



EXPECTING SOMETHING

A public involvement initiative

Funded by the Edinburgh & Lothian's Health Foundation

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Executive summary

This report reflects the evaluation of the Starcatchers project, Expecting Something, a creative engagement project for young parents and babies in Edinburgh.

Expecting Something was a pilot project for Starcatchers working alongside The Family Nurse Partnership and funded by the Edinburgh and Lothian's Health Foundation. The 9 month project worked with young first time parents under the age of 19 who were either pregnant or had a child under 2.

Building on Starcatchers' previous experience of delivering engagement projects with vulnerable children and families, Expecting Something provided a creative intervention to build skills, confidence and self-esteem in young parents and their babies through engaging in an ongoing programme of arts and creative activities. Through the process, young parents were encouraged to develop their own social capital and in turn improve the life chances of their babies.

Over the course of 9 months, 3 blocks of 10 weekly sessions were undertaken and led by two Starcatchers Associate Artists. Sacha Kyle led the first two blocks and Hazel Darwin-Edwards led the final 10-week block. They undertook the delivery of weekly creative activity sessions working with the young parents to develop a programme that was both exciting and relevant. The project worked with a total of 60 young adults and 30 babies over the period of 9 months.

Activities were not restricted to particular art forms but were driven by the needs of the young parents and the activities they felt were of most interest to them and their babies. The Starcatchers Associate Artists are experienced in developing and delivering work for and with very young children and the adults who care for them, therefore they were able to support and guide the content of the sessions in response to the participants needs. The Artists were able to identify and bring in other specialist artists who could deliver specific sessions, giving participants a broad range of high quality creative experiences. A total of 14 additional artists undertook a session during the project. The Artists and participants were supported by core Starcatchers staff who provided administrative and practical support throughout the project.

Weekly workshops focused on activities for parent and baby to undertake together as well as opportunities for parents to create things for their babies. Within all sessions there was time dedicated to creative play for parent and baby, themed on the week's activities. In addition to the creative workshops and play sessions, Expecting Something aimed to facilitate opportunities for the group to engage with other creative or cultural spaces in Edinburgh including performances and visits to galleries and museums.

By involving the young parents in the decision making process, Expecting Something gave participants a mechanism to express their views and needs as young adults who are faced with a range of barriers in achieving their life goals.

Furthermore, the programme offered other benefits, including understanding the importance of play and creativity in early development and encouraging the young parents to try experiences they would not normally participate in.

Background

Starcatchers

Starcatchers is Scotland's only multi-arts organisation specialising in performances and creativity for our youngest children and the adults who care for them. Since 2006, Starcatchers has been leading the way in exploring methodologies of connecting with this audience and through an open approach to sharing practice, this pioneering work has influenced artists and arts organisations across the world.

Starcatchers' mission is to inspire Scotland's youngest children and their grown-ups through giving them access to high quality artist-led experiences. Starcatchers is an advocate for the development of this practice at local, national and international levels and we aim to build on the reputation and experience gleaned from 8 years of research, development, and production of innovative experiences that have engaged with more than 160,000 people to continue to develop innovative, meaningful arts and creative experiences for Scotland's youngest audience.

Our work is delivered through 3 primary strands of activity:

- **Creative Development & Community Engagement:** connecting artists into communities, enabling them to explore practice and form supported by research and evaluation to inform their practice and show the impact on babies, toddlers and young children of long-term engagement with artists and artistic practices
- **Producing & Commissioning:** developing and presenting innovative, high quality, inspiring productions and installations to share with audiences across Scotland and further afield
- **Practice Development:** support for Early Years practitioners and artists to develop their creative practice



The Family Nurse Partnership (FNP)

The Family Nurse Partnership is a home delivered preventative programme initiated by the Scottish Government, that is offered to young mothers 19 years and under having their first baby. It begins in early pregnancy and is orientated to the future health and wellbeing of the child. It offers intensive and structured home visiting, delivered weekly or fortnightly by the same specially trained nurse (Family Nurse), from the ante-natal period until the child's second birthday.

The FNP has three aims: to improve ante-natal health and birth outcomes, improve child health and development, and improve parents' economic self-sufficiency. The methods are based on theories of human ecology, self-efficacy and attachment, with much of the work focused on building strong therapeutic relationships between the client and Family Nurse to facilitate behaviour change and tackle the challenges that some mothers and fathers face caring for their child.

The FNP is a licensed programme, developed in the United States of America at the University of Colorado, where it is known as the Nurse Family Partnership (NFP), (DOH,2010).

NHS Lothian Public Involvement

Public Involvement is now embedded within the main business of NHS Lothian. This calls for a strengthening in public ownership of the NHS by improving rights to participate and further the patient experience through a mutual NHS.

Throughout its implementation Edinburgh FNP team have been actively involving parents in the service they receive. Edinburgh Community Health Partnership Public Involvement Coordinator, was active in much of this. Expecting Something was initiated following previous public involvement initiatives and the role of the Public Involvement Coordinator was instrumental in its inception. This helped with developing a user-led approach throughout the project.

Evaluating Expecting Something

Evaluating outcomes

Starcatchers undertakes rigorous research, monitoring and evaluation when delivering projects. This has been fundamental to the development of our practice and in sharing understanding about creativity, performance and early years. The basis for the evaluation is our Desired Outcomes Chain, which details outcomes at each stage of the project and beyond. The project was evaluated through questionnaires with participants and FNP, staff weekly session observation reports from staff, video interviews, photography, 'starcharts' where participants could indicate how they were feeling, artist's weekly blogs and a practical evaluation session with participants. The data and information gathered from these evaluating measures have been collated and form the basis of this report.

