



FREEDOM
FOUNDATION

Danielle Brown
August 2022

**BRENDON
LAWRENCE
SPORTS
CENTRE**

BRENDON LAWRENCE



Freedom Foundation works to empower children and young people by using singing, song writing and dance to improve their physical and 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 Brendon Lawrence Sport Centre in May 2022. This was made possible with our funding received from The Renewal Trust. 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 facilitators delivered the sessions each week with a group of x14 different students. This was delivered face to face as part of a community project after school hours. Throughout the programme you could see amazing differences in the students as we helped to educate, instil confidence and support them emotionally over the x12 week period (only x10 were delivered due to cancellations).

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 8 - 9 years in the Nottinghamshire area.



Freedom Factory

SNAPS HOT



**x12 week
programme**

x14 students

**X18 hours
Delivery**

**x2
Facilitators**

DEMOGRAPHICS

83% Girls
17% Boys

**44% Attended
all of the
Sessions**

Ethnicity:-
Black- 50%
White - 21%
Polish - 7%
Unknown - 22%



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

"WHO AM I"

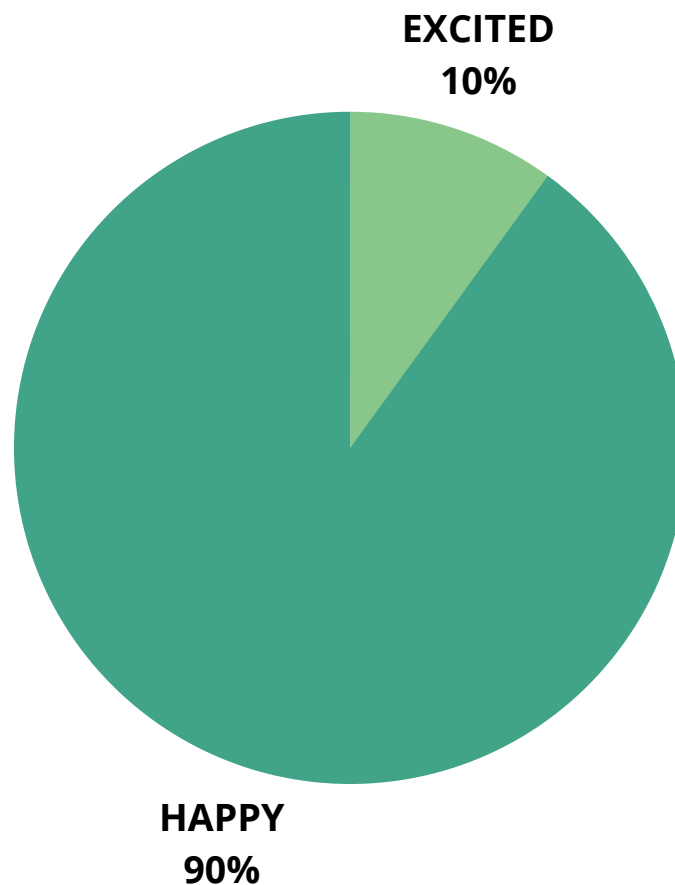
ACCEPTANCE/SELF WORTH

SOCIAL MEDIA

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

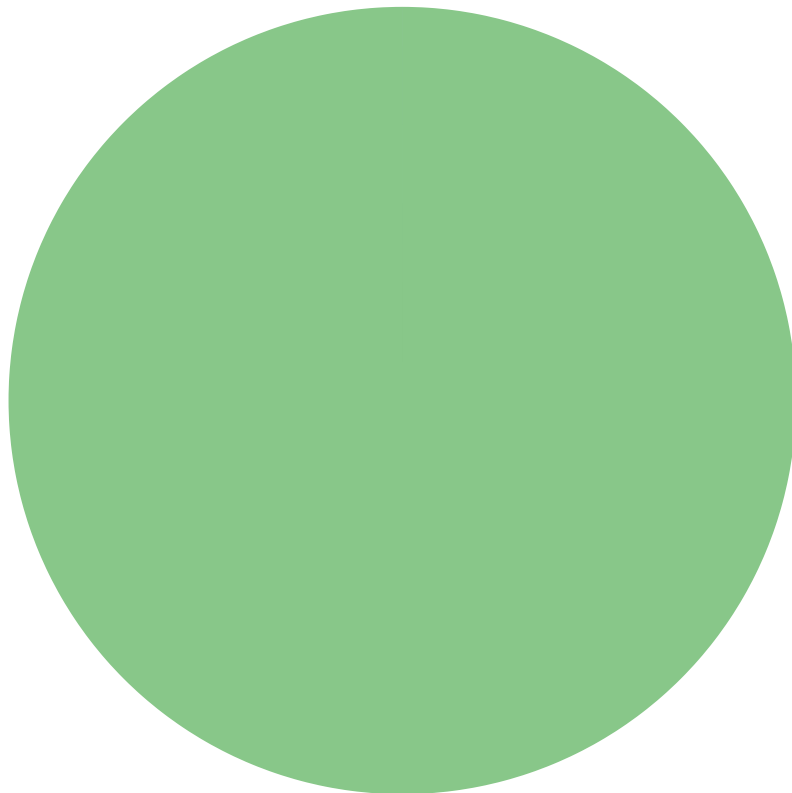
IMPORTANCE OF KINDNESS

How do you feel about joining the Freedom Factory?



