



FREEDOM
FOUNDATION

Danielle Brown
August 2022

**BROCKLEHIGH
COMMUNITY
CENTRE**

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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 Brocklehigh Community Centre in May 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 facilitators delivered the sessions each week with x3 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.

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

SNAPS HOT



**x12 week
programme**

x3 students

**X18 hours
Delivery**

**x2
Facilitators**

DEMOGRAPHICS

67% Girls
33% Boys

100% Attended
80% of the
sessions

Ethnicity:-
Unknown - 67%
Indian - 33%



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

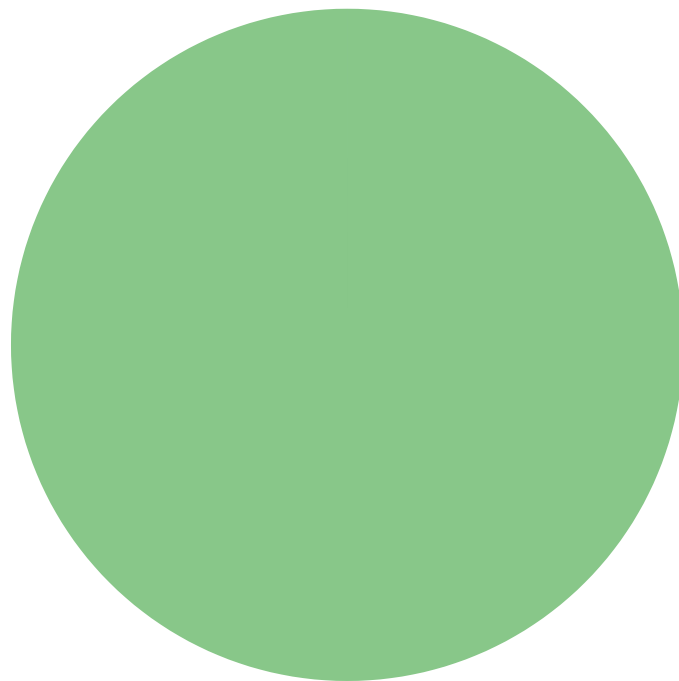
SOCIAL MEDIA

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

IMPORTANCE OF KINDNESS

THE QUEENS PLATINUM JUBILEE

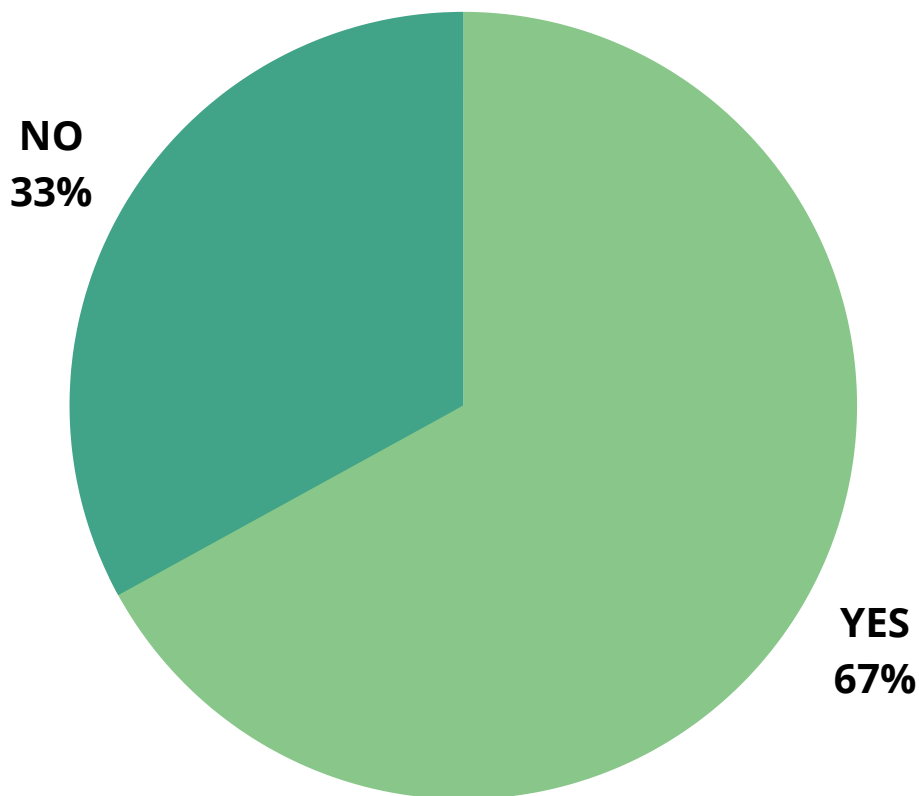
How do you feel about joining the Freedom Factory?