Aims & Outcomes

Through discussions, using the Edinburgh and Lothians Health Foundation criteria as a basis, Starcatchers and the FNP working in partnership created the following aims for the project:

- **Participant's capacity to nurture their child is improved**
- **Participants develop a better relationship with their baby with evidence of secure attachments.**
- **Participants achieve an increase in confidence and mental wellbeing**
- **There is increased understanding of arts for Early Years within health**
- **The project successfully engages participants and the wider community.**
- **Participants increase their social capital**

These outcomes were then formulated into the following results chain, which uses a Contribution Analysis evaluation method to chart outcomes of the project at different stages. This results chain has created our base for evaluation throughout the project.

| | |
|-------------|--|
| Longer term | Parents' capacity to nurture their child is improved, Parents and babies have improved relationships/increased self-confidence/engage more regularly in the arts and benefit from shared experiences. |
| Medium term | Clients try new things in ES sessions. Clients see the value of arts activity and have a better understanding of creative play and ways of interacting with their children. |
| Medium term | Increase in self-confidence. Better relationships with babies. Clients make new friends. Clients try new activities and groups outside of Expecting Something, and see creativity as something they are interested in. |
| Medium term | Clients and Babies are confident to engage with the artist. Clients and Babies enjoy project together and see the creative activities as something that is for them. |
| Short term | FNP Clients successfully engage with the project and experience and participate in creative activities. |
| Output | Artist recruited to run Expecting Something Sessions at Whale Arts Centre |
| Input | Funding for artist to run 30 Expecting Something Sessions |

Planning & Development

Funding from Edinburgh and Lothian Health Foundation was secured in May 2013. Starcatchers staff then met with FNP to determine an implementation plan. It was decided that as a way to introduce the project in a creative and safe way the Family Nurses would bring along clients and their babies to a performance of Starcatchers' production Yarla and the Winter Wood for 6 months -3 year olds (created by Jen Edgar as part of the Playground Project.) The performance took place at ArtSpace, Craigmillar on Friday 19 July 2013. This introduced the young parents to an arts experience that they could share with their babies and was an opportunity to see and meet other parents and babies for the first time.

The programme

Expecting Something took place over nine months, broken down into three 10-week blocks of arts based activities taking place on a Thursday. The majority of sessions took place at WHALE Arts Centre in Wester Hailes, an area of deprivation in Edinburgh, with a morning session for post-natal clients and babies and an afternoon session for antenatal clients.

After initial consultation with participants and nurses it was decided that the antenatal and postnatal groups would be split. With each group having their own session it meant activities could be better tailored to their needs. The postnatal group was in the morning, when they are up and active prior to naps and the antenatal group was in after lunch when they were more likely to have greater energy for the session. This set-up worked well, particularly with the antenatal girls who shared pregnancy stories and could discuss similar experiences without being overwhelmed by those who already had their babies. After the first block a shared lunch was introduced between these sessions for all clients, allowing for more interaction between ante- and post-natal groups.

WHALE Arts agency was identified as the venue for the sessions for a number of reasons. In discussion with the FNP it was felt that using a venue in the west of the city would enable participants from both West Lothian and across Edinburgh city to attend. WHALE is also a hub of arts activities and it was hoped that by bringing the participants to the space they would be able to engage with other events and activities taking place at the centre. Starcatchers was also keen to develop links with this centre following previous discussions with staff there.

What We Did

The Block 1 of Expecting Something activities began on Thursday 19 September, with a simple introduction and movement session to ease the participants into the group. The following week the participants were polled on their interests and what activities they would like to do as part of the project.

Results of participants poll

Interests:

Photography – babies/parties, as a career, digital
Art – drawing
Baby hand/foot-prints and other baby mementos
Music for the babies
Song writing
Drawing and Painting
Cooking
Writing
TV writing – Scripts
Jewellery
Photography
Collage
Beauty – hair, makeup, nails
Sewing – pillows, toy-making
DJ skills
Bump casting

Trips to:

Soft play
Swimming
Our Dynamic Earth
Cinema
Theatre
Zoo
Camera Obscura

BLOCK 1

Building relationships

The first block was designed to focus on building relationships between Sacha Kyle, the lead artist and the participants, creating a safe working environment so everyone felt comfortable to attend, participate, be themselves and share. Many of the participants were coming from challenging backgrounds where they were managing a range of vulnerabilities. The Expecting Something sessions was their only time during the week away from home, as a result of this it was particularly important to ensure this time felt stress free and that workshops developed slowly so as not to alienate anyone. To ensure the sessions were enjoyable, Sacha used the participant's poll to plan a diverse range of activities for the block.

September

- 19 Introductory Session and Movement with Sacha
- 26 Clowning Workshop with Lucy McGreal

October

- 3 & 10 Screen Printing with Sarah Diver
- 24 Introduction to Portrait Photography block with Craig McLean
- 31 Visit to Portrait gallery

November

- 7 & 14 Potraits and editing with Craig McLean
- 21 Collage Session led by Sacha
- 28 Christmas Trip. Movement Session for babies at Summerhall, then Ceramic Painting for everyone.

