



FREEDOM
FOUNDATION

Danielle Brown
April 2022

**BESTWOOD
ESTATE
COMMUNITY
CENTRE**

BESTWOOD ESTATE COMMUNITY CENTRE



Freedom Foundation works to empower children and young people by using singing, songwriting and dance to help them express their emotions and boost their mental health. We believe that all young people have the potential to thrive and through the creative arts they can explore their identity, celebrate diversity and harness their individuality.

Freedom Foundation brought their Freedom Factory programme to Bestwood Estate Community Centre in January 2022. This was made possible with our funding received from Children In Need. Our aim was to use the programme to work with the students to help them with positive mental health whilst learning the arts - singing, dancing, music and song writing.

Our experienced team of dancers and singers/songwriters delivered the sessions each week with a group of x15 students. This was delivered face to face as a community project. Throughout the programme you could see amazing differences in the students as we helped to educate, instil confidence and support them emotionally over the x11 week period. 47% of the students attended all sessions.

OUR PARTNERS



Freedom Foundation would like to extend our thanks to our delivery partners, who helped us to make the Freedom Factory a success for children aged 9 - 11 years in the Nottinghamshire area.



Freedom Factory

SNAPSHOTS



**x11 week
program**

x15 students

**X16.5 hours
Delivery**

x2

Facilitators

DEMOGRAPHICS

80% Girls

20% Boys

47% Attended
all Sessions



AIMS

IMPROVE CONFIDENCE

**UNDERSTAND THE EFFECTS OF SOCIAL MEDIA
ON OUR MENTAL HEALTH**

**IMPROVE
SELF WORTH**

**UNDERSTAND THE IMPORTANCE OF ACCEPTING
THE DIFFERENCES IN OTHERS**

TOPICS EXPLORED

ACCEPTANCE

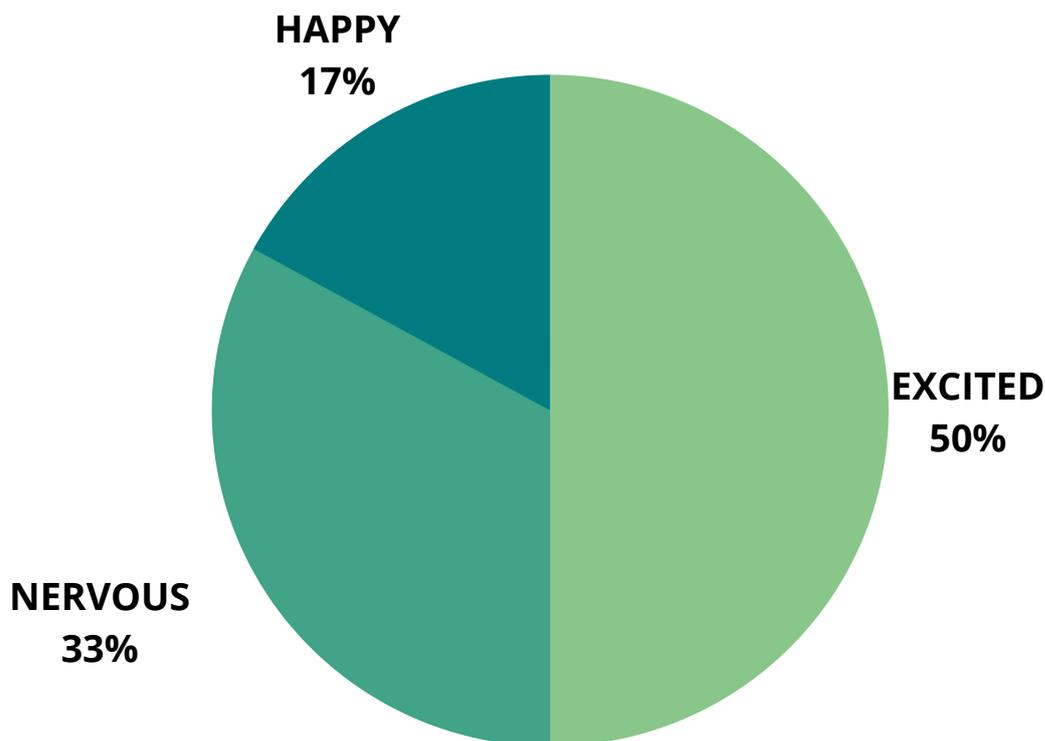
SELF WORTH

SOCIAL MEDIA

**RECOGNISING THE SIGNS OF
ANXIETY & HOW WE CAN COPE**

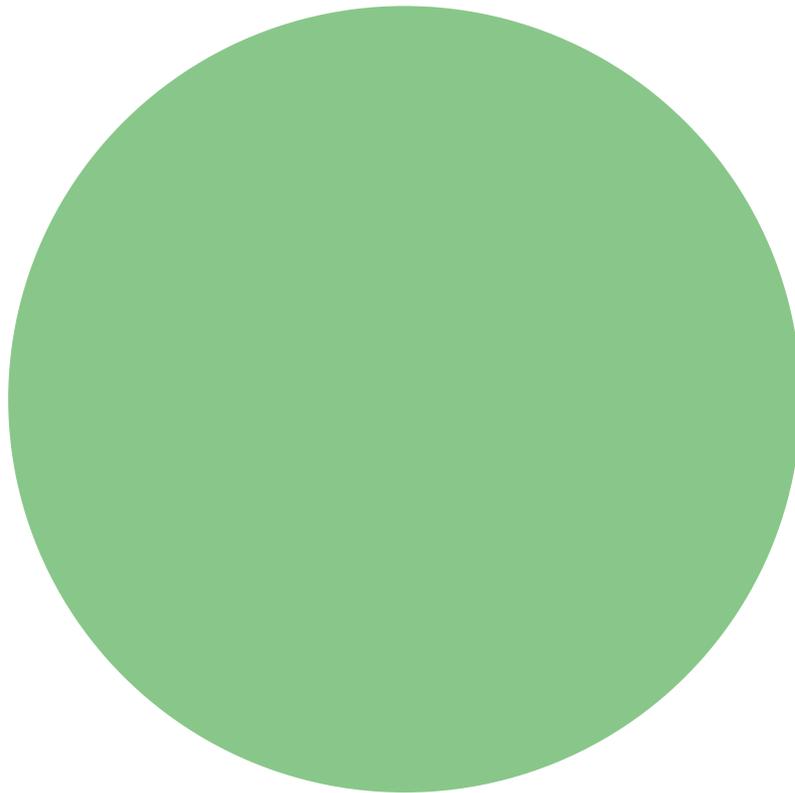
IMPORTANCE OF KINDNESS

How do you feel about joining the Freedom Factory?



The following questions were asked before Freedom Factory started

Do you enjoy sports?



