



FREEDOM  
FOUNDATION

**WILLOW FARM**  
JANUARY 2023



**FREEDOM  
FACTORY**

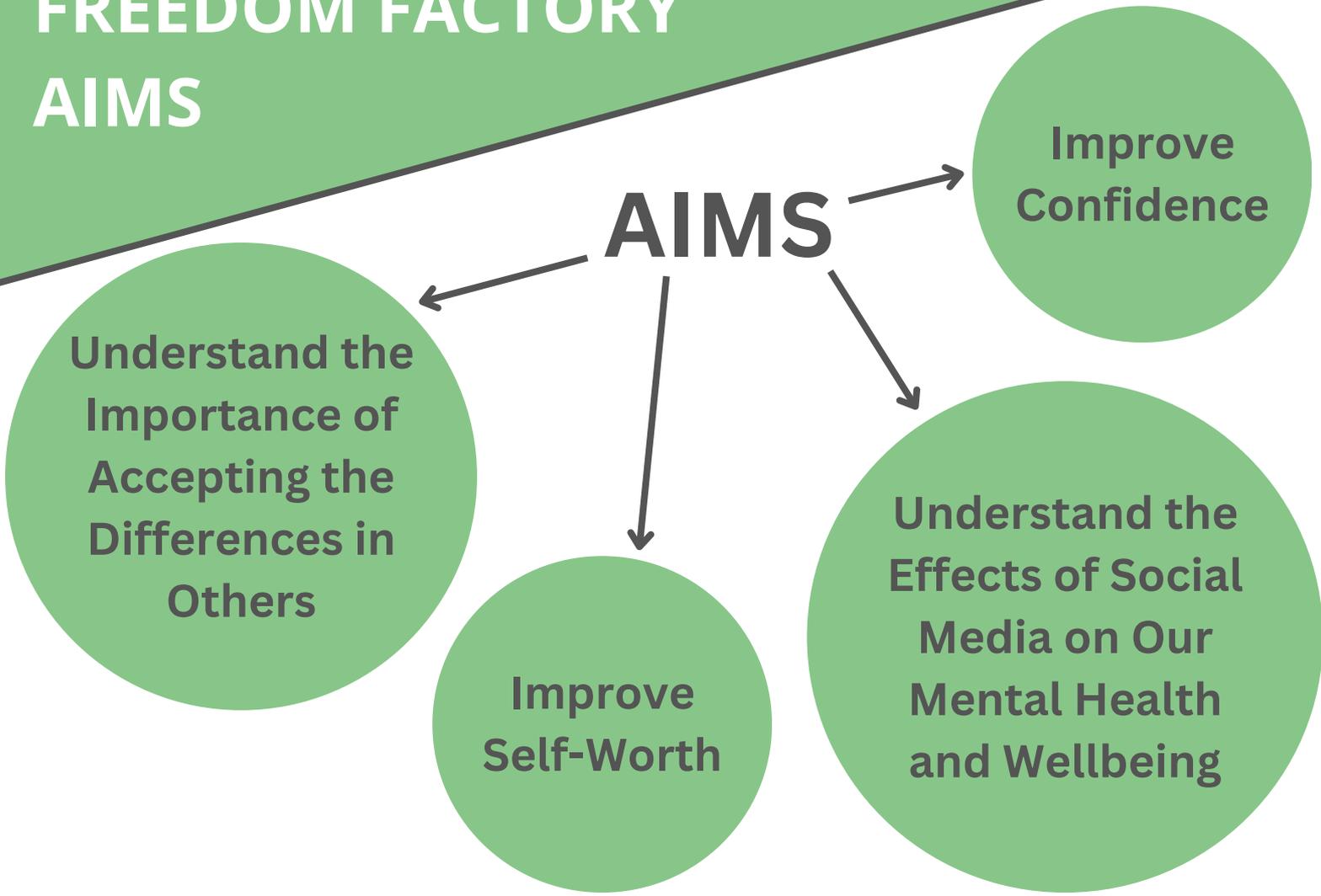
# FREEDOM FACTORY OVERVIEW



**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 also discuss the impact of social media and educate the young people on how to be safe online, promoting positive activity online, and available support guidance.**

**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 Willow Farm in September 2022 for 10 weeks; throughout the programme we could see amazing differences in the children as we helped to educate, instil confidence, and support them emotionally.**



## TOPICS EXPLORED

Acceptance

Self-Worth

Social Media

Recognising the Signs of Anxiety and Coping Mechanisms

Importance of Kindness



# FREEDOM FACTORY METHODS

Unique Freedom Foundation practices are utilised within Freedom Factory to enable children to explore themselves and their emotions

## 4M COPING STRATEGY

### Motivational Music for Mood and Mindset

Through having an understanding of how music can have an impact on our mental state of mind, we equip children with tools to develop their creative thinking and to subsequently 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 children in various settings (including special needs schools) over the past few years. It has proven to have a positive impact on children and young people who may or may not suffer with anxieties.