BLOCK 2

Having developed a relationship with the participants within the first block Sacha felt better equipped to plan for the groups needs and knew where the potential to develop and grow lay. One particular focus of this block was the idea of the 'social' and 'connected' mother and baby. This was explored through movement, music, drama and visual art, working with a larger range of artists and trying more sessions outside the weekly space, including trips to the Zoo and Botanic gardens. Block two began with an exhibition of the photographs created within block one, this not only reengaged the participants but also allowed them to share experiences with family members and their Family Nurse.

January

- 17 Photography exhibition launch Event
- 23 Movement for Babies and bumps with Skye Reynolds
- 30 Music for Babies and Music Relaxation for Bumps with Nik Paget-Tomlinson

February

- 6 Movement Session with Emma Snellgrove
- 10 Group development play day for artists led by Sacha with Nik and Daniela
- 13 Music Session with Daniela Schuster
- 20 Break for February Holiday
- 27 Music for Babies and Music Relaxation for Bumps with Nik Paget-Tomlinson

March

- 6 Drama Session with Hazel Darwin-Edwards
- 13 Field Trip to the Zoo
- 14 Group development play day for artists led by Sacha with Nik and Katy
- 20 Music & Visual Art session with Nik and Katy
- 27 Field trip to Edinburgh Botanic Gardens and picnic



BLOCK 3

Staffing changes

Between the second and third blocks of activity, we had to change our lead artist as Sacha could no longer commit the time required to deliver the project the way she and the rest of the project staff wanted. After careful consideration it was decided that Hazel Darwin-Edwards, a Starcatchers Associate Artist with extensive experience in Early Years, would lead the final block. Hazel had previously worked with the group and so had met the majority of participants. Hazel decided to have an open, flexible approach to the development of the block.

'I wanted there to be space to respond to things that went well and to adapt to particular interests of the group. I also intended to keep the pool of visiting artists quite small and have each artist make a few visits so that they could build up trust with the group and the participants could relax and feel like they had the chance to be in a room of people they knew. It was also my intention to facilitate creative tasks that were challenging to the participants and stretched their imagination to really build their confidence.' Hazel Darwin-Edwards

Coincidentally at the same time as Sacha left, the Starcatchers Project's Coordinator Catherine Campbell left Starcatchers to take up a new position and was replaced by Arran Howie. Arran became the main point of contact for participants, artists and the FNP for the remainder of the project.

Timeline

Hazel planned the first two sessions but made the decision to let the rest of the block evolve as the weeks went on, planning in response to the participants needs and to both challenge yet also support their development.

April

24 Intro, mobile making and creating scrapbooks

May

1 Baby grow dying

8 Felting

15 Music with Jed

22 Baby painting

29 Soundscapes and sound pools

June

5 Sewing quilts and sensory materials

12 Beach theme

19 Music with Jed

26 Final celebration event at Out of the Blue

July

24 Evaluation day at the Botanic gardens



Celebrating Expecting Something

In order to share the impact of Expecting Something we held an end of project event on Thursday 26 June at Out of the Blue, Drill Hall.

The event was planned as a chance for participants from throughout the project to come together and celebrate the project with everyone who was involved, including FNP, Starcatchers and artists. A small pool of guests were invited to attend including participant's family members, representatives of the Edinburgh and Lothians Health foundation, NHS Lothian and Creative Scotland. We were delighted that Aileen Campbell MSP, Minister for Children and Young People was able to join us and hear about the impact of the project on everyone involved. The event allowed the participants to share their experiences and the impact it had on them. It was planned as a real celebration of what the participants had achieved and included sharing the short film of the project.

Evaluation day

A month after the end of project event we held an evaluation session with both of the groups that had been attending the weekly sessions. The purpose of the session was to evaluate the project in a practical way so the participants would feel more open to discuss experiences and outcomes. Hazel led the evaluation and using a series of pre-determined questions created practical exercises to cover each aspect of the project. The questions asked were:

- What were the most enjoyable activities/aspects?
- Is there anything you would change/improve
- What difference has this made to you and your baby?
- What has the experience meant to you?
- How did this compliment the FNP process?
- Which words best describe your experience?

These were explored through a series of practical exercises and tasks for parent and baby, alongside allowing time for group discussion and exploration of ideas and comments outside of the questions.



Findings from Expecting Something

Interim Findings

As part of the evaluation process, an interim evaluation report was produced towards the end of the second block of activity. This report reflected on the progression that had been made so far in terms of outcome delivery and also highlighted areas for development within the next phase.

The interim evaluation showed an increase in confidence and friendships, with participants regularly engaging with the sessions. There was clear evidence of the short-term outcomes having been achieved and that progression was being made on reaching medium-term outcomes.

Three areas were highlighted as important to consider for the next block: Family Nurses having less direct involvement in sessions, the increase of transportation costs and encouraging participants to take more ownership.

The practical support from the FNP in facilitating participants to attend sessions, particularly at the beginning of the project, was recognised as being both a contributing factor to the success of Expecting Something but also a challenge for Family Nurses as client numbers increased.

As a result, Starcatchers began looking into methods to ensure participants were confident and comfortable enough to attend sessions without their Family Nurse. This included regular phone contact and updates as well as creating a safe group space for weekly sessions.

