



The Art House (*St Matthew's House Limited*)

Recruitment April 2019

The Charity and the Art House

**summary of what we do, how we operate and our
achievements**

Registered Charity No: 1146648

Company Registration No: 07752686

Contents

The Charity: St Matthew's House Limited	3
The Art House at St Matthew's	3
Proposed new Staffing Structure from the Summer 2019	4
Working for the Art House	5
Aims	6
Approach and Service Model	6
Key Achievements.....	6
Description of Current Activities	6
Marketing	8
Service User Engagement	9
Strategic Partnerships	9
Governance.....	9
Evaluation	9
Summary of findings from the Wellbeing Research Study	10
National Lottery Creative Arts and Pottery Supporting Mental Health Recovery Project Annual Report - success story.....	10

The Charity: St Matthew's House Limited

St Matthew's House Limited is a Christian charity founded by the parish of St Matthew's and incorporated in 2011. The charity was established with its main purpose to benefit the people living in the Diocese of Sheffield. Bringing together statutory, voluntary and other organisations, in particular, to improve the well-being of those living with mental health difficulties and those from marginalised groups. The charity currently has one main project called The Art House which operates from the rooms adjacent to St Matthew's Parish Church on Carver Street. The Art House is run by a small team of staff, volunteers and tutors offering opportunities for participation in creative arts and pottery.

The charitable company is overseen by St Matthew's Parochial Church Council (PCC) and the charity is governed by a Board of Trustees appointed by the PCC. The Board currently comprises of nine Directors from a variety of backgrounds including the parish priest as an ex-officio member.

The charity has a Christian ethos and operates in an inclusive atmosphere.

For information about the charity, please visit:

- <http://beta.charitycommission.gov.uk/> (registration number 1146648)

For information about St Matthew's church, please visit:

- www.stmatthewscarverstreet.co.uk

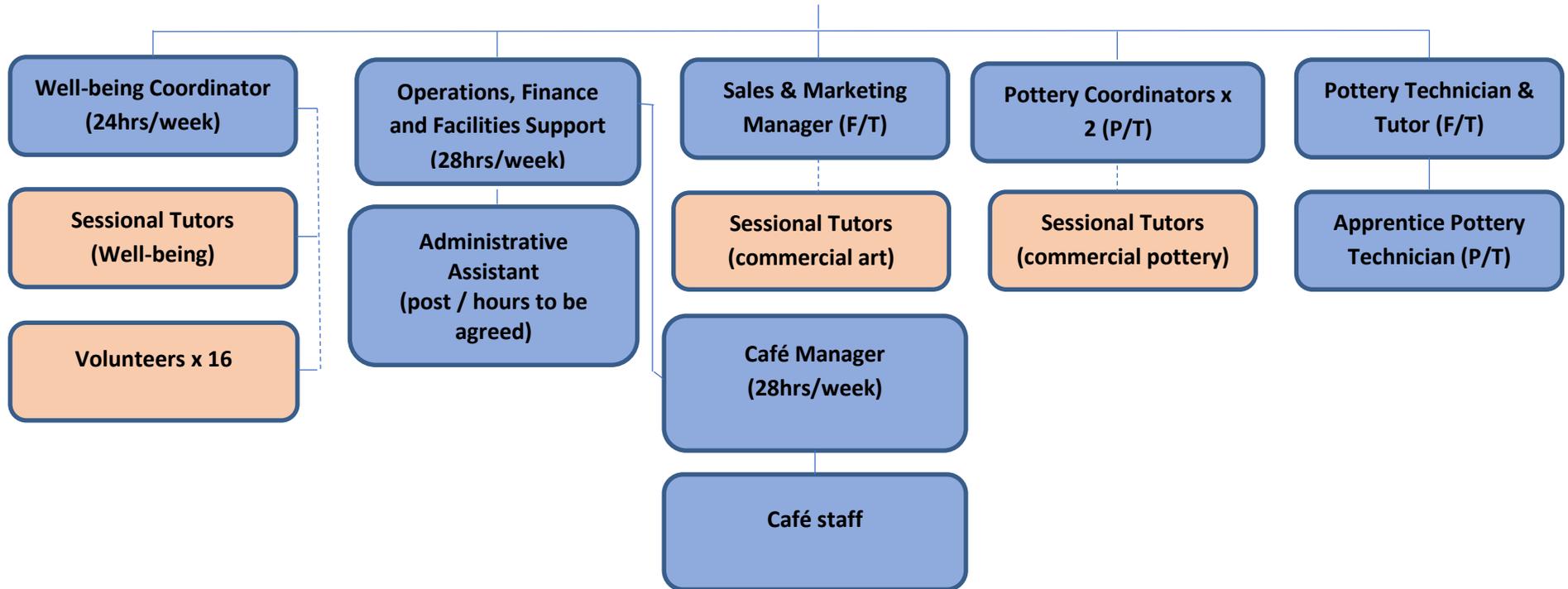
The Art House at St Matthew's

The Art House opened to the public in August 2015 after a £1.5m refurbishment. The bespoke facilities based in Sheffield City centre houses an impressive community pottery and art studio, exhibition space and a vibrant community café - The Tea Studio. Its vision is to create and find hidden artists from marginalised groups and to enable people from all backgrounds to develop their ability and enjoyment, perhaps for the first time. This is a unique project, operating as a social enterprise, working with vulnerable people and those who have mental health difficulties.

The guiding philosophy of the work of the Art House is that participation in creative arts brings improved health outcomes and an increased sense of well-being as students learn new skills, develop their creativity and meet up with other individuals with a similar interest. We work routinely with over 100 wellbeing students and on top of this regular figure we have hosted numerous other activities for a huge range of people with various needs.

The Art House is run by passionate and enterprising practitioners, with a strong focus on discovering creativity and healing rather than on diagnosis. Income generated from the commercial art and pottery classes and workshops contributes to the sustainability of the charity and means that the Art House can deliver a programme of well-being activities to support marginalised groups. Each academic term we typically work with over 200 students who attend our commercial classes. In addition to this number the Art House also runs a programme of special events throughout the year and has delivered pottery sessions for Home Educated children and recently introduced an art class specifically for teenagers. Further income is generated from hiring out exhibition space and rooms in the building. We partner with many different agencies including WEA who typically run eight adult education places each term from the Art House.

Proposed new staffing structure from the Summer 2019



Working for the Art House

Quotes from staff who wanted to share their views about working for the Art House:

"I love the Art House for its innovative team, its beautiful environment and the creativity that myself and everyone with mental health needs are able to express whilst being there."

"The best thing about working in the Art House is the difficulty: It is an environment which demands critical and creative thinking to solve completely new and unexpected challenges, repeatedly, within a single day. And this is just on the commercial side. Working in such a small, interdependent team means every single member is responsible for harbouring a compassionate and enthusiastic approach, even when it can feel most difficult. In exercising these skills in this environment, we have the unique opportunity to benefit mutually from the delivery of the Art House's mission to others."

"I enjoy working for the art house pottery because of my love of working with people, clay and my commitment to mental health. The art house has been managed very successfully through compassion, understanding and a true support of the needs that arise within a creative complex environment."

"It's very difficult to put into words something so unique but the arthouse is a very special place to be and our art house team/ family is an amazing one to be part of!"

"I love the team - (we all have the specific skills necessary for our job, but we also share the same ideology of a space that is welcoming for everyone and that creativity helps you achieve or maintain good mental health. We are all supportive of each other, and I love this."

I love that our cafe has become a busy, lovely social space catering to many specialist diets and with lots of home-baking.

I love our exhibition spaces and that we use these to establish links with potential partners (Sheffield University/Off the Shelf/Hallam University/Drink Wise Agewell/Heeley City Farm/etc) as well as supporting our own students and being an affordable city centre venue for anyone to exhibit their art.

I love that we have a growing status. People know about us, why we are here and what we do. I love that users with similar principles come to us now to hire our spaces.

I love that whilst we are not a religious charity, we are advocates of St Matthew's Church and vice versa (I am hopeful that we can do more joint events in the future). I love that if Church is locked but we have someone wanting to quietly pray, we can let them in and talk to them about St Matthew's and give them points of contact.

I love the creative, welcoming environment.

I love that we are really accessible.

I love the feedback we get. (From students from our well-being classes, our commercial classes, our cafe, our spaces our exhibitions hirers and exhibition visitors) Often daily we get comments about how we are affecting people's lives in a positive way, and how much such a space is valued."

The Art House at St Matthew's

Aims

To help people with mental health difficulties make the transition into mainstream society equipped with the skills and networks necessary for a meaningful and hope-filled life. This is achieved by delivering pottery and art classes in a beautiful facility which is shared with the general-public. The shared activities create a non-stigmatising and asset-based approach to mental health.

Approach and Service Model

Our approach and service model, is based on the following principles:

- We take an asset-based approach by building on an individual's existing skills and abilities;
- We deliver our work within a non-stigmatised space;
- We support the development of individual progression;
- Service user involvement/co-production is central to our philosophy;
- We work on a financial model based on the dual aspect of both being a charity, working with vulnerable individuals, whilst wishing to become as financially self-reliant as possible by developing commercial income streams.