The following questions were asked before Freedom Factory started

Do you play sports?



YES
100%

SONG & DANCE

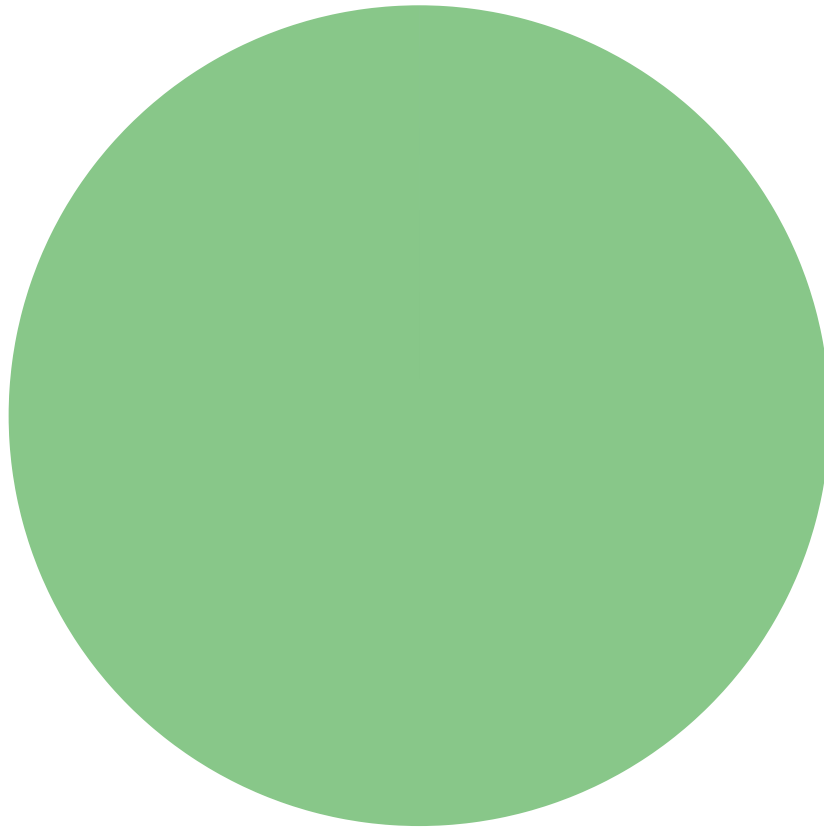
100%

**OF THE STUDENTS HAD
DANCED BEFORE**

100%

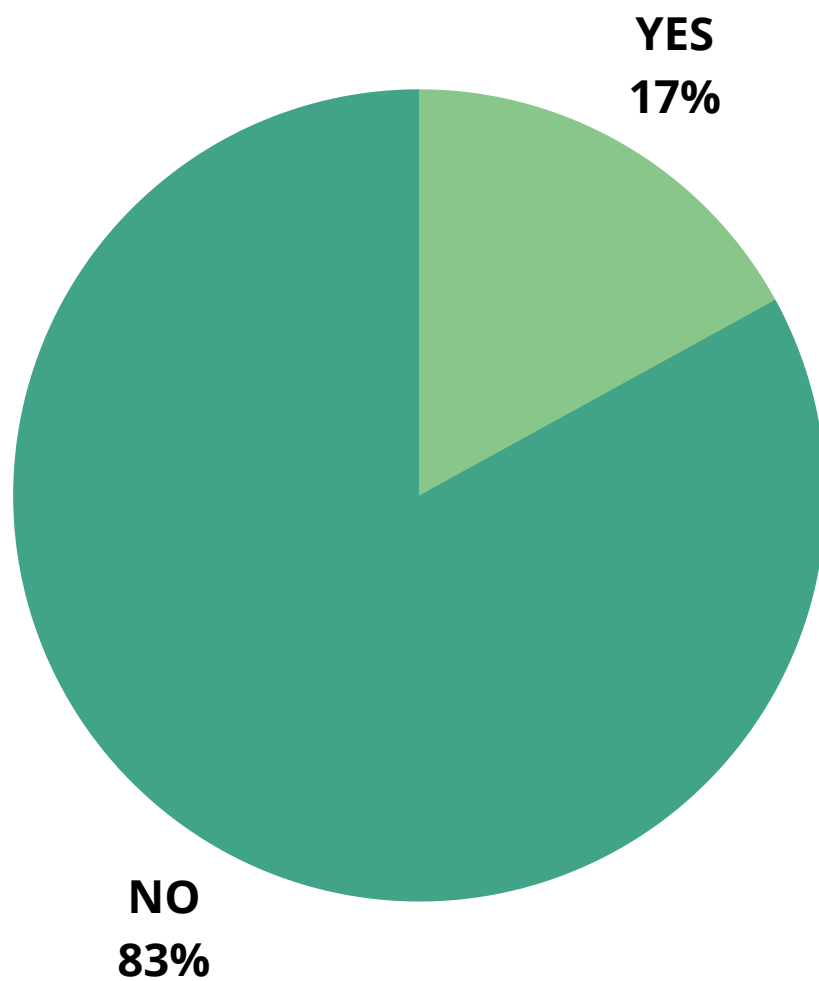
**OF THE STUDENTS SAID
THEY ENJOYED THE
DANCING SINGING AND
SONGWRITING
EQUALLY**


