



FREEDOM
FOUNDATION

Brendon Lawrence & Hillview

May 2022 - Jan 2023



FREEDOM FACTORY OVERVIEW

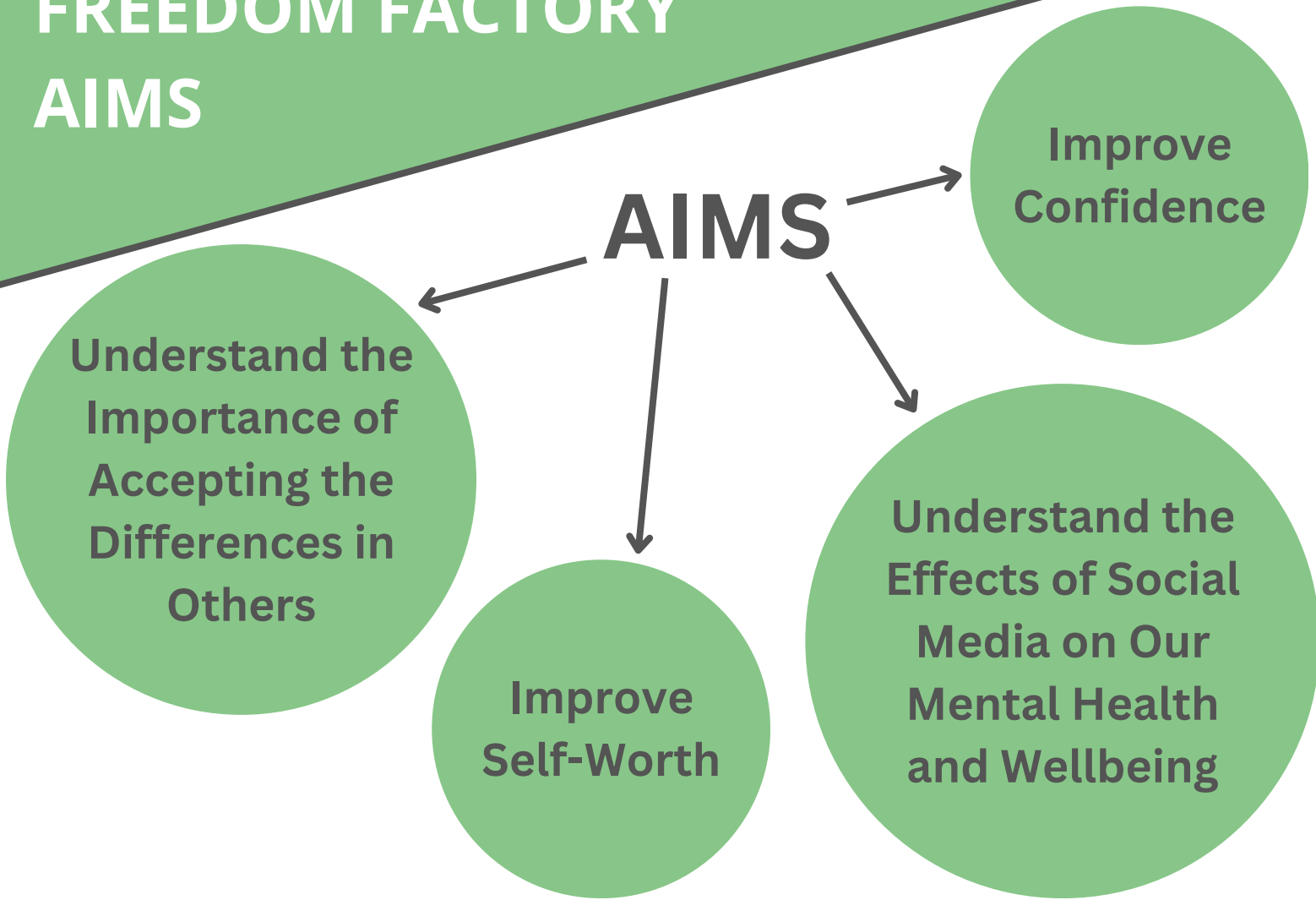


Freedom Foundation works to empower children and young people by using singing, songwriting, and dance to help them express their emotions and boost their mental health. We also discuss the impact of social media and educate the young people on how to be safe online, promoting positive activity online, 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 Brendon Lawrence Sports Centre in May 2022 for 10 weeks and Hillview Community Centre in September 2022 and January 2023 for a total of 22 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

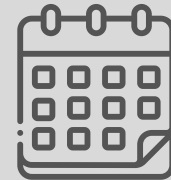
The Rainbow Chart is a chart with emotions ranging from happy, to sad, to frustrated, to angry. The children select how they are feeling and write their initials on these selected emotions at the beginning and end of each session.