Key Achievements

- The Art House is now coming up to its fourth year of operating as a Social Enterprise.
- In November 2017 we were informed that we had been successful in securing grant funding from the National Lottery Community Fund to consolidate and further develop our work with people with mental health issues, over a three-year funding period, from January 2018, setting the team ambitious targets.
- We secured a post-graduate student placement, from Sheffield Hallam University, to undertake research into the health benefits of involvement in the creative arts that we hope will lead to publication in recognised academic journals.
- During 2017 we implemented an outcomes monitoring tool in order to evidence health and well-being improvements of students in our well-being groups.
- The Art House received the Social Enterprise Yorkshire & Humberside Social Investment Award for 2016.

Description of Current Activities

a) Well-being art and pottery classes

The Art House currently runs six well-being activities/groups each week, supporting approximately 125 adults with on-going mental health difficulties, during the course of a year. Each week individuals can pursue their interest in art and/or pottery.

Students work at their own pace on individual projects or work with other students on group projects.

These sessions are supervised by Art House staff working with trained volunteers who help to ensure a supportive environment.

The National Lottery funding has allowed us to develop our “stepping stone classes” as a further progression route for students who have been attending the well-being groups. We have successfully held four of these new classes during the year which run for six weeks each. The classes offer students an opportunity to access more structured and curriculum-based learning (more similar to our commercial classes), focussing on a specific art project or skills development.

b) Commercial pottery studio

The Art House pottery studios are well equipped with 18 pottery wheels, a spray booth, dedicated glaze room and seven kilns. The studios are managed by the pottery staff team alongside a small group of sessional tutors to ensure the appropriate complement of technical skills to deliver the range of commercial classes we currently offer.

In addition, the pottery studio has a team of dedicated volunteers, who help with the various tasks associated maintaining the pottery.

During term times we typically run 18 commercial classes each week as well as a range of weekend workshops. The demand for commercial courses has remained high since our opening, particularly the pottery throwing classes, with typically 90% of places being sold.

For more advanced students we offer Open Studio a membership scheme that allows access to flexible studio time. The membership has now reached full capacity of 50 members.

During school holidays, when we have no commercial classes running, we have introduced family activities (art or pottery) at reduced prices to encourage access from all sections of the local community.

c) Commercial art classes

The Art House has one dedicated art studio (and the occasional use of the exhibition room) used for a variety of art classes, typically drawing, life drawing, fabric printing and various painting courses. Classes are delivered by sessional tutors. We typically run 18 commercial classes each week during the term time as well as a range of weekend workshops.

As with the pottery studio during the school holidays we have introduced a range of affordable family activities to engage children and young people with the creative arts and help to raise awareness about the Art House.

d) Exhibition space

During the last 12 months we have been successful in hiring the exhibition spaces to a wide variety of individuals and organisations, including:

- Art exhibitions and festivals,
- Larger organisations looking to raise awareness about a specific issue through the use of artwork,
- Small local charities requiring display space to advertise their current projects.

We have also established a dedicated small gallery space to allow individual students/project beneficiaries to exhibit their work. Individuals are supported to plan for the exhibition, explore different options for displaying work, and provide an artist's statement and an opportunity for an exhibition preview for friends and family. We are currently preparing for an exhibition (summer 2019) featuring a variety of artwork from the project beneficiaries. It is intended to use this event as a mechanism to encourage referral agencies to find out the latest information about what the Art House offers for their client group and hopefully highlight the evidence base regarding the benefits of various creative activities in terms of managing mental health conditions and well-being.

e) Tea Studio Café

The Tea Studio Café provides a welcoming front of house experience and a social hub for all visitors to the building. Over the last 12 months a significant amount of work has been completed by the café team to develop the vegetarian menu further and to cater for vegans and individuals with dietary needs, such as gluten free options. The café has recently extended its opening hours, opening an hour earlier in the morning from 10am to provide refreshments to the students attending the first classes of the day, which has proved extremely popular.

f) Volunteers

The development of the Art House has been heavily reliant on the skills, generosity and commitment of our group of loyal volunteers. Our team of around 16 dedicated volunteers help with various tasks associated with maintaining the pottery studios, including the daily cleaning tasks, support to well-being classes, clay recycling etc.

The development of other roles, such as classroom assistants for the art studio, café assistants, social media assistants and "meet and greet" volunteers (who deal with enquiries from the variety of visitors using the building) have helped provide additional team capacity, complementary to the staff group, that has enabled the Art House to operate more efficiently and bring on stream new developments.

The volunteer roles provide a progression route for a number of individuals who attend the well-being groups and who want to be more regularly involved in the Art House and its development.