EXCITED
100%

The following questions were asked before Freedom Factory started

Do you play sports?



SONG & DANCE



67%

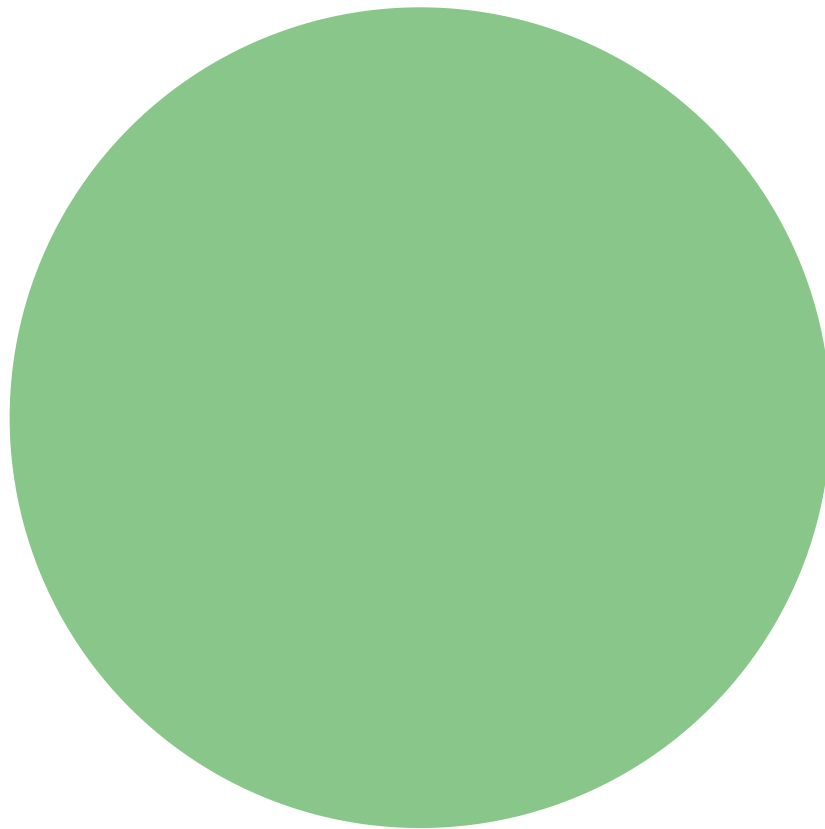
**OF THE STUDENTS HAD
DANCED BEFORE**



100%

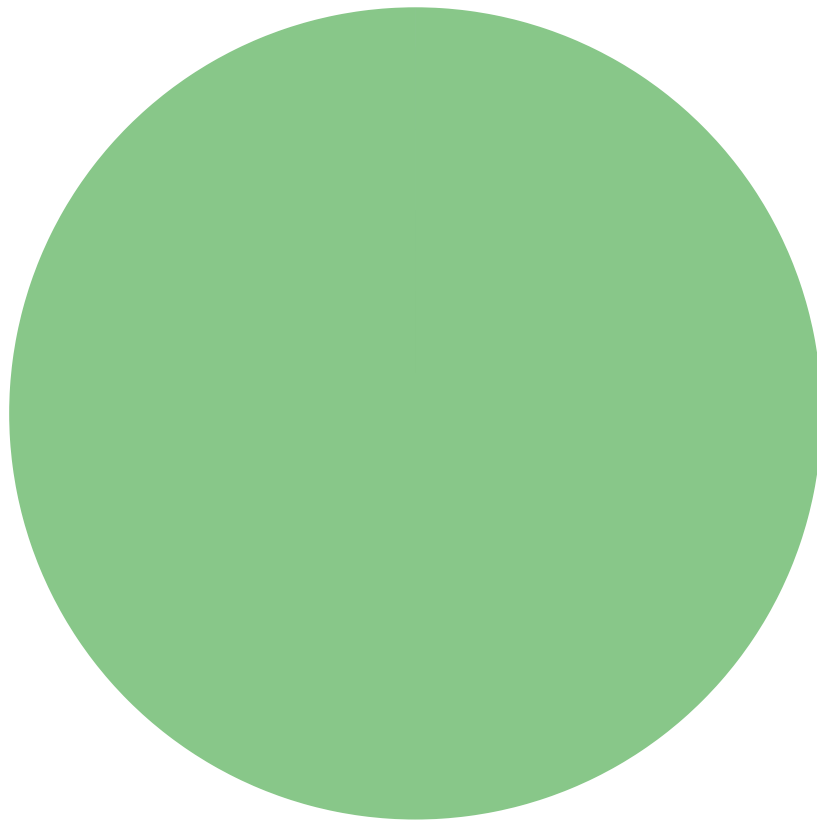
**OF THE STUDENTS SAID
THEY ENJOYED THE
DANCING THE MOST**

Do you use social media?