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.





37 Children Supported



32 Weeks of Delivery



48 Hours Of Delivery



6 Facilitators Utilised



**19% Male
81% Female**



11% Aged 6	11% Aged 9
24% Aged 7	16% Aged 10
32% Aged 8	5% Aged 11

Ethnicity:

11% English / Welsh / Scottish / Northern Irish / British	3% White English
11% White British	3% Black Caribbean
11% Chinese	3% Caribbean
8% Black African	3% White and Black African
5% Mixed Caribbean and White	3% Polish
5% Black British	3% Indian
3% White and Black Caribbean	3% Mixed Ethnicity / Cultural Background: White / Asian
27% Prefer Not To Say	



PRE-EVALUATION QUESTIONNAIRE

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

"Dance"

"Swimming"

"Basketball"

96%

"Football"

Enjoy Playing Sports

"Rounders"

"Handball"

96%

Had Danced Before

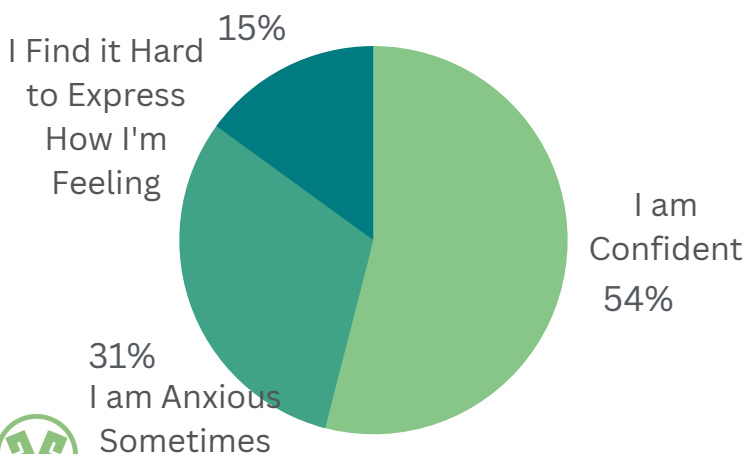
85%

Enjoy Singing

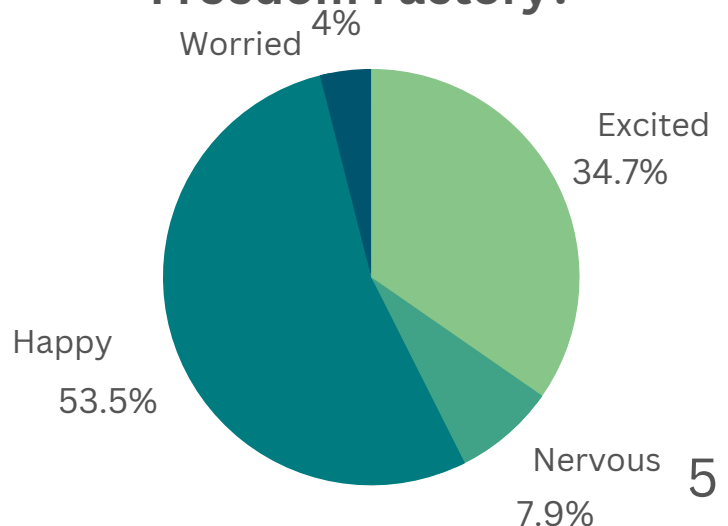
69%

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.

"By week 2 the children had written their own definitions of what an affirmation is and had learned the Freedom Affirmation - they loved doing the affirmations and the Freedom Stomp! In week 3 we had a conversation with the children about mental health, following the discussion we reminded ourselves of the Freedom Affirmations to boost mental health and to remind them of the previous topic on self-worth." - Facilitator

"I am strong, I am kind, I can do anything I want it is all about the mind"

"Be brave, be strong, be you"

"I am artistic and unique"

FREEDOM FACTORY METHODS

4M COPING STRATEGY

"One child said she liked the 4M task, she expressed that she saw shadows when she listened to pop music and how it made her feel happy." - 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 AND DANCING

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.

Facilitator
Notes -
Week 2 & 3

"One child who did not want to sing at the beginning came out of her shell by the end singing her heart out! The next week she did a solo and loved it!"

