

KAZZUM ARTS

Inspiring hope through creativity

Impact Report 2022-23

REFLECTING ON 2022-23

This year was a significant period of reflection, development and progress at Kazzum Arts as we galvanised our response to the challenges facing children and young people across our programmes.

Young people experiencing mental ill-health have been disproportionately affected by the ongoing cost-of-living crisis, school and NHS strikes and Covid-19 pandemic. Within our workshops they have shared with us their concerns about rising inequality, hostile immigration processes, and food and housing insecurity – all of which adversely impact their wellbeing.

This year included the release of our new [Strategic Plan](#), outlining our plans moving forward. We will deliver impact for young people, maintain financial resilience and build organisational health. We also launched our [Amplify Youth Voice guide](#), which supports the development and delivery of our youth voice activity, informed by the 6 trauma-informed principles of care. It will ensure accountability and transparency as we centre young people's experiences within our work.

We would like to thank everyone across the Kazzum community for their continued dedication. It's clear that our work is needed now more than ever, and our commitment to trauma-informed approaches to support young people has never been stronger.



ABOUT US

Kazzum Arts is a trauma-informed arts charity. We use creativity to enable marginalised children and young people who have been impacted by trauma to feel seen, heard and valued. We do this by providing opportunities to explore creative expression and agency through multidisciplinary arts activities.

We work with young people who have experienced high levels of Adverse Childhood Experiences which have resulted in social, emotional and mental health issues, communication needs, disabilities, exclusion and displacement. Our programmes use creative activities as a means of building confidence, communication skills, creativity and engagement in learning, whilst also helping children and young people to develop healthy relationships with others and the world around them.

OUR VISION IS THAT:

All children and young people can experience hope through creativity.

OUR MISSION IS TO:

Use creativity to enable children and young people who have been impacted by trauma and adversity to feel seen, heard and valued.



OUR YEAR IN NUMBERS

1,563

children and young people engaged through

341

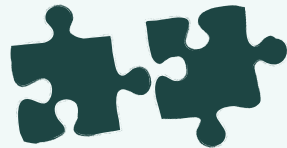
creative wellbeing workshops

We participated in

11

media publications or appearances

We worked with
22
organisations



↓ 986

resource and activity downloads

👁️ 20,694

views of wellbeing and advocacy animations

Our trauma awareness training reached

733

artists, professionals and students

32

artists and trustees engaged with registered psychotherapists within group and individual reflective practice sessions, and an employee assistance programme

We were awarded the

London Youth Silver Award



We employed a core staff of

6

and offered

35

freelance staff contracts

ACTIVITY AND IMPACT

2022-2023 represented a period of innovation in the delivery of our programmes, further responding to the needs of the young people with whom we collaborate. Longstanding partnerships have been maintained and new partnerships forged, all contributing to creative wellbeing activities which support young people to feel seen, heard and valued.

Whilst there have been challenges this year, as there are every year, we are proud of everything we have been able to achieve and extend our pride and gratitude to our artists, partners, trustees, funders, supporters, and children and young people who have been part of our journey in 2022-23.

OUR WORK WITH YOUNG PEOPLE OVER THIS PERIOD FOCUSED ON:

- Supporting mental health and wellbeing
- Reducing isolation
- Encouraging self-expression and creativity
- Developing self-regulation skills



SPEECH BUBBLES



SPEECH BUBBLES

Speech Bubbles is a drama and oracy intervention supporting primary school children aged 5-7 with speech, language, and communication needs (SLCN).

Developed in partnership with London Bubble and the Southwark Pupil Development Centres in 2009 Speech Bubbles is a social franchise which boosts children's communication skills, confidence, and wellbeing. This year Kazzum has been supporting children throughout Newham at Woodgrange Infant School, Royal Wharf Primary School and Britannia Village School to develop the communication skills needed to create stories, develop relationships, and gain confidence to learn.

“Speech Bubbles is a fun thing to do, and we read stories and we are kind to everyone.”