YES
100%

SONG & DANCE

8%

**OF THE STUDENTS HAD
NOT DANCED BEFORE**

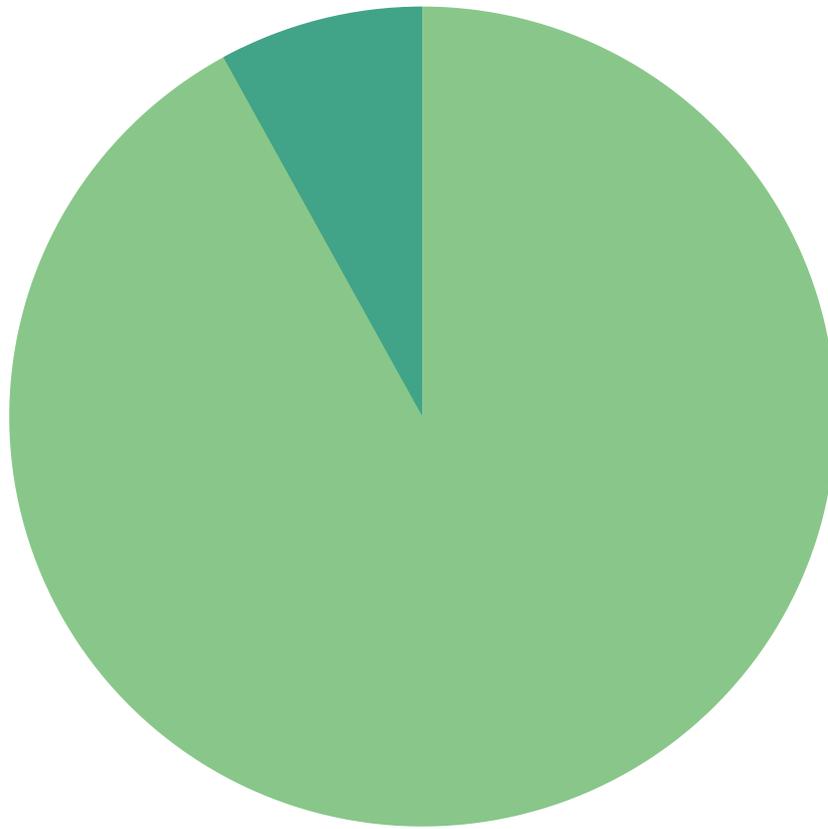
38%

**OF THE STUDENTS SAID
THEY ENJOYED THE
DANCING THE MOST**

Do you use social media?

NO

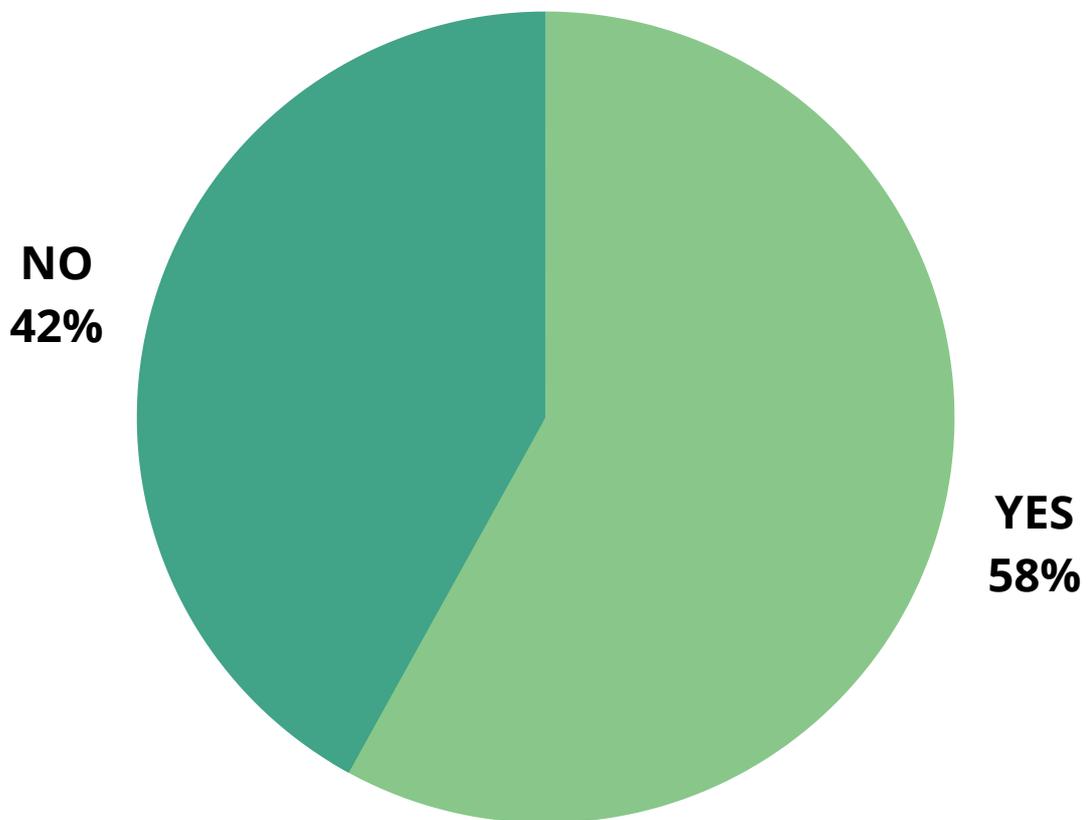
8%



YES

92%

Have you ever felt unsafe online?



**Here's what we got
up to at the
Freedom Factory!**

How do we see ourselves?

Looking at who we are and learning to accept ourselves whilst understanding that it's ok to be different. We had a discussion led exercise that helps explore emotions and how we really feel about ourselves both in reality and online. Most of the students found it more difficult to say something nice about themselves than something they didn't.

We discussed the importance of speaking positively to not just others but ourselves. Owning your own identity and taking charge of 'who' and how we speak to ourselves really does impact on our mind - the group realized this with some of the tasks and tools we set out with them.