"They sounded more together as a group with singing, lots of confidence is coming through. One child was a little shy to work with two others but with some encouragement they worked well and performed their song as a group really well."

Facilitator
Observations
- Week 6

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.

Facilitator
Notes - Week 9

"Two new children joined during this week and one of the original children taught them the dance choreography which was really lovely. She was the star of that session."



POST-EVALUATION QUESTIONNAIRE

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

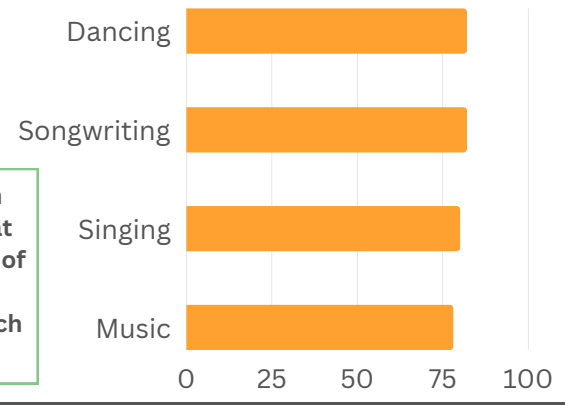
Did you enjoy your time at the Factory Programme?

Yes 100%



What did you enjoy most?

The graph shows what percentage of children enjoyed each topic



59%

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

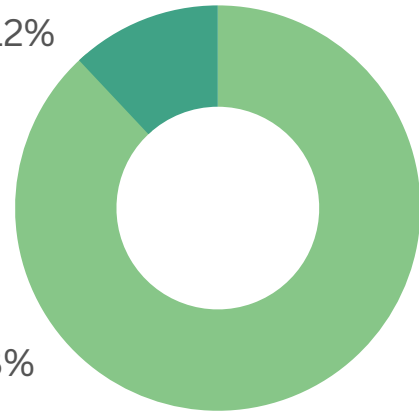
71%

Felt they had Learned New Skills and Abilities

Will you carry on singing and dancing?

Yes 88%

No 12%



Would you consider using positive affirmations?

"I AM AMAZING"

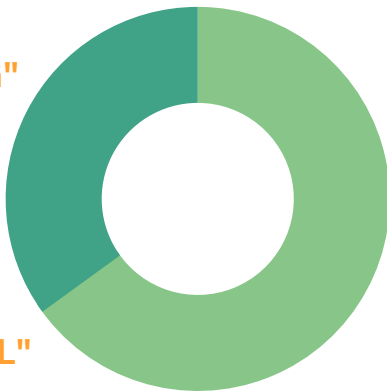
No 35%

"I AM UNIQUE"

Yes 65%

"I AM BEAUTIFUL"

"I AM BOLD"



What sentence best describes you now?

35% - I feel very confident to describe how I feel

65% - I feel more confident to express how I feel

82%

Reported that their Confidence had Improved

71%

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

Would you recommend Freedom Factory to your friends?

Yes 100%



CASE STUDY CHILD

Two children aged 8 & 9 yrs completed an additional questionnaire... here is what they had to say

What did you enjoy most about the Factory Programme?

"I have enjoyed some of the topics we talked about like who our role models are"

"I have enjoyed talking about things like self-worth and role models. Creating posters and dancing was also fun."

They **had** sang and tried dancing before in school

What did you think the programme helped you with?

"It helped with trying to aspire higher"

"It has helped with my confidence and being able to help other people"

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?

"It was fun, I would like to do it again"

"I have had so much fun. It is a place where you can make friends and do lots of dancing and singing. I would love to come again."