Participant

There are benefits to the mental health and emotional well-being of being able to mentalize, and to have a language for representing one's experiences and feelings.*



* London Bubble

REGULATION



REGULATION

Beormund Primary school, based in Southwark, is a setting for children with social, emotional and mental health needs that have been excluded from mainstream education. The school combines a therapeutic and trauma-informed approach to learning with small class sizes and varied extracurricular activities for maximum benefits to the wellbeing of its students.

This year Kazzum have worked with Beormund to deliver creative workshops, including Afrobeats dance, drama activities and visual arts. We were also able to transform two mezzanine spaces in classrooms into wellbeing and relaxation areas complete with artwork by the students and cushioned zones for reading.

I love Afrobeats because I get to dance and do cartwheels and share my skills.

Participant

Participating in arts activities can have a positive effect on self-confidence, self-esteem, relationship building and a sense of belonging.*



* Perspect Public Health

BUILD



BUILD

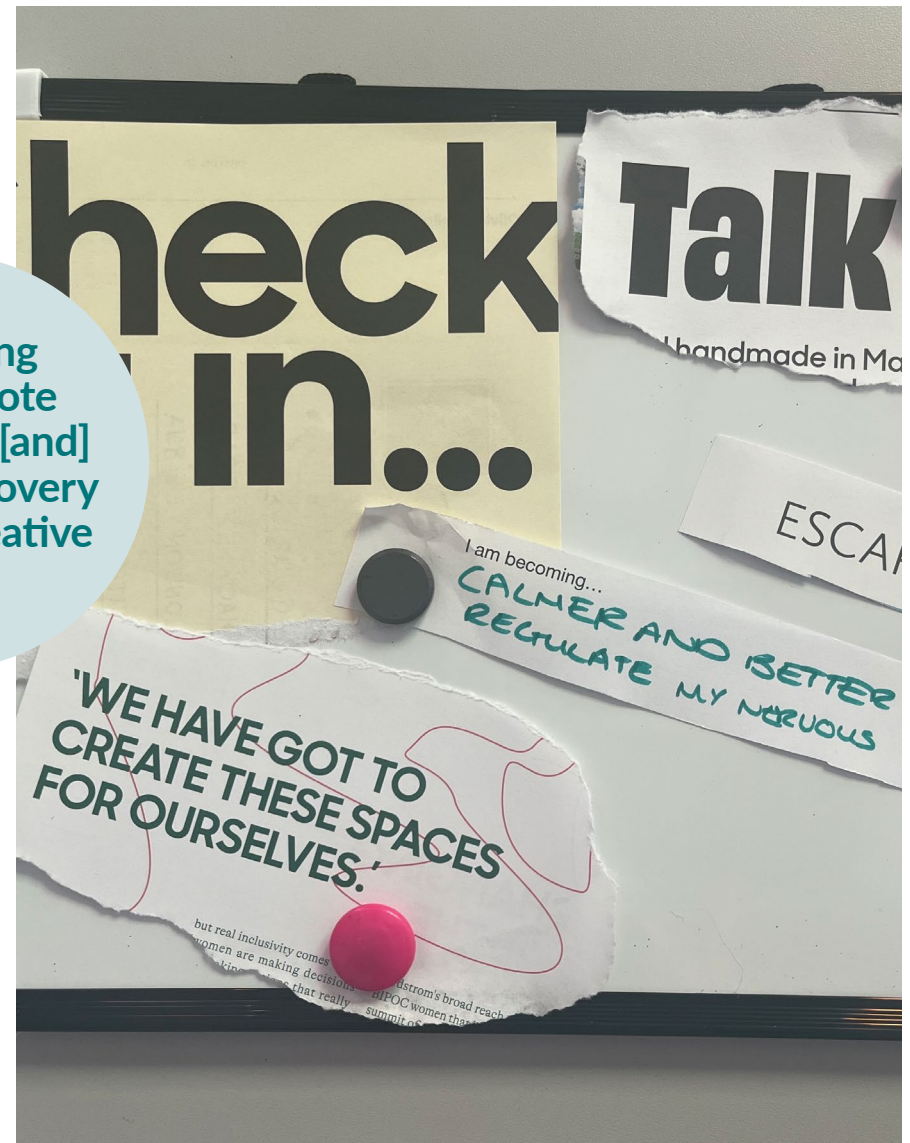
Build uses multidisciplinary arts activities to increase positive self-identity and self-esteem for young people aged 12-16 at the London East Alternative Provision.