## BREATHING TECHNIQUES

Breathing techniques are demonstrated for those who suffer with anxiety. They are used as a tool to help the children to change their mindset and mood, and to learn how to take control of their emotions in difficult situations.

We teach the children that this is another way to cope with anxiety or the stresses of everyday life.

## RAINBOW CHART

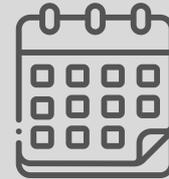
The Rainbow Chart is a chart with emotions ranging from happy, to sad, to frustrated, to angry. The children select how they are feeling and write their initials on these selected emotions at the beginning and end of each session.

Using the Rainbow Chart enables discussions towards how it is OK to feel different emotions and how we can manage these emotions. It helps the children to understand that it is OK to feel sad or angry, and it teaches them tools to get out of that headspace.





**30 Children Supported**



**10 Week Programme**



**15 Hours Of Delivery**



**2 Facilitators Utilised**



**87% Male  
12% Female**



**87% Aged 10  
13% Aged 11**

**Ethnicity:**  
82.6% White English  
4.3% White and Black African  
4.3% White  
4.3 White/Black Caribbean and Indian  
4.3% White Polish



# PRE-EVALUATION QUESTIONNAIRE

The children answered some questions prior to joining the Factory Programme... here is what they had to say

"Dance"

70%

"Swimming"

"Basketball"

Enjoy Playing Sports

"Football"

70%

Had Danced Before

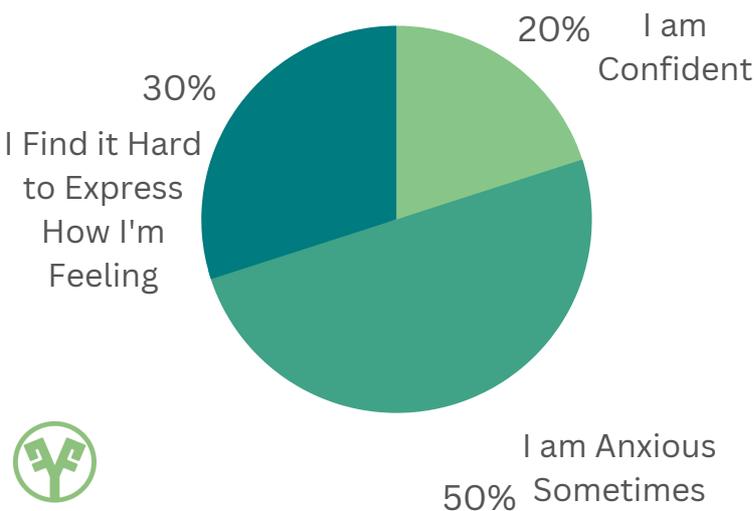
80%

Enjoy Singing

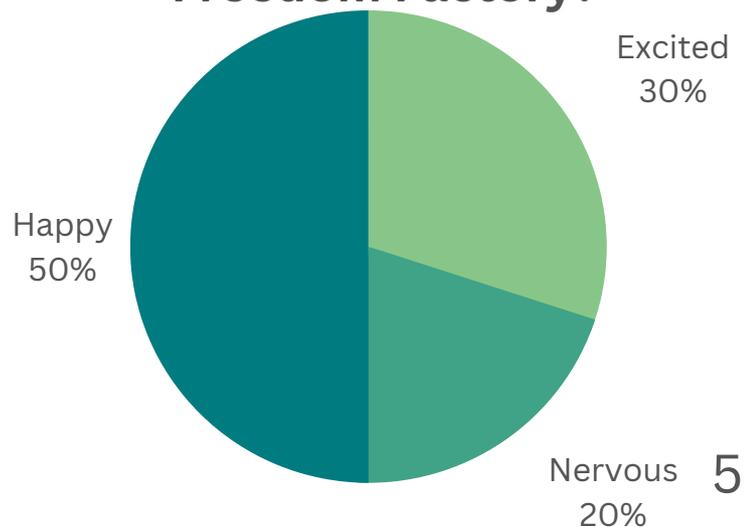
100%

Had Written a Song or Poem Before

## What Comment Best Describes You?



## How do You Feel about Joining Freedom Factory?



# WHAT WE GOT UP TO...

## AFFIRMATIONS + FF METHODS

### AFFIRMATIONS

Each session the children were asked if they knew what positive affirmations were and how using them instilled self-worth, belief, and confidence. The children were asked to stand tall and repeat a series of empowering affirmations, with music playing in the background. This increased the energy in the room and was a great way of enabling the children to feel good about themselves and that they could achieve anything if they just believed in themselves.