Another important factor highlighted in the report was the need for participants to feel more ownership for the group; prior to this they had been integral to the choices of activities but not as ingrained in the session planning. The next steps were looking at ways to allow the participants to be involved in weekly planning, including lunch choices, music decisions and play materials.

Our greatest challenge highlighted in the interim report was the rising cost of transportation. In the project budget, transportation costs had been allocated based on the cost of bus fares for attending the sessions. However, because the project was located at WHALE and the FNP were encouraging participants to come from across Edinburgh and West Lothian, this made the use of public transportation difficult. We felt it was important to ensure that the participants who had started to attend could continue to do so, so we made the decision to use taxis to transport some of the participants. This meant that most of our contingency had to be reallocated to support this cost. At the same time the Starcatchers staff started to work with participants who could more easily use public transport to get to sessions to do so.



End of Project Findings

• Increase in self-confidence

The project worked with young parents who were recognised as having a range of life challenges including: young people who may be at risk; come from areas of deprivation; are isolated in the community or have limited life choices. These young parents may not benefit from mainstream services, are often disengaged within their communities. These young parents are traditionally the 'hardest to reach' both in terms of age and lifestyle and are recognised to be in need of extra support. As a result of these challenges many of the participants lacked confidence. This was something we considered carefully when planning activities, encouraging a slow build in commitment and levels of difficulty to ensure we were always creating the safest environment for participants.

• *I think it's good for their [the participant's] self-esteem because, I think that people value them enough to let them have the opportunity to do these things, and it builds in them the idea that the judgmental attitudes and stigmatisation that some of them have experienced isn't the universal thing. It's also gives precious family memories.* **Family Nurse.** •

In the early stages this lack of confidence and uncertainty about the environment and artists would often come across as indifference, however, through time and careful planning the participants grew to trust the group and staff and began to explore the creative exercises further allowing us to push their abilities.

Every participant who was asked questions or took part in the evaluation process stated that their confidence had grown whilst participating in the Expecting Something project.

I'm more confident **Participant**

• Better relationships with babies

The participants sharing of time and experience with other parents has resulted in them feeling more confident in their own abilities to care for their child, particularly outside of their home.

• *The experience has made me more confident with my daughter and myself. Means I can spend lots of time with other mums and babies* **Participant** •

The project has also allowed the participants to both have a space where they can relax and focus on play with their babies and also learn new activities and discover cultural spaces that they can share together. As an organisation Starcatchers places a strong emphasis on the importance of creative play for Early Years and this was shared with all of the artists working on the project with all sessions involving dedicated creative playtime. This stress and worry free playtime is integral to a strong bond being developed between parent and child and we have seen vast progressions in how participants react towards play with their child. In the initial weeks of the project, participants would allow the babies to play on their own and not fully engage themselves, by the end of the project we saw participants playing alongside their own child and others as well as making suggestions for games and activities everyone could undertake together.

It gives you a better bond with your baby **Participant**

• Clients make new friends

An understated but very important benefit of the project has been making new friends and meeting new people for the participants. Although their primary interest in the first instance was getting out and about with their baby it has been joint top for commented on best things about the project, alongside developing more confidence. 7 out of 12 participants said their favourite thing about Expecting Something was meeting new people and other young mums.

As young mums a lot of them have experienced losing friends as a result of both pregnancy and motherhood, many stated they saw almost no one from their friend group prior to pregnancy. The opportunity provided to them to meet weekly with other mums of roughly the same age has been liberating and helped a lot of them feel normal again.

⋮ *Because I've been speaking to other young people I feel more normal* **Participant** ⋮

Initially friendships stayed within the weekly group sessions only, but as the project progressed people become more confident and happy with one another and now they socialise independently outside of the group.

⋮ *They're being drawn out and making friends and new facebook friends* **Family Nurse** ⋮

⋮ *...It's a real lifeline for her. [My client] doesn't want any new people to come to her house and finds meeting new people very difficult. [My client] knows no one, sees no one, goes to shops with baby twice a week and that's all.* **Family Nurse** ⋮

• Clients try new activities and groups outside of Expecting Something

Expecting Something was designed as weekly sessions which would focus on creative arts activities but with the long term aim of pushing participants to try new things and challenge themselves outside of the group. As this is a long-term factor it is harder to evaluate the current effects, however, some participants have shown an increase in awareness of groups they can attend, with some having already joined new ones. Two members now participate in a local swimming group together for mums and babies, whilst others have begun to engage with public transport to get them out and across the city.

'We visited a soft play area' **Participant**

Participants have continuously shown an enthusiasm to carry on activities from the group within their own time, showing friends and family what they have been doing and continuing to develop activities at home. During the materials session participants requested wool and patterns to take home to make pom-poms for their babies rooms, similarly participants often ask how to gather and make materials for the play boxes and will tell stories of what they have made in their own play box at home.

For some participants, just attending the sessions regularly was an achievement. If the weekly sessions were to continue a very slow approach would need to be taken to developing their confidence to allow them to attend and be aware of other opportunities and groups.



- **Parents capacity to nurture their child is improved**

The Expecting Something sessions focused on activities that parents and babies could do together, for social, physical and emotional development. As sessions are focused on play, the developmental benefits of the arts activities are shared with participants within a fun and creative environment, with artists sharing their knowledge and keeping participants at the heart of the artistic process. The enjoyment of sessions means participants are more likely to repeat activities within their own homes and time. Repetition of activities will ensure parents have a better understanding of their babies reactions and how they react to specific items, this focus from parents will mean they have a better understanding of the babies wants and needs, developing both their bond and capacity to nurture.

