

# 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.**

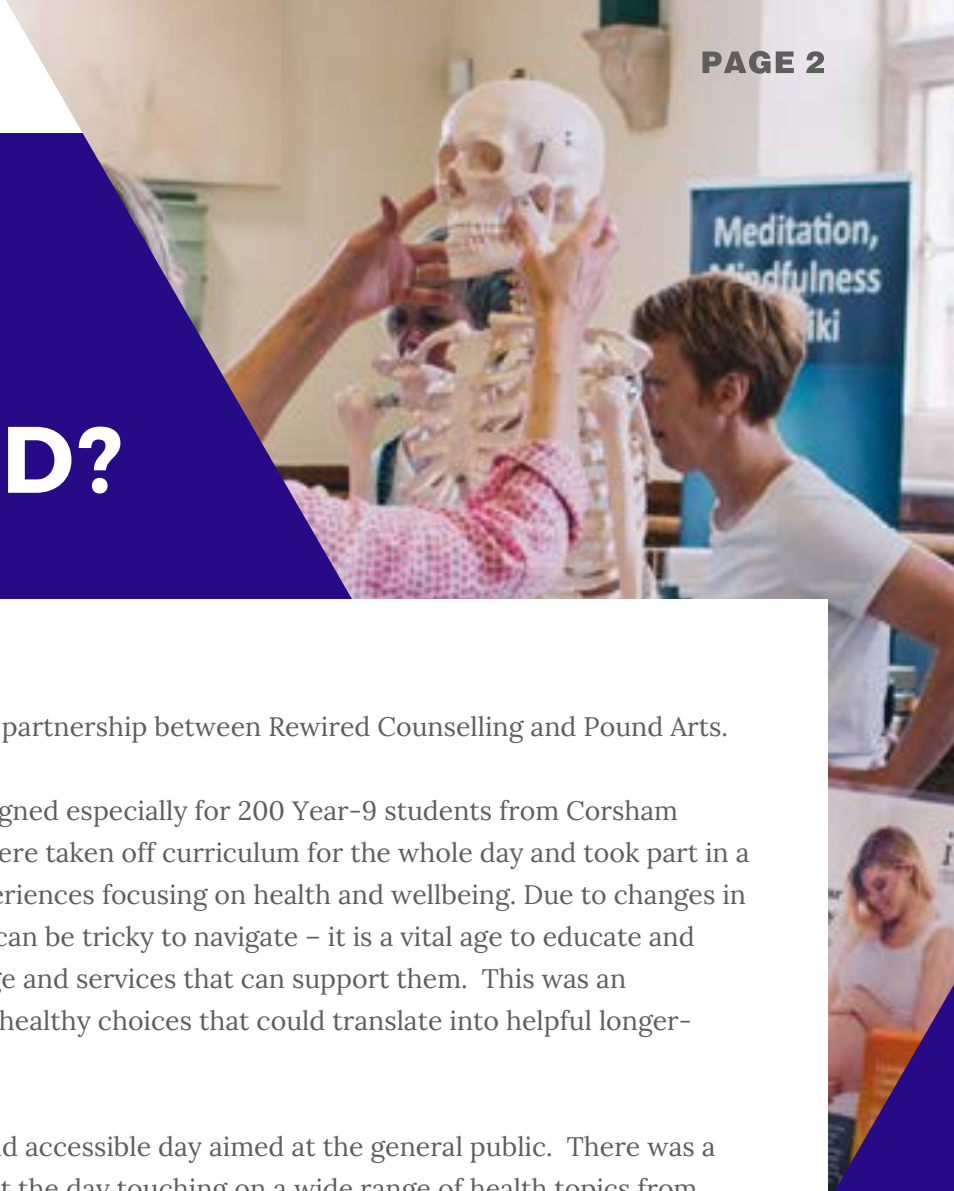
The event encouraged discussion and engagement; asking questions through interactive activities that act as a stimulus for thought.