Working with small groups of young people, this project employs a variety of creative approaches that respond to the needs and interests of the groups. This year we worked with a girl's group and an inclusion mixed gender group to support young people in exploring their creativity. Our artists were able to offer a range of activities to the groups, building on the techniques and interests that the young people wanted to explore.

I loved that the sessions brought people together and playing games and talking about feelings was enjoyable.

Participant

Artmaking can promote expression [and] support recovery through creative work.*



* [Healthcare Journal](#)

APOLLO



APOLLO

Apollo uses combined arts processes to increase the wellbeing of children who are undergoing healthcare and mental health interventions on the Acorn Ward at Whipps Cross Hospital.

This year we piloted weekly workshops building upon our legacy of residencies. This supported sustained engagement and ensured that children and young people had a regular offer of creative activities, therefore having a greater impact on their health and wellbeing.

We were also on the ward for 2 week-long residencies which involved the transformation of the main corridor. The children and young people joined our artists in the schoolroom or worked one-on-one at bedside, and their creations ranged from painted artworks to miniature 3D sculptures. We also produced a series of activity packs to be used remotely to support children's mental health and wellbeing through creativity, laughter and joy.

The provision of arts activities [...] has been found to reduce anxiety and pain and improve mood and compliance with medical procedures in children.*



* [World Health Organisation](#)

“It makes the children happy and can all join in together. It is a little bit of normality for them.”

Participant Parent

CREATIVE WELLBEING



CREATIVE WELLBEING

Our Creative Wellbeing projects are delivered in partnership with refugee community groups to provide opportunities for creative expression with young migrants, refugees and asylum seekers.

This year we worked with Young Roots, Caras, Shpresa, and the Refugee Council in a series of workshops that aimed to regulate stress, reduce isolation, develop skills and aid creativity. The content of the workshops was led by the needs and desires of the participants which were discussed in consultancy workshops prior to the start of the project.

During Refugee Week we delivered assemblies, quizzes, creative poetry exercises and myth-busting exercises to groups of students in schools using our advocacy resources available online. We also highlighted those resources in our online presence to support students remotely to reflect upon the experiences of young asylum seekers, refugees, and migrants.

Our focus moving forward will be to develop the creative wellbeing aspect of our Pathways programme to directly support refugee organisations and continue to provide creative projects for young people.

Engagement in arts activities can positively impact forcibly displaced people, [...] by promoting social inclusion [...] and belonging.*



* World Health Organisation

“It really helped me with my mental health. Each week I look forward to going there. It also helps me emotionally.”

Participant

BRIGHTER FUTURES



BRIGHTER FUTURES

Brighter Futures are a group of young migrants who work together to speak up for the rights of people like them. They want to change the way the UK sees young migrants, and challenge negative perceptions held by the public and those in positions of power. They are fighters for change.

We delivered weekly workshops based on what the group felt they needed or would like to explore, including poetry, clay sculpture-making and painting. We also supported the group in their advocacy work, developing campaign ideas and seeking opportunities with other organisations for collaboration or support. Brighter Futures is a partnership project delivered with Praxis Community Projects.

“ I feel confident to talk to people and raise my voice.