Within workshops areas of colour theory were explored through creating different moods and environments within teepees with artist Katy Wilson:

● *I was discussing spaces to hide, spaces the right scale for babies, paying attention to spaces that babies are drawn to. I made 5 tee pees as an experiment -all in different colours with different objects inside – relevant to their colour theory – natural things in green, exciting festival feathers and lights in yellow, warm things in red.* ●

This opened up the importance of the space created for their babies within their house and rooms, what colours might work best for them and how they can share this creative experience with their baby.

● *I think it helps a lot with social development, I know that's quite important in children and babies for them to interact with other babies and makes the process of when he goes up to school easier. There won't be that big problem getting him to let go of me and going into school. Cause he might know some of the people already that he has grown up around, or he might be so used to going in to a new situation that it will be easy for him* **Participant** ●

Prior to pregnancy, the majority of participants had been faced with a range of social, emotional and physical challenges. Therefore it was important to focus on their mental and physical wellbeing as part of the sessions, so this could support their ability to care for their babies. As a result some activities focused on the parents as individuals with sessions on relaxation and sleep techniques and movement workshops focusing on posture and the importance of maintaining a good posture whilst both pregnant and carrying the baby around.

The participants were learning techniques in how to look after themselves and their bodies as well as understanding the needs of their babies. This combined understanding equipped parents to have increased knowledge and a greater capacity to nurture their child.



- **Clients successfully engage with the project, try new things and experience and participate in creative activities**

The Expecting Something project took place over 30 weeks spanning a 9-month period. A total of 60 participants engaged in at least one session of the postnatal or antenatal groups throughout the project. Across the 30 weeks of sessions a broad range of arts activities and trips were undertaken giving the participants an all-round experience of creative activity. This involved developing and expanding on previous interests participants had, and also learning and enjoying new ones.

There were 6 trips to cultural spaces across Edinburgh. This showed the participants a variety of ideas for things they could do in their own time with their babies and other mums. Some of these spaces are free and readily available such as the National Museum, Royal Botanic Gardens and National Portrait Gallery and some of these spaces introduced them to a whole new look at arts based activities such as a visit to Blue Block Studio, a creative play installation for parent and child.

Within the weekly sessions the participants had the opportunity to work with 2 lead artists across the project and 11 specialist artists provided sessions in a wide range of art forms including: music, dance, visual art, puppetry, drama, photography and crafts. As well as trying a number of new activities the group also tried different food and drinks through the shared lunch, which was provided by the project.

As part of the shared lunch we included foods that were already popular with participants but also introduced new foods each week in small portions. The results of this were over the period of the sessions the lunches became healthier and participants by the end were requesting different fruit and vegetables. Within the first block we were told not to bring hummous and carrots as they hated it and yet within the third block of activities this was requested and enjoyed by the participants.

She uses relaxation techniques that they did at the sessions at home. It helps her to go to sleep **Family Nurse**

There has been an overwhelmingly positive response to the Expecting Something project from both the participants and Family Nurses. A core group of participants have been attending from the very first session and have expressed an interest to return if the project continues. There were some fluctuations in attendance throughout the project as a result of changes in circumstances for individual participants, some of those from the ante-natal group had their babies and felt they needed more time at home and others found their confidence was so low they struggled within a group atmosphere. These cases were in the minority and we worked with the FNP to ensure we were continuously developing a safe environment for all participants.



Conclusion

There has been an overwhelmingly positive response to the Expecting Something project from both the participants and Family Nurses. It is clear from a number of factors that the impact for the majority of participants has been significant, resulting in increased confidence, new lasting friendships, closer relationships with babies and their ability to nurture them. Whilst it is difficult to determine the longer-term impact of the project, it is hoped that this experience will have supported these young families at an important time.

Furthermore, it is hoped that there will be an opportunity for the project to continue utilising the learning and understanding taken from the pilot project. Whilst the pilot project has been successful, there are issues around sustainability given the transportation costs across the city and also how embedded the project can be in the community if it has a wider catchment.

Through discussions with the artists, FNP staff and with WHALE staff, an evolution of the initiative to focus in the Wester Hailes/Sighthill community might be a more sustainable way of delivering Expecting Something. This would reduce transportation costs significantly, afford a more focused approach on participants from one community, connecting with other service providers and agencies supporting young parents and babies in this area. By connecting with other services and organisations like the Young Parent Unit at WHEC, Gate 55 and the local Health Visitor team, it would allow the project to be more universally available and have the potential for longer term sustainability which would benefit both the community and the young parents and their babies.

It would be a shame to see it all end because I'd miss this place **Participant**



APPENDIX 1: FNP FEEDBACK QUESTIONNAIRE BLOCK 1

1. Have you had any feedback back from your clients regarding the project

- Yes, the clients on the whole have responded positively about the project. Some sessions were not what they had wanted or they felt they could not relate to them. All clients feel the group does fill time in their day and gets them out of the house. My clients attend every week so they must enjoy coming.
- Yes, one client says that she really enjoyed it but unfortunately she can no longer attend because she is now working. My other client, who attends but can only manage a short session, became very upset on one of the outings. On further discussion she said it was because she finds it difficult to meet new people and it was too much for her having both groups together. I suspect that it was difficult being in a new environment as well, where there was less structure, and I am wondering if she did not feel 'safe' away from the comfort of her own group in a more familiar setting.
- Yes, both my clients have really enjoyed it. One client only managed a few sessions because she started working but my other client considers it 'her' group, and she has really gained confidence in her ability to manage the group. Which I think has increased her sense of self efficacy.