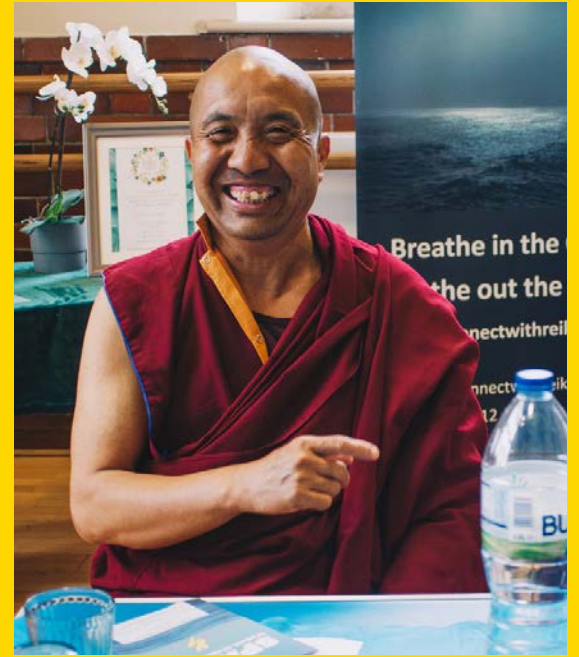
2. **Increase the participation of communities in improving their own health.**

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 - Masseur  
 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. I 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

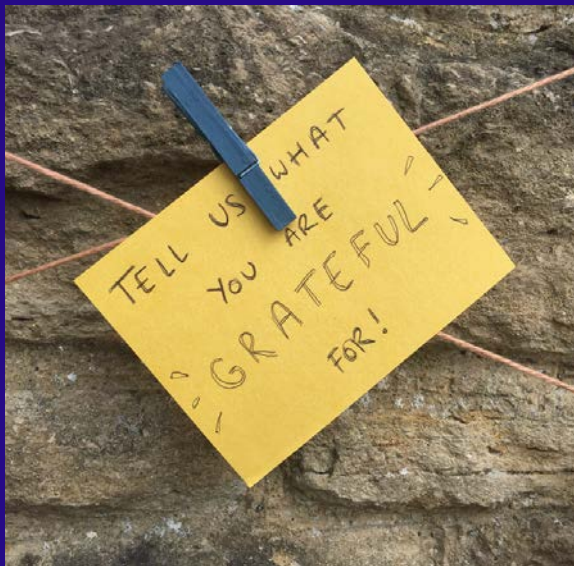
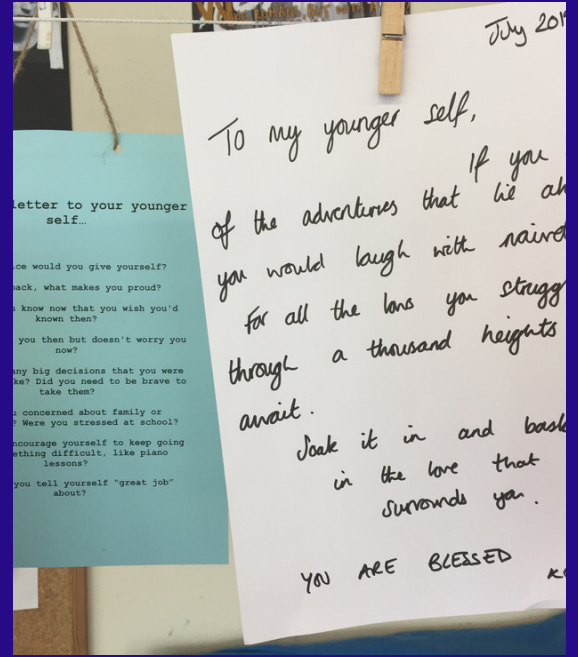
Niamh Ni Shuilleabhain

Natalia Sanchidrian

Helen Eaton







*Saturday 13th July:*

# FEEDBACK & NUMBERS

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

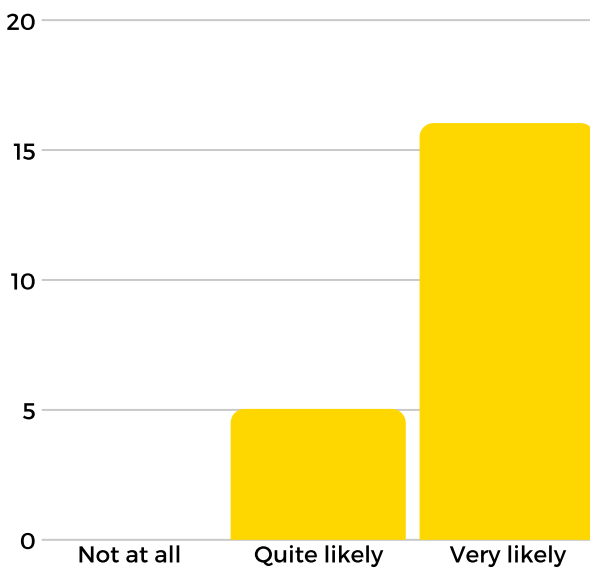
137 attendees who booked for a talk, taster session or experience. These ranged from pilates, reiki, singing and osteopathy, just to name a few.