Participant

In both child and adult refugees and asylum seekers, creative arts activities have been found to decrease anxiety, depression, post-traumatic stress.*



* World Health Organisation

THE BAYTREE CENTRE



THE BAYTREE CENTRE

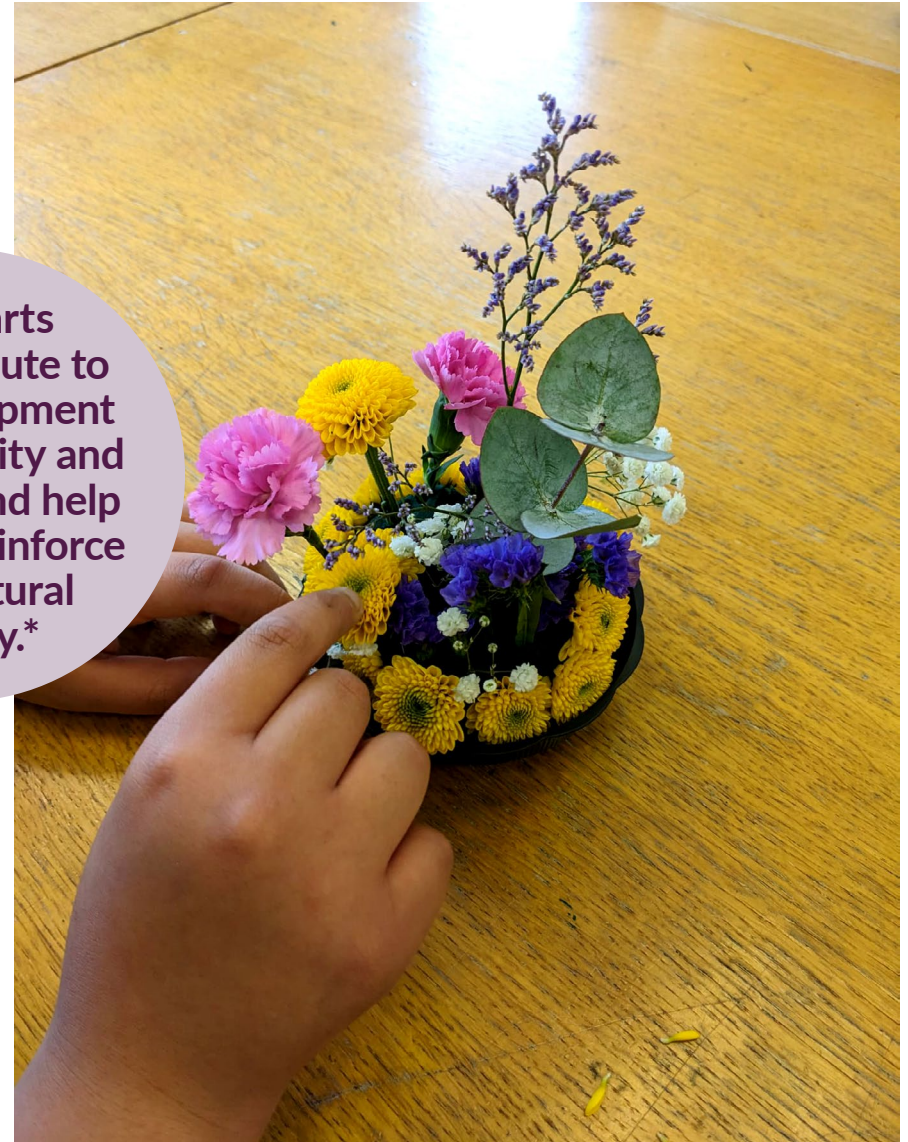
The Baytree Centre is a social inclusion charity for women and girls from refugee, migrant and asylum-seeking backgrounds based in South London.

Our new partnership with them this year, funded by Queen Mary University, comprised of weekly creative workshops with a group of girls. Our multidisciplinary artists focused on activities that supported self-reflection, confidence-building, artistic expression and celebrated the multicultural heritage of the group. The girls created artwork from a range of materials and processes including flower-arranging, decorative notebooks, collaging and photography.

“ I really enjoyed the session today. I feel so much happier. ”

Participant

**Visual arts
[...] contribute to
the development
of community and
bonding, and help
migrants reinforce
their cultural
identity.***



*** Journal of Liberal Arts and Humanities**



AMPLIFY

Many of our creative and educational resources were updated and developed this year, to ensure they deliver the most up-to-date information and impact.