Most students got involved with sharing their likes on the first week and even recorded videos of what they liked about their friend. They really enjoyed this task and said it made them feel 'empowered' 'happy' and 'good about themselves'.



Releasing Emotions

Through discussions and writing tasks the students were able to express how they felt about themselves. Some found this difficult and it was clear that some faced low self esteem. We spoke about the use of positive language and how it impacts on our mind. The students understood the importance of this and enjoyed using affirmations as a way to empower themselves and start their day in a positive way.

100%

said that Freedom Factory had helped them to write down their emotions!

By week 5 confidence had grown a lot, many were active in the discussions and took part well with others,

In week 10 there was massive improvement all round with their singing, they were now listening to one another and working together as a group showing emotion and character!

By the final week you could see throughout how releasing their emotions had impacted positively on their mood. One student cried after the performance and said 'I did it', it was very emotional to see how proud she was of herself, and witness the growth of this young student!

Social Media

Every topic tackled was connected to social media. It's easy to see with the discussions we've had how social media impacts their everyday life and thoughts about themselves.

50% HAVE TIK TOK - SNAPCHAT & YOUTUBE

67% HAVE WHATSAPP

During discussion it was clear they understood how using filters can affect their self esteem/self worth. We were able to explore the positives of social media and talk through how to have a healthy use. They also understood the importance of being safe online. 4 out of 9 students said they spend 9 hours a day on their phones!

AT THE END OF THE PROGRAMME.....

100% OF THE STUDENTS SAID THEY UNDERSTOOD HOW THEY CAN BE SAFE ONLINE



Singing & Songwriting

Students learned how to structure a rap/song, using their own emotions and thoughts around the topic of acceptance.

Quite a few were worried about the song writing process and didn't feel they could do it; however with some encouragement they all managed to create great pieces of work.



Students were also taught a familiar song, learning professional vocal techniques, lines and how to sing in different keys working together as a group.

They were quite nervous about this at first, but soon showed improvement and support to one another with the support of our Freedom Factory Singing teacher. In week 10 they really came out of their shells showing some great energy and you could feel the enjoyment from them whilst performing.

Street Dance

Working towards an end of programme performance both learning steps and creating their own choreography in groups, along with creative tasks and solos whilst supporting one another and boosting each other's confidence weekly.

38%

**OF THE STUDENTS ENJOYED THIS
PART OF THE PROGRAMME THE
MOST!**



Freedom Foundation Methods

Freedom Factory includes some of Freedom Foundations unique practices for students to explore themselves and their emotions.

4M COPING STRATAGY

BREATHING TECHNIQUES

RAINBOW CHART



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4M Coping Strategy

Motivational Music for Mood and Mindset. Through an understanding of the impact music can have on our mental state of mind, we equip young people with the tools to develop their creative thinking to influence their outlook on life. The 4M coping strategy is a method that has been tried and tested by Stacey Green (co founder) on a number of students in various settings (including a special needs school) over the past few years and has proven to have a positive impact on children and young people who may or may not suffer with anxieties.



The students really enjoyed this and most agreed they would use music as a way to impact their mood positively.

Breathing Techniques

Demonstrated for those who suffer with anxiety as a tool to help them change their mindset and mood and learn to take control of their emotions in difficult situations.

The group took this task very seriously and had real focus throughout which was fantastic to see.

We teach the students this as another way to cope with anxiety or the stresses of everyday life.

Students said they already know some breathing exercises and it really helped them relax.