In addition 2 other nurses they had received feedback but did not indicate what this was.

2. Since undertaking any of the workshops/trips/events, have there been any changes for young parents noticed by you or any other members of your team?

- Some nurses stated that they had not noticed any changes in their clients. Of those that included responses the following was commented on:
- Yes, becoming more sociable and less dependant on Nurse i.e. confidence building. As above, clients have had the chance/opportunity to experience things they would not have had the chance to do usually.
- My client noticed that some other clients were still smoking, which I think may have enhanced her self efficacy because this is an area that she has succeeded in.
- I feel one of my clients is showing some increase in confidence.
- One of my clients seems to be more confident in her ability to be creative. I think being at the group has given her affirmation.

3. How has this project complimented the aims of FNP?

- Life skills development therefore building on hearts desires, life course development, strengths and empowering client to gain more confidence.
- I think that it encouraged clients to access services and reduce isolation. It also allows them to gain support from other clients who may have similar issues and gain a sense of solidarity.
- has broadened clients access to activities and helped them socialise with their babies. Has encouraged them to set their own goals.
- Enhancing self efficacy, helping clients to set goals, and increase confidence. It also helps them to integrate with other pregnant teenagers/young mums.
- Yes, although still early in programme, encouraging socialisation, tuning into their babies promoting positive interaction.

4. At this stage do you feel the project is working well?

- Yes. However I am keen that we continue to be mindful of the need of the clients to keep them interested and attending.
- Maybe. My feeling is that it is an excellent project and some good ideas for working with the interests of the clients, but I am wondering if it is going too fast for some clients. And it would have perhaps been better to keep it lower key and remain in their familiar setting.
- Maybe, project is in the early stages. It has required a deal of support from nurses however there is potential for the clients to gain a lot for their involvement.
- I have seen it really take shape and develop as the girls and the staff get to know one another and identify with the group.

- Yes 2 clients that attend appear to enjoy attending, looking forward to next session.
- Yes, positive client feedback
- Maybe

5. Any other comments you would like to share?

- For the next block of sessions I plan to reduce my involvement in the sessions due to work commitments but could still help with transportation with time permitting. I think also it is important when changing the sessions times that the Nurses are given a significant period of notice regarding this to allow for diaries to be worked around this.
- I think that Catherine and Sasha have been working really hard to meet the needs of the clients and it has been very challenging to do so. Although my client who continues to attend often gives me negative feedback following a session, she seems to feel part of the group, and usually wants to come to the sessions.
- I am hopeful that as the project develops and word of mouth from current participants spreads, there will be increased participation and involvement of clients. Many thanks
- There is one of my clients who has made excellent progress since attending Starcatchers, although there have been other positive things that have impacted on her, which have also contributed to these positive changes.
- It seems as if Family Nurses have been necessary to support the sessions. This will become less achievable as time progresses [in terms of longer term sustainability].
- Clients need support to get there. Maybe difficult to sustain. Would be good if it was client led.

APPENDIX 2: PARTICIPANTS QUESTIONNAIRE: BLOCK 1

What has been your favourite activity we've done in Expecting Something and why?

| | |
|-------------|---|
| Photography | 5 |
| Doodles | 5 |

Comments

Photography because it was new experiences

Have you tried any new things or been any new places outside of Expecting Something since it began? (If so where?)

| | |
|-----|---|
| Yes | 4 |
| No | 6 |

Comments

I go out with my pals who have got babies

The Gallery

Doodles

What is your favourite thing about Expecting Something?

| | |
|--|---|
| Meeting new people/the people/other young mums | 7 |
| Everything | 2 |
| Other (see below) | 3 |

Comments

I loved everything

Eating

Trying different things

You get to go somewhere and it does not cost anything

Do you think you have a better relationship with your baby since coming to Expecting Something? (only asked of post-natal)

| | |
|-------------|---|
| Yes | 1 |
| No/the same | 2 |

Do you think coming to Expecting Something has increased your confidence?

| | |
|----------|---|
| Yes | 9 |
| A little | 1 |
| No | 1 |

Comments

Yes made friends

Yeah, definitely has built my confidence

If you used one word to describe Expecting Something what would it be?

Good laugh and fun

Amazing

Exciting

Different

Great

Friendly

Fun x 3

Brilliant



APPENDIX 3: Results from participants at end of project evaluation day (Written and oral)

Words the participants used to describe expecting something

Fun
Exciting
Awesome
Planned
Sociable
Tremendous
Special
Optional
Delightful
Caring
Crazy
Interesting

In response to the question- what difference has this made to you and your baby?

It gives you something to do.
[My baby} has got more confidence since he's been coming with all the other babies n that I'm more confident
It gives you a better bond with your baby
It's the only other babies he sees

Have you done stuff you wouldn't otherwise do, do you think?

Yeah I wouldn't have painted him.
I wouldn't have gone to doodles it's too expensive.

Protest cupcake:

More days out
More soft play stuff
Longer sessions
Longer time
Nowt
Nothing
Nothing
More trips

What has the experience meant to you?