We also released our Amplify Youth Voice Guide, which was the culmination of over a year of research and development. The guide explores youth voice activity in a trauma-informed framework to conceive of ways that children and young people can influence Kazzum's future.





Our path to becoming a trauma-informed organisation was the catalyst for the conception of Amplify, which is underpinned throughout by the 6 trauma-informed principles of care. As the plan for the Amplify guide took shape, we came to appreciate the complexities and nuances within each principle and how they interact with each other.

The final guide is split into sections and is supported by animations. The voices of young people are represented throughout, gathered from consultations over the year of development.



OUR TRAUMA-INFORMED APPROACH

▶ Click here to play

<p>USES THE CREATIVE ARTS</p>  <p>We offer repeated opportunities to experience a creative environment, enriched with music, movement, art, and games. We contribute to an increased sense of wellbeing and positive mental health through shared imagination and self-expression.</p>	<p>EMBODIES RELATIONSHIPS</p>  <p>We nurture connections between children, young people and artist practitioners, building bonds of safety and trust and encouraging friendship, support and empathy to flourish. We actively create an engaged community which nurtures, nourishes and supports.</p>	<p>UNDERSTANDS THE IMPACT OF TRAUMA</p>  <p>We deliver holistic and responsive activities guided by our knowledge and insight into the complexities of trauma. We understand the biological, psychological and social factors which can determine healthy child development, working to increase protective factors and support growth.</p>	<p>RECOGNISES SYSTEMIC AND STRUCTURAL FACTORS</p>  <p>We recognise that trauma and adversity is reflected within environments, throughout systems and across society, creating damaging conditions of inequity. Our work actively amplifies the voices and lived experiences of children and young people and raises awareness of the issues that matter to them most.</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

SAFETY

Our sense of safety is completely unique, based upon our individual life experiences. What feels safe to you may not feel safe to others.

Our nervous systems are primed to respond to stimuli and let us know if we are safe or in danger. This then influences how we feel, what we think, and how we behave.

The youth voice practitioner works towards understanding different physical, psychological and social safety needs, so they can support everyone to engage by maximising safety cues.

By knowing our own safety needs, and discovering the safety needs of others, we can support everyone to thrive.


"It's not a safe space just because you say it is."

"Our life experience impacts your sense of safety. If you have experienced periods of unsafety, then your behaviour changes."

"Safety is freedom. Unsafety is looking over your shoulder."

CONSIDERATIONS FOR PRACTITIONERS

- How do you know when you feel safe or unsafe?
- What might you be sensing/feeling/ thinking/doing?
- What supports you to feel safe when participating in and facilitating youth voice activity?
- How can youth voice activity contribute to individual and collective understanding of safety?



▶ Click here to play

The full Amplify Guide can be downloaded [here](#).

TRAINING AND DEVELOPMENT

TRAUMA AWARENESS TRAINING

Our Trauma Awareness Training is designed to develop trauma awareness, explore practical approaches and build resilience. In 2022-23 we reached 733 professionals working across the arts, education and charity sectors. Our training model is based upon the expertise of staff, specialist input, and evidence-based approaches. Since 2018 we have supported thousands of practitioners internationally to develop trauma awareness and approaches for working with children, young people and communities.

ASSOCIATE ARTIST SCHEME

Our Associate Artists have remained consistent this year, and we have continued to support their professional and personal growth with access to Reflective Practice, employee wellbeing resources and training opportunities.

Our core team has fluctuated with two members going on maternity leave and one new member joining.