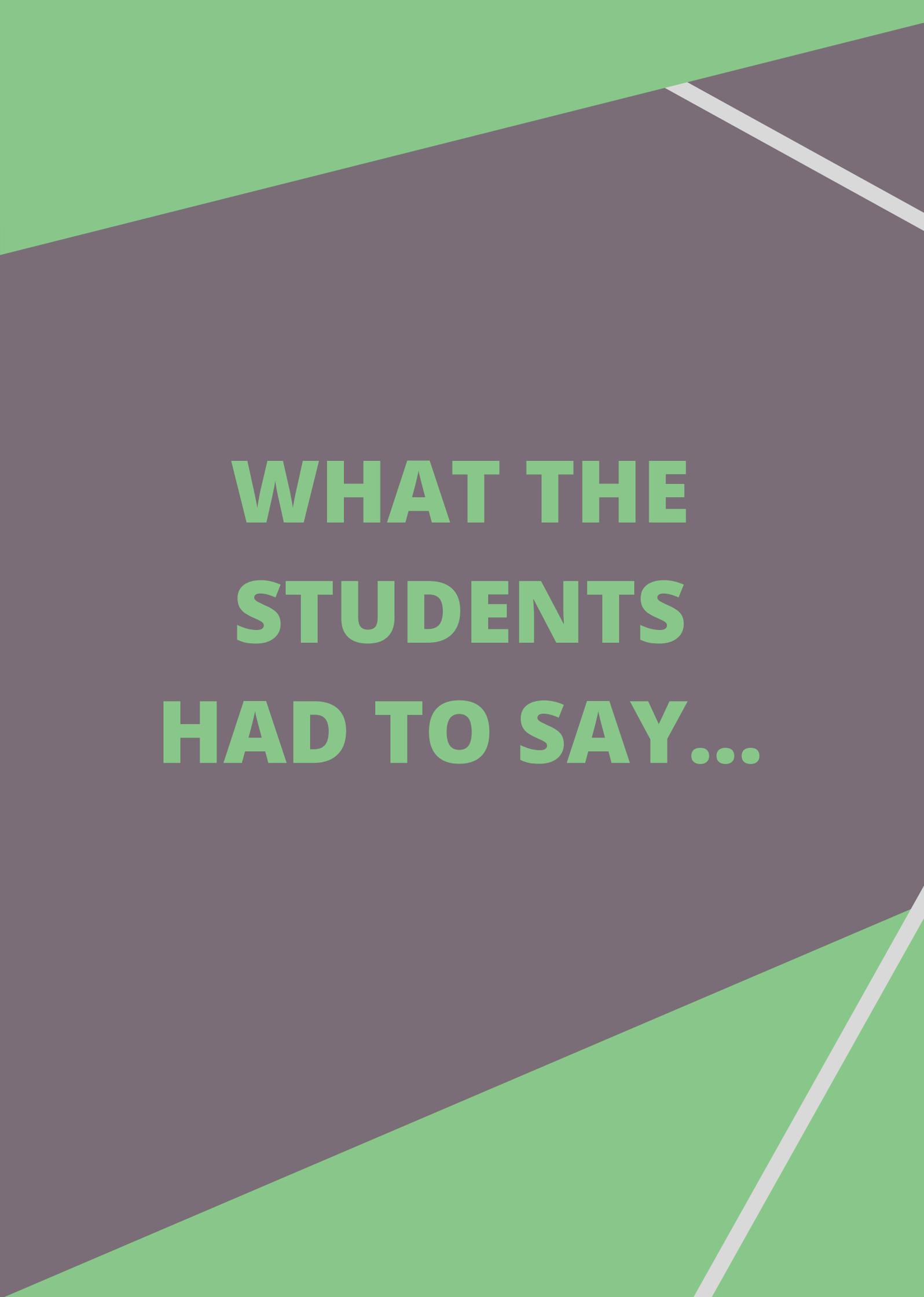
Rainbow Chart

A chart with emotions ranging from happy, sad, frustrated, angry - the children write their initials at the start and the end of the session. This enables discussion that it is o.k to feel different emotions and we can move around emotions, it helps them understand it is o.k to feel sad or angry and teaches them tools to get them out of that space.

HERE'S HOW THE STUDENTS FELT AFTER OUR SESSIONS....

Week 7 - 100% left feeling happy or inspired.
Week 10 - 90% left feeling happy - some were nervous about the following weeks sharing





**WHAT THE
STUDENTS
HAD TO SAY...**

SKILLS

87%

ENJOYED FREEDOM
FACTORY

75%

SAID IT HELPED
IMPROVE THEIR
CONFIDENCE

100%

LEARNT NEW SKILLS

EXPERIENCE



"I AM UNSTOPABLE"

"I AM HELPFUL"

"BELIEVE IN YOURSELF"

"I AM UNIQUE"

STUDENTS WORK & SESSION CONTENT.....



HERE'S WHAT OUR CASE STUDIES SAID....

"What do you think Freedom Factory has helped with?"

"Freedom Factory has helped to express my emotions"

"I loved the positive affirmations"

"Freedom Factory has helped with my emotions - I liked everything"



Thank You

TO ALL OF OUR
STAFF AND
DELIVERY PARTNERS



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