC SPECTRUM BEREAVEMENT AND LOSS ADDICTIONS THOSE EXPERIENCING A CRITICAL LIFE EVENT SEXUAL OR DOMESTIC ABUSE REHABILITATION CARERS BURN OUT COPING WITH MEDICAL CONDITIONS THOSE LOOKING FOR ALTERNATIVE INTERVENTION OUTSIDE OF STATUTORY SERVICES

Speak to us on 0121 440 8273 or email talktous@bcat.info
FREE arts workshops for the CVS in art, dance, drama, music and games
Supporting English as an Additional Language (EAL)

free project for school age children
THE BCAT ART GALLERY

A look at some of the great arts and crafts that come out of workshops...

...and those having fun at our community partners and BCAT led workshops.
BCAT’s design service

DO YOU NEED A GRAPHIC DESIGNER OR LOOKING FOR COMMUNITY ART PROJECTS?

WE CAN HELP YOU HELP US!

We understand that paying for graphic designers can often cut into budgets. For a very competitive rate, we can supply our own fully qualified graphic designer to assist you with any of your graphic design needs.

Our graphic designer has over 10 years experience and has worked on a variety of CVS and corporate projects.

- LOGOS
- ADVERTISEMENTS
- BRANDING
- BROCHURE DESIGN
- FLYER DESIGN
- EVENT POSTERS
- SIGNAGE
- NEWSLETTERS
- COMMISSIONS
- TYPOGRAPHY
- MURIEL’S
- STREET ART
- EXHIBITION STAND DESIGN
- ILLUSTRATION
- PHOTOGRAPHY
- WEB DESIGN

YOU CAN BE ASSURED THAT ALL MONIES RAISED WILL BE HELPING BCAT PROVIDE ITS SERVICES AND COMMUNITY PROJECTS.

CALL US ON:

t: 0121 472 8890
e: talktous@bcat.info
Corporate training days
From as little as £75 BCAT can educate and inform!

Our interactive training days are designed to educate, experience and inform on the techniques that therapists use in each discipline to address their clients needs. These techniques can be used in any situation that requires a greater understanding of how the arts enhances behaviour and performance.

BCAT is able to host these training days in our own fully equipped studios or in the comfort of your own workspace. Any combination of the disciplines - art, dance, drama and music - can be selected for the half day session, or, if you are looking to run a half day session only, it is possible to arrange for the 4 experiential sessions to run concurrently.

Events and courses

BCAT provides educational courses to promote further involvement in arts therapies & arts in health

Our foundation courses are designed to give you a taster and further information, and an understanding on working in arts therapies/ arts in health before you commit to studying for qualifications or changing career. Courses are also designed to give a deeper understanding on how arts therapies/ arts in health techniques can be applied to your day to day work.

ART 18 May, 1 , 8 , 16 June (4 weeks) AND 7, 14, 21 , 28 Sep (4 weeks)
DANCE 1, 8 June (2 weeks) AND 5, 12 Oct (2 weeks)
DRAMA 4, 11 May (2 weeks) AND 19, 26 Oct (2 weeks)
MUSIC 22, 29 June 6, 13 July (4 weeks) AND 2, 9, 16, 23 Nov (4 weeks)
AIH Intro 20, 27 April (2 weeks) AND 21, 28 Sep (2 weeks)

£40 for 2 week courses
£80 for 4 week courses
What is BCAT?

The Birmingham Centre for Arts Therapies (BCAT) was set up in 1993 to provide an accessible arts therapies service throughout the Midlands. Arts therapists work with both children and adults who have a wide range of needs, such as those arising from emotional, behavioural or mental health problems and effects of stress and trauma.

BCAT allows people the chance to explore these difficulties, no matter what they may be, in a safe environment with a registered therapist who has been trained to offer support or encouragement.

**for those needing assistance**

- arts therapies sessions with a professional registered therapist
- subsidised arts therapies sessions if BCAT funding available
- free arts in health sessions with experienced arts professionals

**for referral agencies**

- arts therapists to assist your organisation with clients suffering from any form of behavioural, emotional, social or mental health issue
- one to one or group sessions
- arts in health session leaders

**for students and volunteers**

- a resource centre, library and teaching establishment for the training, education and support of professionals and carers
- volunteer staff development programme, including regular professional supervision
- events and training courses for all those interested in arts therapies and arts in health

We are always in need of funding and looking for volunteers.

We would like to thank all those who have donated, funded and supported us.

Structure, Governance and Management

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<td>Richard Mole</td>
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<td>Elizabeth Beech</td>
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<td>Finance Manager</td>
<td>Mark Driver</td>
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Board of Management Members include the above and:

Services User Representatives - Margaret Candlish; Philip King; Christine Wadeley; Rita Sullivan

Our offices are located near the city centre

2 minutes walk from Joseph Chamberlain College
1 minute from Highgate Fire Station
On the 50 bus route - Moseley Road stop
Limited parking available

Contact

Birmingham Centre for Arts Therapies (BCAT)
The Friends Institute
220 Moseley Road
Highgate
Birmingham
B12 0DG

t: 0121 440 8273
e: talktous@bcat.info
www.bcat.info

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