Marketing

Since opening we have developed a low-cost marketing strategy to advertise our commercial classes and workshops as well as raising awareness of the Art House and our charitable mission. This approach includes:

- A summary leaflet describing the range of available courses and directs people to the website for up-to-date information.
- The Art House website that details forthcoming courses and enables people to book their place on line as well as advertising bespoke booking options.
- An increasing use of social media, including paid Facebook advertisements.
- Participating in relevant city-wide events and festivals, Occasional paid advertisements in local magazines.

This approach has had significant success and has enabled us, over the last 12 months, to successfully increase the range of commercial art and pottery classes being offered.

Service User Engagement

The Art House originated from extensive consultation with user-led groups, carers and mental health professionals in Sheffield. Their views shaped the design of the building and gave us the insights which led us to an asset-based approach to our work which focusses on skills development rather than mental illness.

Since opening the needs and voices of our beneficiaries continue to be central to the way we work:

- We engage in regular consultation with beneficiaries using focus groups and one to one interviews to discover the elements of the project that are most important to them.
- Ongoing informal consultation within well-being groups to ensure that the pace of learning matches the aspirations and abilities of the beneficiaries.

The National Lottery funding our well-being work has allowed us to invest further resources into this key area of work. In particular, we intend to establish a steering group associated with the development of the stepping stones classes which will, in turn, provide the potential for the group to develop into an advisory capacity for the Board of Trustees.

Strategic Partnerships

Partnership with other agencies in the mental health field has always been an integral part of our vision for the Art House. We are a member of Sheffield's Mental Health Partnership Network (of third sector mental health agencies) and continue to seek opportunities for closer working with agencies such as Sheffield Mind, Mencap, Asperger's Society, Alzheimer's Society and Sheffield Carer's Centre.

Where possible we engage with local consultation meetings with Sheffield Health and Social Care Trust regarding the development of the mental health strategy and have previously taken part in peer reviews and short-listing of mental health projects seeking access to statutory funding. A number of our students use personal budgets to access our classes and during 2018, in recognition of the National Lottery funding and establishing our recovery work on a firmer footing, contacted a variety of local referral agencies and ran a number of taster sessions with staff/their service users. This has helped to maintain and develop an effective referral network and ensure regular new referrals into the project.

Governance

The current Board of Trustees is made up of nine Directors from a variety of professional backgrounds, including public, private, health and faith sectors.

Trustees currently hold their full Board meetings every other month and have introduced a programme of work plans for the Board and sub-committees. The two sub committees, Human Resources and Finance meeting more regularly to ensure specific work areas can be progressed in-between the full Board meetings.

Evaluation

Since January 2017 we have spent considerable time introducing our outcomes monitoring system. Based on the Short 7-item version of the Warwick-Edinburgh Mental Well-Being

Scale, to ensure we have a validated tool to capture our data, we have included additional questions associated with creativity and the student's feelings of "trust" (found from national research to be a key indicator of well-being and feelings of belonging) to provide a more tailored and relevant outcomes tool to our project.

In addition, we successfully commissioned a postgraduate research student from Sheffield Hallam University to undertake a research study on the benefits of art and creativity (summer 2017). In-depth interviews were carried out with eight clients of the Art House, many of these individuals had complex needs including a history of substance misuse and severe and enduring mental health issues. The results were published in 2018 with favourable findings for what the Art House was delivering. This approach has provided an additional independent evaluation on our work and the health benefits associated with the creative arts.

Summary of findings from the Wellbeing Research Study

Participants in the research indicated that art and pottery, as creative activities, are highly valued, with participants viewing the support and encouragement from others as being of great benefit to their social wellbeing. Feelings of acceptance and belonging were expressed, created by the non-stigmatising, high quality environment that the Art House provides. Crucial to this success are the highly skilled art and pottery workshop leaders, who understand how to promote engagement with creative activities through the cultivation of rapport and trust.

As a result, the Art House has enabled vulnerable people to feel more confident with dealing with everyday life, benefit from the positive affirmation and appreciation of others, develop social identity and sense of achievement, self-esteem and resilience.

The National Lottery Creative Arts and Pottery Supporting Mental Health Recovery Project – Annual Report (January 2018 – December 2019)

One of our success stories is provided below in a thank you from a project beneficiary who progressed to becoming a volunteer at the Art House and is now in paid employment:

"Thank you for giving me the opportunity to volunteer and consequently move on to paid employment. Thank you for allowing me to work there and help me gain valuable experience from such a lovely friendly working environment with real positive professional staff. Thank you for listening to me from walking into the building for the first time and being so considerate with my disability and difficulties with such diverse understanding staff. Thank you for the tasks that I have learnt and the skills I gained which set me up for my future career path. The Art House has been an excellent valuable place to volunteer and I absolutely loved it".

You can read the full report on our website: www.arhousesheffield.co.uk