**YES
100%**

**Have you ever felt
unsafe online?**



**NO
100%**

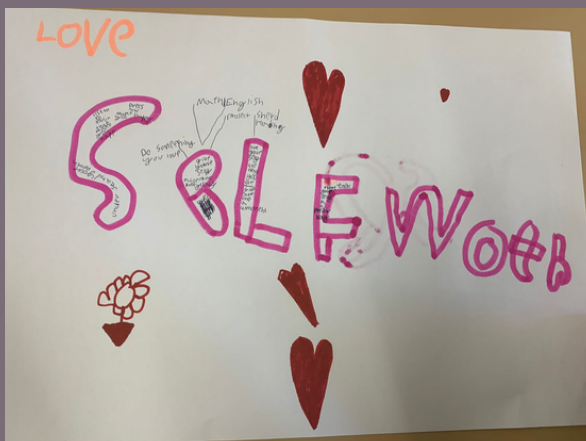


**Here's what we got
up to at the
Freedom Factory!**

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 starting with 6 key words to describe themselves. 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.....

'Love yourself'
'I am positive'
'I am Beautiful'
'I am funny'

Releasing Emotions

Through discussions and writing tasks the students were able to express how they felt about themselves. 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.

In week 6 we explored how confidence can help/hinder us, whilst helping the young people to understand the power of positive affirmations. As a group the students created their own affirmation.....

"I am confident, I am me, I am exactly who I am meant to be"

In week 3 the students were able to understand how music impacts on our mood and mind whilst taking part in our 4M coping strategy. They really enjoyed this task and learned which genres of music they respond to more positively. They were able to share and discuss their emotions and differences in emotion with each song.



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.

100%

USE TIK TOK

67%

HAVE AN ACCOUNT ON ROBLOX

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.



Singing & Songwriting

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

Some children already had song writing experience and wanted to take their books home so they could work on their songs/raps for the following week.

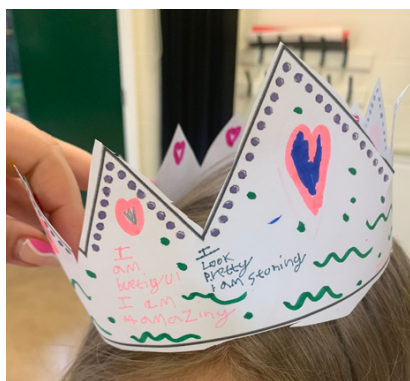
They were quite nervous about this at first, but soon showed improvement and support to one another with the support of our Freedom Factory singing teacher.

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



The Queens Platinum Jubilee

As celebrations took place all around the country we took some time to discuss, celebrate and create our very own crowns in celebration of the Queens Platinum Jubilee. The students enjoyed being creative whilst listening to Queen songs and writing positive affirmations on their crowns!



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.

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.



