

# Inspiring Minds

Measuring the Impact of START'S Arts on Prescription

START



# What is Inspiring Minds?

Arts & Horticulture on  
Prescription

Commissioned by GM ICB

Aim to improve the  
mental health and  
wellbeing of Salford  
residents



# Evaluating the impact

Quarterly Reporting  
Hanlon database  
Quantitative data

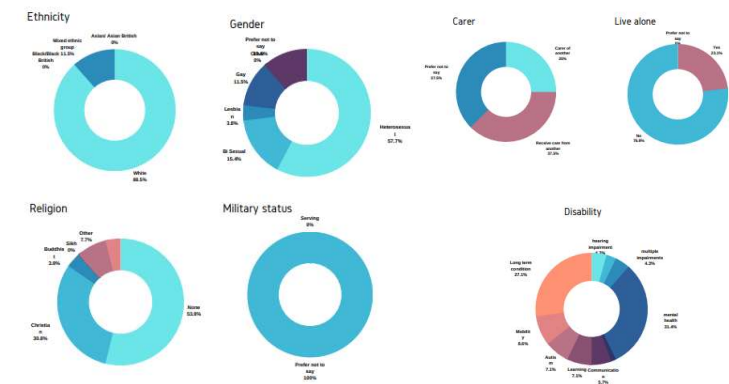
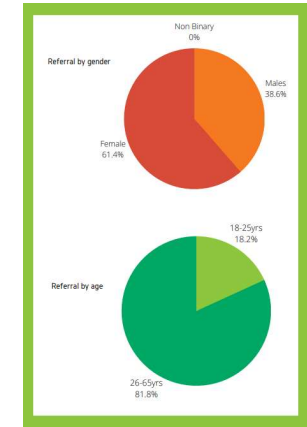
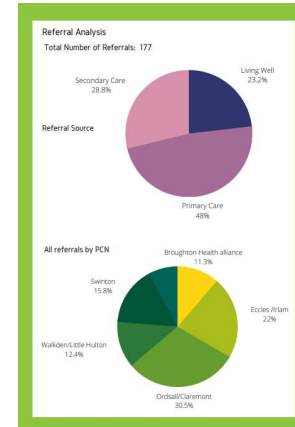
## START inspiring minds

NHS GM Integrated Care report  
June to September 2023

### Inside

- Highlights of the quarter
- Challenges
- Referral Analysis
- Equality, Diversity and Inclusion
- Outputs
- Outcomes
- Service/ Quality Improvement
- Going Green update
- Member Stories
- Volunteer Update
- Next Quarter- Looking forward
- Gallery

Using creative arts to support the wellbeing and recovery of people who are, or at risk of experiencing mental health difficulties in Salford.



# Evaluating the impact

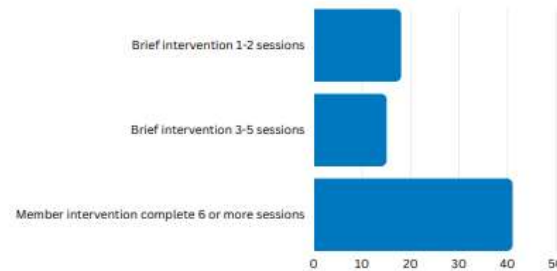
Outputs data

Case examples

## Outputs

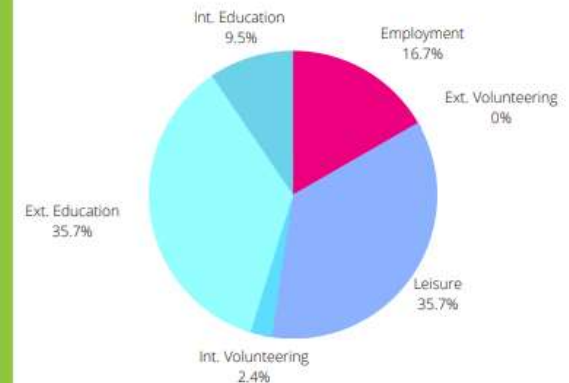
Measure	This quarter	Annual Total To Date
New referrals	177	337
New starters	122	227
Leavers (prior to completing intervention)	23	54
Leavers (intervention complete)	74	128
Total Active Members:	306	

## Intervention Completed 74



## Outputs

Exit Pathways (for those who have completed their intervention)



## Member pathway story

A was referred to START after the COVID pandemic. She had been suffering with anxiety and low mood and wanted to build her confidence. She was particularly interested in photography as she was a keen amateur and wished to pursue a career using her photography. She needed to develop her knowledge and skills. She enjoyed her photography lessons and got a lot out of the sessions and felt confident enough to do our Open Awards Level 1 in Photography course. She completed the course with flying colours and has gone on to do a Level 2 certificate at college taking her a step nearer to her ultimate goal.



# Evaluating the impact

Outcomes data:  
Short WEMWBS  
Wellbeing Wheel

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The short Warwick-Edinburgh Mental Well Being Scale  
(SWEMWBS)

Name ..... Date .....

Below are some statements about feelings and thoughts.  
Please tick the box that best describes your experience of each over the last 2 weeks.

	1	2	3	4	5
Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					
I've been able to make up my own mind about things					

TOTAL SCORE =

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**Inspiring Minds Wellbeing Wheel**      **How do you feel?**

Please circle the number which best represents where you are on the scale for each comment.  
1 = Not at all true of me  
5 = Very true of me

I am connected to my local community

I am continually developing new skills

I am confident in my own abilities

I am satisfied with my life

I am able to manage my mental health

I am able to look after myself

I feel that I can be open about my mental health with other people

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Total score: \_\_\_\_\_

# Evaluating the impact

Aggregated outcomes data

Qualitative- including stories of change

## Outcomes



## Member Stories

D was referred to START by Six Degrees and was suffering from depression and an unresolved bereavement. Her confidence was very low at the time of referral and she had some additional physical health problems. During her time on the programme she participated in Journaling for Wellbeing, Up Cycling, Printmaking and Mosaic. With each class her confidence grew and she managed to cope with some required surgery that previously would have been a huge stressor for her. She has now applied to be a volunteer at START and is currently undergoing all the required training.

### Quotes:

"the time at START has really helped me with my mental and physical health .... My family has noticed a major improvement....in recent weeks I have applied for numerous jobs which I felt originally that I would not be able to do"

"Thank you from the bottom of my heart for helping me to grow into who I am today. Your support made all the difference. I can never repay you"

"START has been a good path for me to get out more and gain new skills and experiences. Family especially have seen how much I have progressed since COVID and know that I am going in the right direction"

### Staff reflections:

J has been making some amazing work, she is really passionate about ceramics and has been planning how she will continue to make work outside of START. She and also thinking about how she might make work to sell. She has gained a lot of confidence and is doing really well.

S has been attending the Mixed Media class and had a habit of destroying her artwork if she felt something was wrong with it or it hadn't gone to plan. I explained that whilst it might feel good at the time to get your anger and frustration out in this way, it was more useful to keep artwork with mistakes so that you could learn from them and also see how your learning has progressed. She seems to have really taken this on board and has been considering her work carefully on completion and hasn't destroyed any since. She has also taken several pieces home to give to her son.

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