Made good friends, it's really awesome, made me more confident
My experience of coming to ES to me means made new friends and much more confident
ES has meant that I have met loads of people and got to have a lot of fun
The experience has made me more confident with [my daughter] and myself. Means I can spend lots of time with other mums and babies
The experience has made me more confident and I have made friends.

APPENDIX 4: Family Nurses answers from final project questionnaire

How many clients attended?

2, 3, 1, 2, 5, 3, 1

How do you think your clients responded to participating in the project? What, if any changes have you or any other members of your team noticed in the young parents/babies as a result?

They have become more confident in trying new things and have been willing to try attending other groups

They all appeared to enjoy it, and commented that their babies liked the opportunity to socialise with other babies.

They seemed to really enjoy the sessions, although they were all sporadic in their attendance. I felt that one client in particular identified with the group in the pregnancy phase, and valued the group. Another client found the relaxation session particularly helpful and used it with good effect to help with sleep problems. She is looking forward to the sessions starting up again now that her baby is a bit older.

Both clients were from outwith Edinburgh and so their participation was curtailed by transport difficulties.

Reponded positively by getting experience something new. They are more willing to give new things a try and it has increased their confidence by making new friends.

My client and her daughter really enjoyed the sessions, my client discovered her daughter's love of music and has carried on with music in the house as they both find it very relaxing. My client also really enjoyed doing the photo story.

Positive engagement – supported increase in confidence.

How well did the project complement the aims of the FNP programme?

The project helps to build client's self confidence and self efficacy. It helps clients to build positive relationships with their baby. It gives clients ideas and confidence in trying new things with their baby that will promote their baby's development.

I am not fully aware of the content of each of the project sessions.

I think the 2 projects dovetail nicely.

The project appeared to offer a good opportunity for young women to develop new friendships in a supportive environment where they were exposed to activities that would enhance their belief in their own abilities.

Very well, increase in self efficacy of client which fits with FNP model. It helped with the bonding and attachment process by encouraging them to think about their baby in pregnancy –making pictures, etc for their babies.

The project compliments building the relationship between mother and child, enhancing the bond, developing the creational side, learning through play, mastery, emotional balance, routines and most of all having fun.

Encouraging experiences for clients and interaction with baby.

What parts of the project do you think worked particularly well? Was there anything you would change for future working?

My clients only attended up until Christmas and they were prenatal– the creative sessions worked well as did the photography project

Definitely the transport!

The taxis provided made it successful. I don't think it would be sustained without this.

Not able to answer this as my clients' involvement was relatively short lasting.

Clients enjoyed the Art type activities-ceramic work. They also enjoyed the outings to places they would never have gone by themselves. My initial attendance at the sessions gave me a chance to get to know my client better. Clients felt very proud of the video they spoke in and informed all their family and friends about it.

I think the part that worked the most was the art and photo sessions. The only thing that I would change is to try and get the mothers more to interact with each other at the beginning in order for them to get to know each other.

Client involvement in decision making on how they would like their experiences to go

Has working with Starcatchers been useful to the work of FNP?

| | |
|------------|---|
| Yes | 7 |
| No | 0 |
| Maybe | 0 |
| Don't know | 0 |

Can you think of 1 client who has particularly benefitted from or changed as a result of the project? If so please give some details in the form of a case study

One client was very under confident and had never attended a group. She has built a close friendship through attending the sessions. Since she has had her baby she has been able to try other groups, going along by herself.

One of my clients is both very shy and very socially isolated and this gave a wonderful opportunity for her and her baby to socialise with others. For her the transport was the deciding factor as without this help I doubt she would have or will be willing to attend anything else in the future.

The project was a social lifeline for her.

I have mentioned this client before, but I had one very vulnerable client, and at the time she attended the sessions, she was going through many challenges with housing, health and relationships. I felt that the Starcatchers sessions gave her a time out from this where she could feel valued and nurtured. She seemed to identify with her group, and in fact she met a fellow group member when she attended hospital, and she said that she found this reassuring and helpful.

Any other comments you would like to share?

I also found it interesting and challenging being involved with the project in the early weeks, when I was accompanying my clients to the sessions. However, with all of us having full case loads now, this is not feasible in the long term, so I feel that if clients are not transported to and from the sessions, it is less likely that they will attend. I think it is a really useful stepping stone for the clients to help them gain confidence in accessing groups locally.

Although my observation of other nurse's clients was that they seemed to enjoy the programme I felt that withdrawal of the service from West Lothian on cost grounds was not handled as well as it could have been. More notice of the decision to Family Nurse, so as to allow us to manage expectations, rather than being told on an ad hoc basis after selling the service to clients, that it was not available, would have been a better option. I know that one of my clients was very disappointed that she would not be able to come any more and I have had limited success getting her to engage in Sure Start activities.

It is important to consider if partners or friends are to be involved from the start of the blocks of sessions.

I think this is a great project and hope that it continues.

Meeting with their peer group to share experiences of parenting and motherhood by building friendships and their self-confidence which helps support the development of secure attachments with their babies. The positivity of the Starcatchers programme allowing new experiences for the mothers in a wide range of skills and therapies and the mother's influences on what activities are included in the programme. Gaining confidence to visit new public places which they then will continue to visit with their child and the child to gain their own learning from the experience.