**137**

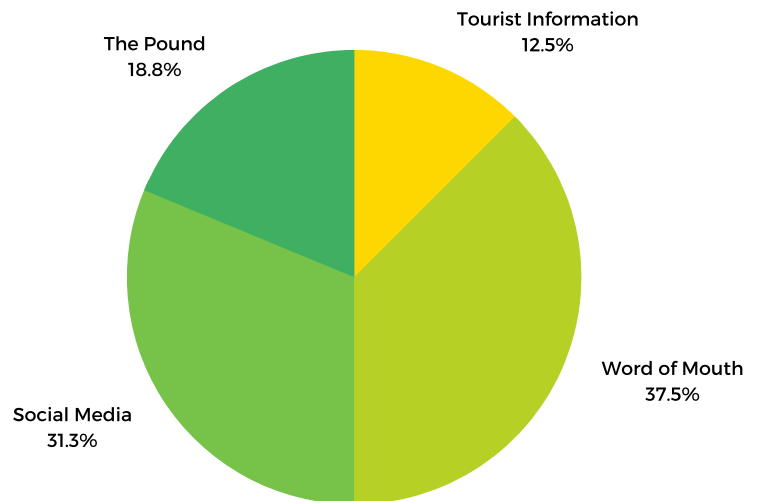
*people attended ticketed talks and taster sessions*

**29**

*charities and services were involved on the day*



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



We asked participants how they heard about SPARK

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.

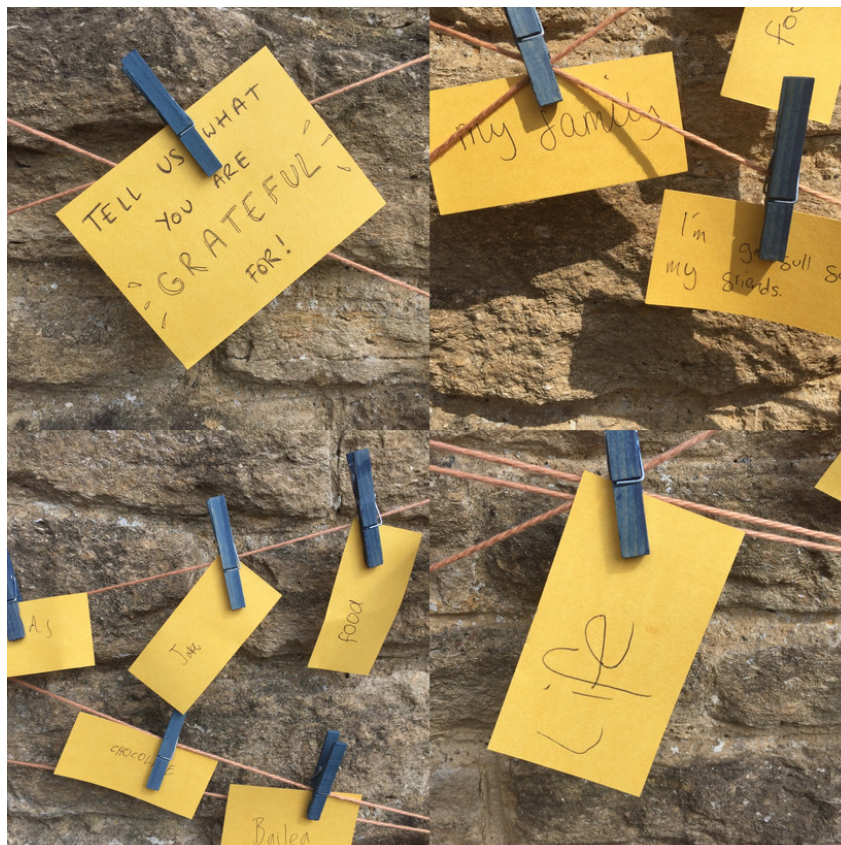
This day embodied real community spirit, We had 19 volunteers, 4 of these were young people. Along with the speakers, stallholders and others involved we had over 50 people working at The Pound to deliver the event for the community.



## 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** Arts