Already within week 2, the lead facilitator noted that the children were very positive in how they view themselves, however, they still looked at how they can improve the children's self-worth even more with using affirmations. It was also noted by this week that every child took a massive step in confidence, really pushing themselves. Children who previously struggled to say their name out loud felt confident enough to get up and shout their own affirmation to a beat.

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

"I am amazing, I am strong, my journey to the top will not take long!"

### FREEDOM FACTORY METHODS

#### 4M COPING STRATEGY

"The children found this exercise really interesting, they all came up with very different answers. The children were keen to do this activity again in the future." - Facilitator

#### BREATHING TECHNIQUES

Exploring various techniques, the children were taught how to slow their breathing down to release anxiety.



# WHAT WE GOT UP TO...

## SINGING & SONGWRITING

The children learned how to structure a song/rap using their own thoughts and emotions around the topic of acceptance. They were also taught a familiar song; learning professional vocal techniques, lines, and how to sing in different keys. They also learned how to work together to sing as a group.

"The children started off shy with the singing, but then they came alive once they got more comfortable and realised we just want them to try and it did not matter if they made a mistake. By week 2 some of the children were really keen to write their own raps and perform them. By week 5 they were writing songs in groups about their self-worth, using words on how they view themselves as inspiration."

Facilitator  
Notes

"The children felt confident enough to teach the facilitator some of their vocal warm ups as they all love singing and wanted to share this. The facilitator noted how the songwriting was definitely the biggest hit with this group and that their songs include some of the best lyrics they have heard! The children were really passionate about the singing and songwriting, and even asked if they could record their songs."

Facilitator  
Observations



# WHAT WE GOT UP TO...

## DANCING

One of the goals for the programme was to complete an end of programme performance; therefore, the children learned new dance steps and were also encouraged to create their own choreography. Creative tasks were completed individually and within groups where the children could support one another to boost each other's confidence.

"Throughout the programme the children showed real promise as they picked up the dances really quickly. Already within week 2 the children had been practicing the Freedom Foundation Stomp in their school playtime, and when the facilitator mentioned doing the stomp to kickstart the session, she could barely get her words out before they began to do it!"

### Facilitator Observations

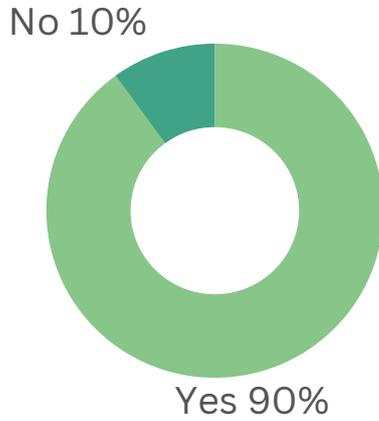
"By week 4 the facilitator was very excited about the final performance as the children had already created great dances! By week 8 the children were really excited for the performance; their confidence in themselves and within their ability had grown."



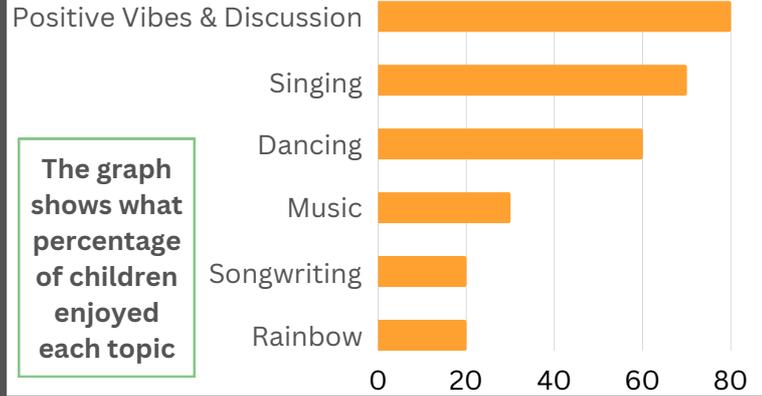
# POST-EVALUATION QUESTIONNAIRE

The children answered some questions after completing the Factory Programme... here is what they had to say

Did You Enjoy your Time at the Factory Programme?



What Did You Enjoy Most?



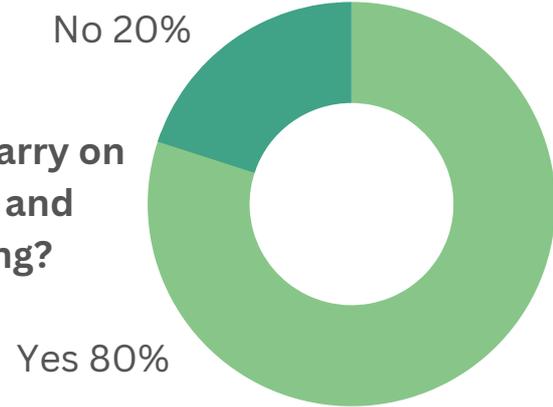
55%

Reported the Programme Helped them to Write Down their Feelings and Emotions

75%

Felt they had Learned New Skills and Abilities

Will You Carry on Singing and Dancing?