“ Since being an Associate Artist at Kazzum I’ve had coaching and regular Reflective Practice sessions. I look forward to them every month and have been a constant source of support and inspiration. ”

Associate Artist

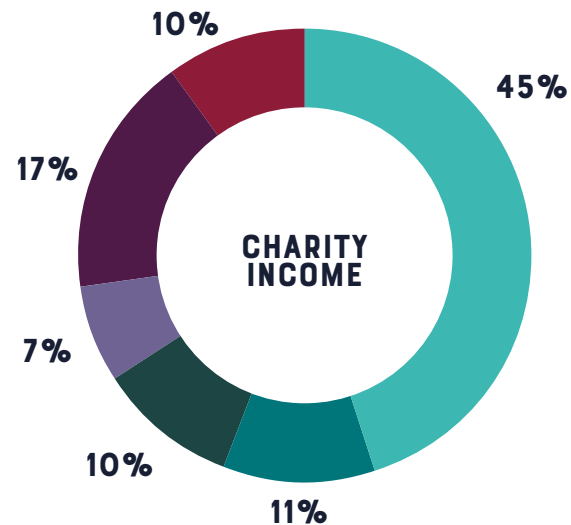


FINANCIALS

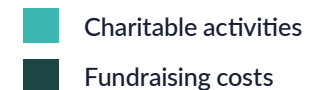
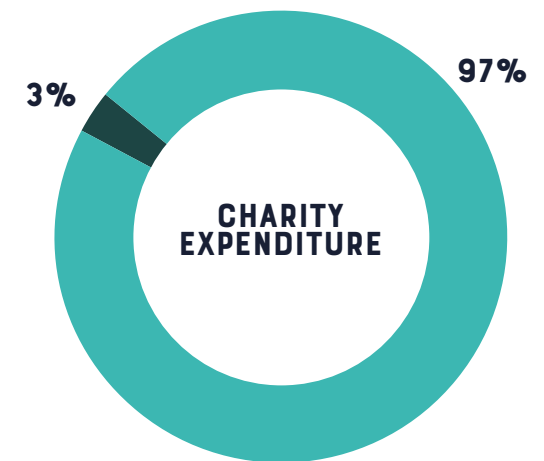
CHARITY BALANCE SHEET 31 MARCH 2023

Fixed Assets		£
Tangible Fixed assets		0
Current Assets		
Debtors		22,256
Cash in bank and in hand		185,567
Total		207,823
Creditors		
Amounts falling due within one year		3,860
Net Current Assets		203,963
Net Assets		203,963
Charity Funds		
Unrestricted Funds		31,875
Designated Funds		80,040
Restricted Funds		92,048
Total Charity funds		203,963

Total income **£241,407**



Total expenditure **£233,228**



Total income of the Charity for the year was **£241,407** (2021-22: £219,457) and total expenditure amounted to **£233,228** (2021-22: £241,304).

Overall there was a surplus for the charity of **£8,179**. At 31 March 2023, the charity held a total of **£111,915** (2022 - £139,222) in unrestricted funds, **£80,040** (2022 - £98,300) of which was designated for specific activity in 2022-23.

This was a successful year for the charity, building on the strong performance in previous years and further increasing reserves to support the organisation's future development and sustainability.

SUPPORT US

Kazzum is entirely reliant on generous support provided by individuals, the community and funders. There are so many ways that donations of any size can make a difference in the lives of the children and young people that we work with; whether that's funding long-term creative workshops with young migrants and refugees, boosting the mental wellbeing of a child in hospital or supporting emerging artists to reach their potential.

This year we continued as 23Red's charity partner and have enjoyed seeing the fundraising activities they engaged in on behalf of our organisation. We are grateful to the individual donors who supported us and to the Independent newspaper for featuring an article on Kazzum's work in conjunction with our Christmas Appeal.

We are beyond thankful to everyone that has been able to contribute to the continuation of our work.



FUNDRAISE

From bake sales to bike rides, raffles to runs, there are so many different ways you could help fundraise for Kazzum Arts. You can make a real difference to our work and have some fun along the way!

For more information [click here](#), or to discuss your fundraising idea contact hello@kazzum.org

DONATE

Every donation, no matter the size, helps us to support someone in their time of need. Regular donations are very welcome as they enable us to plan ahead and work on long-term solutions.

To make a donation [click here](#).

WHAT'S NEXT?