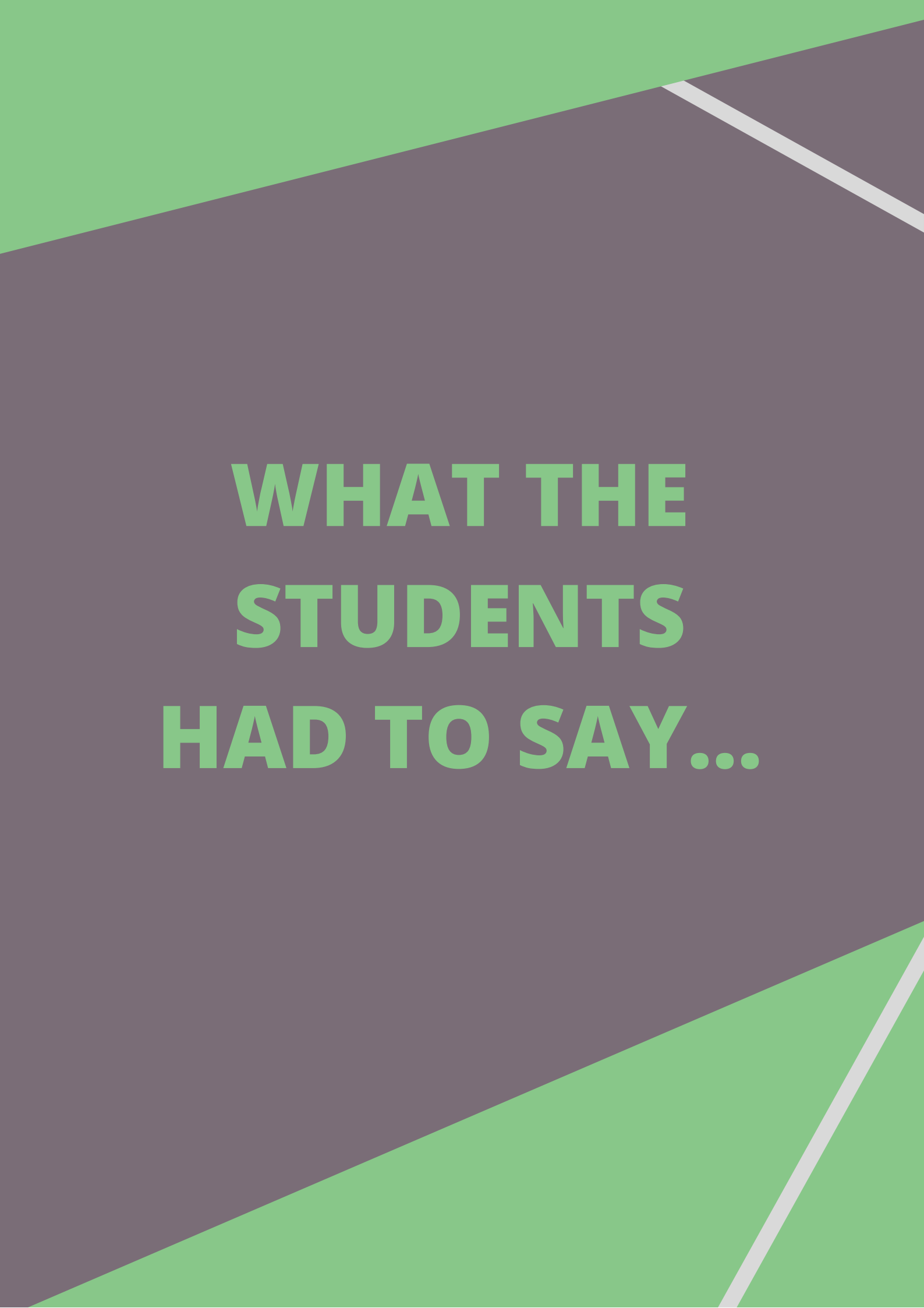
Rainbow Chart

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

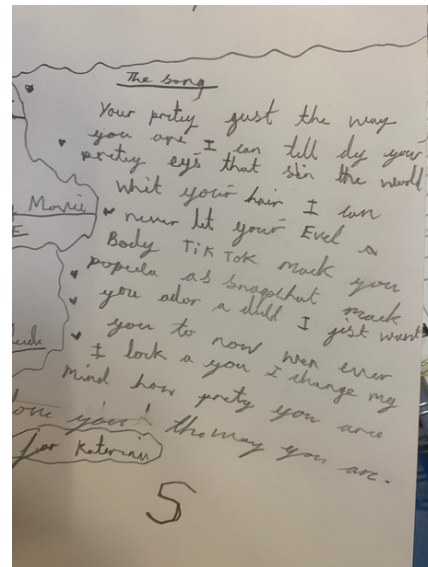
100%

SAID IT HELPED
IMPROVE THEIR
CONFIDENCE

100%

LEARNT NEW SKILLS

STUDENTS WORK & SESSION CONTENT.....



CASE STUDY!

X started the 1st session unsure of their abilities in dance, singing and songwriting , and ended up being a confident and strong performer. X had never danced before, but immediately found they had natural rhythm and found the confidence to go home and choreograph their own dances and show them in the sessions. They also found their love for turning their thoughts into songs and even bought a journal specifically for their songs. Over the weeks we saw X grow in confidence of not only their creative flare and performances, but also in being themselves.



Thank You

TO ALL OF OUR
STAFF AND
DELIVERY PARTNERS



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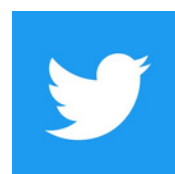
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