Would You Consider Using Positive Affirmations?



What Sentence Best Describes You Now?

60% - I feel **very** confident to describe how I feel

40% - I feel **more** confident to express how I feel

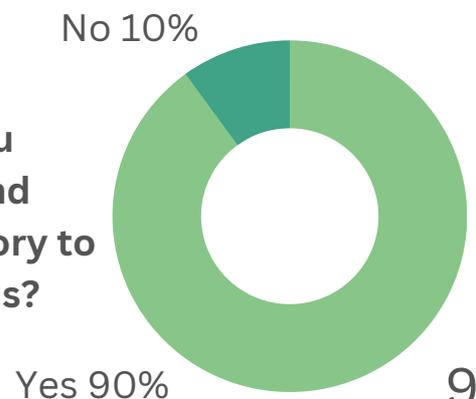
60%

Reported that their Confidence had Improved

95%

Felt More Confident to Seek Support and now Know Where to Go

Would You Recommend Freedom Factory to your Friends?



# CASE STUDY CHILD

One child aged 10yrs completed an additional questionnaire... here is what they had to say

## What Did You Enjoy Most about the Factory Programme?

"THE STOMP"

"THE DANCING"

They had sang and tried dancing before in school

## What Did You Think the Programme Helped you With?

"My confidence in standing up in front of people and performing"

The child believed the programme had increased their confidence

The child believed the programme had helped them to write down their feelings and emotions

## How Would You Describe the Freedom Factory?

"REALLY FUN"

"It teaches you to be confident and how to sing and dance"



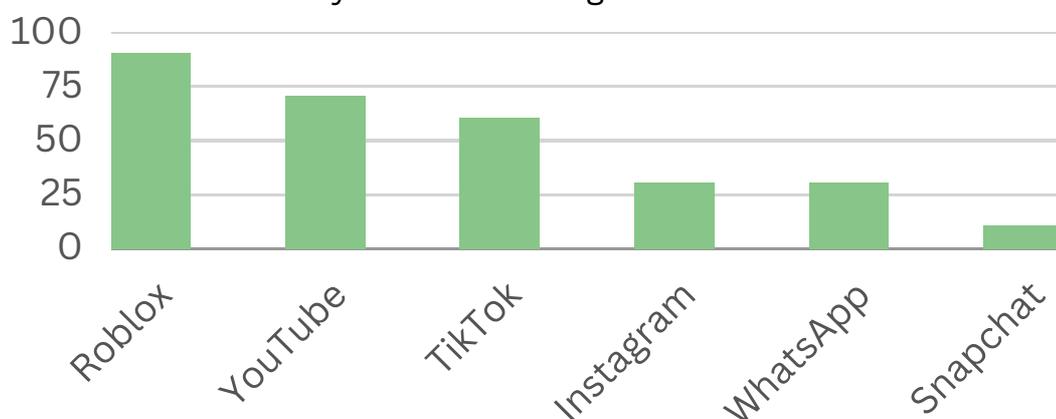
# SOCIAL MEDIA

The children answered pre and post-programme questions about social media

Through group discussions, we talked about using platforms appropriately and how to have a healthy relationship with social media. It was clear to see how social media impacted the children's every day lives and their thoughts about themselves.

**80%**  
Use Social  
Media

The Chart Shows Which Social Media Platforms were Being Used and by What Percentage of Children



**10%** had felt unsafe online, however, **none** of the children had faced negative comments

During discussions, it was evident that the children understood how using social media can affect their self-esteem and self-worth. We expressed the importance of learning to accept ourselves whilst understanding that it is OK to be different both in reality and online.

"The children had a lot of insight into the dangers of social media and being safe online, they were very positive on using it for good." - Facilitator

**AT THE END OF THE PROGRAMME...**

**90%**

Said they Understood What it Meant to be Safe Online



# FACILITATOR QUOTES

"Can really see this Factory being one of the best!"

"Great session again, the children really get into each topic and put so much effort into each section of the factory!"

Week 6 - "Really felt the children engaging today and it was lovely to hear how passionate they are about the sessions and what we do in them."

"They excel at all areas"

"They worked really hard, listened well, and put loads of energy into everything."

"Wow, came out of there buzzing with how brilliant they were!"

"One of the children asked what other clubs we ran, and if he could go to them!"

"Honestly feel that this group has come such a long way and that each session just gets better and better!"





*THANK YOU!*

**TO ALL OF OUR STAFF  
AND  
DELIVERY PARTNERS**



**THE FUNDER FOR THIS SPECIFIC PROGRAMME  
REQUESTED TO REMAIN ANONYMOUS**



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