APPENDIX 5: Lead artist's answers

What (if any) changes did you notice in participants and their babies from the beginning of your time to the end session?

It was wonderful to watch the Expecting Something participants and their babies grow in confidence during the project as they gradually relaxed and were able to take on more creative challenges each week. As they made friendships and the trust in the group grew, they began to take ownership of the project and even steer it in the direction that interested them, requesting certain types of activities.

How did you go about planning your block for ES?

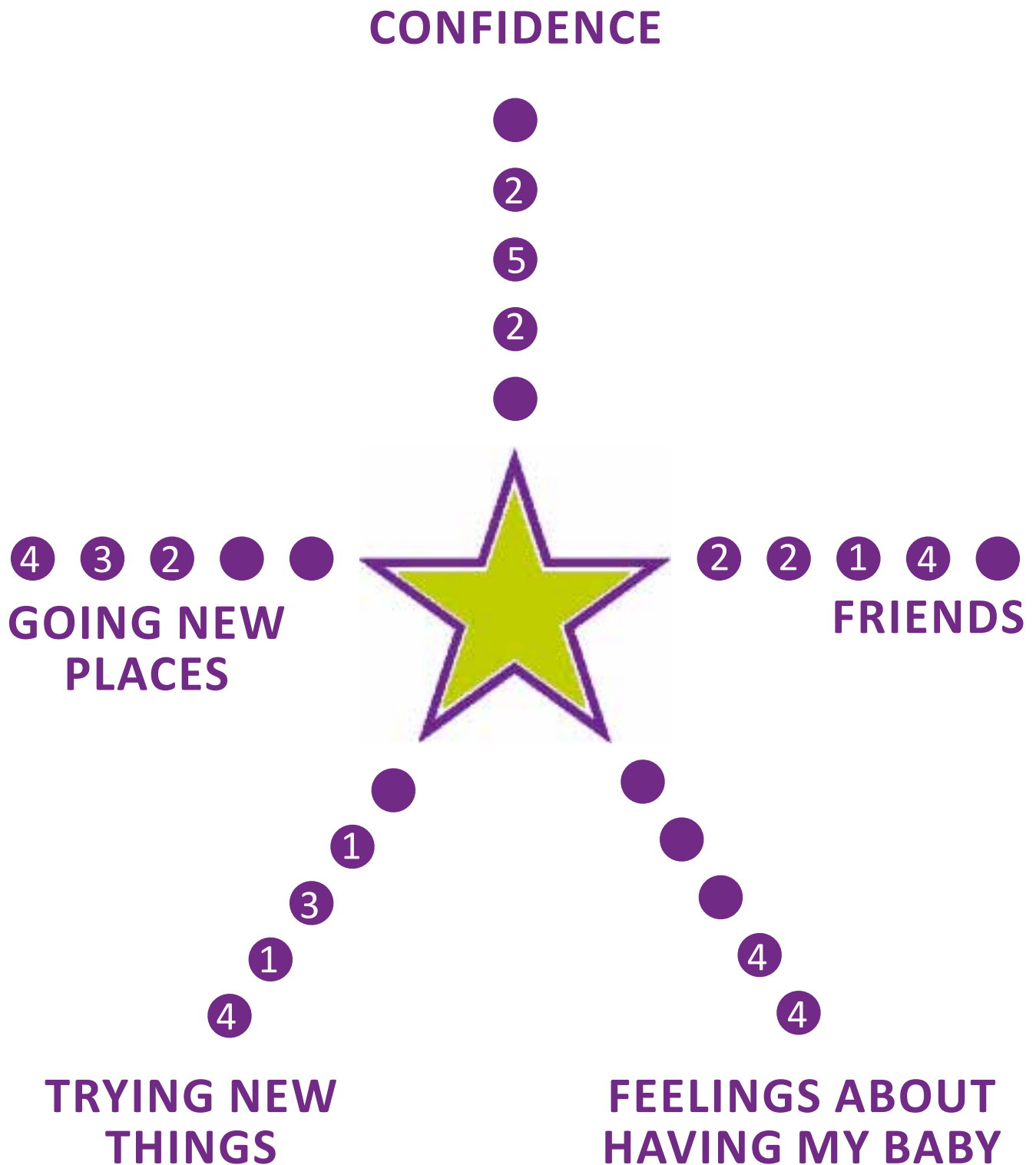
I kept the plan for my block very flexible at the start so that there was plenty of opportunity for the participants to input their ideas for the sessions. I wanted there to be space to respond to things that went well and to adapt to particular interests of the group. I also intended to keep the pool of visiting artists quite small and have each artist make a few visits so that they could build up trust with the group and the participants could relax and feel like they had the chance to be in a room of people they knew. It was also my intention to facilitate creative tasks that were challenging to the participants and stretched their imagination to really build their confidence.

How has the work relationship between Starcatchers, FNP and artists worked for you?

I have had an exciting relationship with Starcatchers as an associate artist for several years now, and over that time it has been wonderful to see the type of projects I have been working on develop and remain ambitious and new. This is the first one that has also been supported by FNP and it has been fantastic to create a new relationship that helps us support and bring together young families who may not otherwise be able to access Starcatcher's work.

APPENDIX 6: Starchart pre-natal

Answers gathered at the beginning of the project. Answers closest to the star indicate “very confident” with answers on the furthest away point indicating “not very confident”.



APPENDIX 7: Starchart post-natal