SOCIAL MEDIA

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

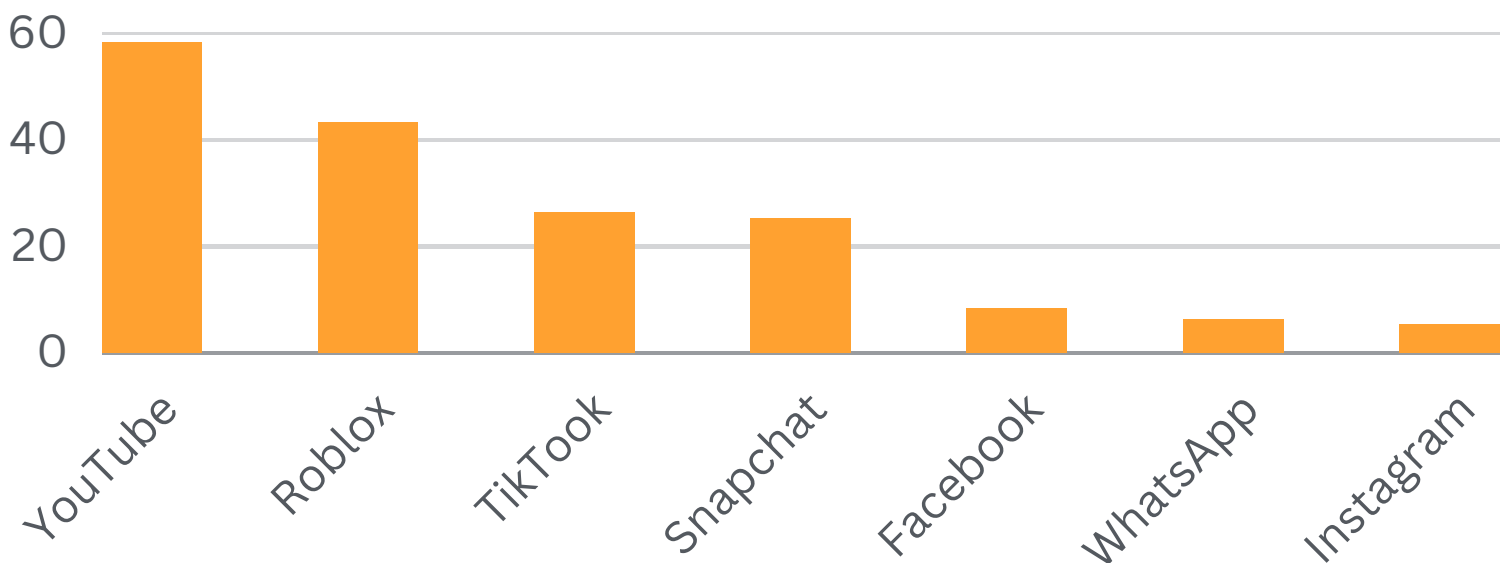
Through group discussions, we talked about using platforms appropriately and how to have a healthy relationship with social media. It was clear to see how social media impacted the children's every day lives and their thoughts about themselves.

69%

Use Social Media

35% reported that they had felt unsafe online and **54%** had faced negative comments

The chart shows which social media platforms were being used and by what percentage of children



SOCIAL MEDIA

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

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 loved the practical task of creating paper fortune tellers / chatterboxes that gave scenarios of issues on social media and also the solutions to the issues"

Facilitator

"Lots of input with the pros and cons of social media, they understood the impact it can have on our mental health and self-esteem"

Facilitator

AT THE END OF THE PROGRAMME...

100%

Said they understood what it meant to be safe online



ADULT STUDY CHILD

Two parents/guardians completed an additional questionnaire... here is what they had to say

What do you think your child enjoyed most?

"He has enjoyed the singing, he comes home and sings the song they have learned on the programme."

"She has definitely enjoyed the dancing. She said due to her being the oldest in the group she was given opportunities to help teach choreography."

100%

Reported that the programme increased their confidence

100%

Reported that they would like to see more of this support in the future

Have you seen any changes in your child following the sessions?

"She is definitely more outspoken and motivated"

"He is a lot more positive about things"

What do you feel they have learned from the session?

"I think he has learned that he can enjoy things he wouldn't expect to and that it is good to give things a go"

"To be yourself and love and accept who you are"



FACILITATOR QUOTES

"The children understood the impact of music on mood and mindset."

"The children discussed the idea of self-worth and wrote their own definitions, we then discussed how we can spot signs of anxiety and how to respond to it - knowing who to go to."

"The discussion of self-worth went well, most of the children spoke confidently about something that they have said negatively about themselves. We then discussed how we can focus on the good things about ourselves."

"Really proud of one of the children in particular as she is showing a lot of confidence and improvements."

"One child was shy and sat out with her mum to begin with but she now wants to come back next week and eventually did join in."

"Some amazing choreography going on, the children worked really well as a group. All left feeling happy and inspired."

"Great class, the dance is coming along nicely, and lots of hard work is going into the sessions."

"The children were nervous to perform but they did a great job. They left feeling happy, they loved the Freedom Factory and the friends that they made. The children said they will continue to dance, sing, and song write. Parents asked for details of further projects."



SNAPS FROM THE PROGRAMME



THANK YOU!

TO ALL OF OUR STAFF
AND
DELIVERY PARTNERS



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Thames Valley



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