The period 2023-24 will present further opportunities for Kazzum Arts to expand upon our progress, further embedding trauma-informed practices into all elements of our organisation. Central to this is the continued enactment of our Business Strategy and the development of activity which support our vital mission.

Our Amplify Youth Voice Guide will be an integral part of our organisation's future, as we put the principal elements of the guide into practice. We will be exploring conversations further within the Arts and Health and Youth sectors to ensure impact of the work. This goes hand-in-hand with our Trauma Awareness training, which we will continue to deliver nationally with organisations and individuals, both online and in-person.

Over the coming months we will strengthen new partnerships such as those we have nurtured with The Baytree Centre and Beormund School, widening participation and increasing activities which support wellbeing and creativity. We will also deepen our engagement with long-standing partners too.

2023 – 2024 will also offer us the chance to measure our trauma-informed impact, through systematic review of our evaluation processes. This will ensure we are able to continually evolve our workshops and deliver the best impact for the children and young people that we reach. Our artist pool will be expanding to extend our workforce and allow us to deliver workshops to a greater number of participants.

OUR PRIORITIES FOR 2023-24 ARE:

- To deliver impact for children and young people
- To build organisational health
- To maintain financial sustainability

Our commitment to those that we support is unwavering and remains at the centre of everything that we do. We are resolute in defending the rights and championing the voices of the children and young people that we support, and we are grateful for their creativity and resilience which inspires us every day.

THANK YOU FOR THE SUPPORT

OUR FUNDERS 2022/23:

abrdn Charitable Foundation
Arts Council England
Bleu Blanc Rouge Foundation
City Bridge Trust
Dentons Charitable Trust
Local Community Fund – Tower Hamlets
London Catalyst
London Youth
Loveday Charitable Trust
Lucy Beaumont
Paul Hamlyn Foundation
PTL Foundation
Queen Mary University
The Mbili Charitable Trust
The National Lottery Community Fund
The Young Londoners Fund – GLA
Tim Henman Foundation
Saturday Hospital Fund
St Olaves Foundation Fund
23red

SPECIAL THANKS TO: (PARTNERS AND ARTISTS)

Beormund Primary School
Brighter Futures
Britannia Village Primary School
Caras
Isabelle Rodker
John Ruskin College
Jocelyne Quennell
LEAP – Tower Hamlets PRU
Oxford House
Personal Power UK
Praxis Community Projects
Queen Mary University
Refugee Council Girls Group
Royal Wharf Primary School
Speech Bubbles
Shpresa
Whipps Cross Hospital
Vaughan Titheridge
Woodgrange Infant School
Young Roots

ARTISTS:

Amanda Mascarenhas
Arji Manuelpillai
Becky Bailey
Bex Large
Ella Esselmann
Jack Pryor
Joe Fleming
Jon Van Beek
Joseph Junkere
Kathryn Corlett
Linden Sloan
Lisa Hayes
Maria Askew
Maz Morris
Natasha Cossey
Paul Andrews
Robin Lane Roberts
Shirin Taherzadeh
Tash Marks
Thomas Etheridge

TRUSTEES OF THE CHARITY:

Laura Wilkinson (Chair)
Lynne Roberts
Julia Hodgson
Akilah Jeffers
(Stood down 06/12/2022)
Petra Tauscher
Chloe Johnson
Muhammad Zulfiqar Ali

CORE STAFF:

Alex Evans
Kitty Harris
Lauren-Joy Cameron
(Maternity leave)
Lauren Irving
Monique Jackson
Tara Postma (Maternity leave)

CREDITS:

Design: Kathryn Corlett
Photography: Becky Bailey
Alex Powell
Illustrations: Robert Lane Roberts



KAZZUM ARTS

Oxford House, Derbyshire Street, Bethnal Green, London, E2 6HG

 kazzum.org  hello@kazzum.org  [@kazzumarts](https://twitter.com/kazzumarts)

 [kazzumarts](https://www.instagram.com/kazzumarts)  [Kazzum](https://www.facebook.com/Kazzum)  020 7749 1123