Do you use social media?



**YES
100%**

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.

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 produced some amazing content with their 'I Am' task which became part of their end of program performance. Most students said lots of positive things about who they are and were able to speak about themselves in a positive way.



During the 'I am' exercise students said they were.....

**'Worthy - kind -
Creative - Beautiful'**

Releasing Emotions

Through discussions and writing tasks the students were able to express how they felt about themselves. Some found this difficult and needed a lot of direction and help with their hand writing. 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 they would continue to use song writing and dancing as a way to release how they feel.

In week 5 x2 new students joined us and created an amazing song writing piece, they understood and responded well to the rhyming task showing off their talents.

In week 7 the students learned how music can impact positively on our mood by taking part in our 4M task. They were able to share and discuss their emotions and differences in emotion with each song.

One student was really shy when ever she didn't have the support of her friend there, it was really difficult to get her to engage in these particular sessions, however we did praise and encourage her which you could see really helped improve her self esteem. This student went on to perform confidently in front of others and 'believe' in herself whilst having fun singing and dancing.

Social Media

Teaching and understanding the effects of social media is so important, at the Freedom Factory we discuss the impacts on our mental health and how we can use social media more safely. During our pro's and con's exercise, the students discovered more con's - helping to understand why it's important to have a healthy usage. The students said their parents monitor their daily usage and a couple even said they are not allowed on social media yet.

60%

USE YOUTUBE

60%

HAVE AN ACCOUNT ON TIK TOK

During discussion it was clear they understood how using negative comments online can effect others in the same way it would in person. We were able to explore the positives of social media and talk through how to have healthy usage. They also understood the importance of being safe online and when to take a break.

**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 'Who Am I'.

Quite a few were worried about the song writing process and didn't feel they could do it; however with some encouragement and familiar backing tracks 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 3 a student who didn't want to sing at all sung a solo part in the song 'we were so proud of her and what a beautiful voice she had'



Street Dance

Working towards a mid 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.

100%

OF THE STUDENTS ENJOYED THIS PART OF THE PROGRAMME THROUGHOUT!

MOODS WERE LIFTED AND THE STUDENTS ENERGY WAS TRULY FELT WHILST DELIVERING THIS PART OF THE SESSION!



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 headspace.

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

Week 2 - 100% left feeling happy or inspired
Week 10 - 100% left feeling happy





WHAT THE STUDENTS HAD TO SAY...

SKILLS

100%

ENJOYED FREEDOM
FACTORY

100%

SAID IT HELPED
IMPROVE THEIR
CONFIDENCE

100%

LEARNT NEW SKILLS

EXPERIENCE

73%

**WOULD
RECOMMEND
FREEDOM FACTORY**



"I AM AMAZING I AM BOLD"

"I AM KIND"

"I AM CREATIVE IN MY MIND"

"I AM UNIQUE"

STUDENTS WORK & SESSION CONTENT.....



**Click the link below to
view our video
montage of Brendon
Lawrence Sports
Centre**



<https://www.youtube.com/shorts/tEle9fhiEq8>

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

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

"Freedom Factory has helped improve my confidence"

"I've made new friends at the Freedom Factory"

Other students thoughts about Freedom Factory.....





Thank You

TO ALL OF OUR
STAFF AND
DELIVERY PARTNERS



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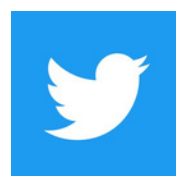
**Antenna 9a Beck Street
Nottingham NG1 1EQ**

0115 993 2370

info@freedomfoundationuk.org



@freedomfoundationuk



@FreedomFDN_UK



@freedomfoundation_uk