

Project eARTh evaluation summary 2021-22

Participants gain a variety of skills through taking part in Project eARTh. This includes a wide range of artistic skills; learning about nature; learning about themselves; and developing organisational and self-management skills. Project eARTh supports participants' psychological wellbeing by providing distraction, relaxation, companionship and motivation.

For many participants, Project eARTh is the only social activity they take part in. Many describe how, without Project eARTh, they would feel extremely isolated. Through Project eARTh, many participants have established friendships and social networks that extend beyond the sessions themselves.

Working together to create a work of art is one of the most important aspects of Project eARTh. The fact that the artworks the groups create are seen and enjoyed by the local community is a source of immense pride and supports participants' development of self-worth.



Participants reported feeling better after a Project eARTh workshop on:

- 97% of occasions (New Mills)
- 95% of occasions (Buxton)

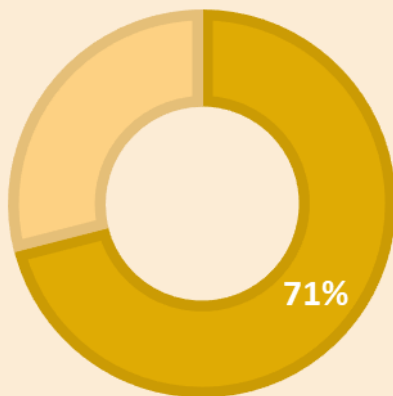
Embroidering is
very relaxing and
enjoyable.

*Lovely morning,
uplifting, I could cope
with anything now!*

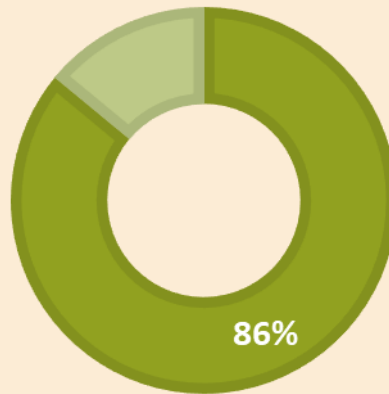
*This class takes my
mind off things*

Proportion of participants reporting a noticeable improvement in May 2022 compared to when they joined the project (n=14)

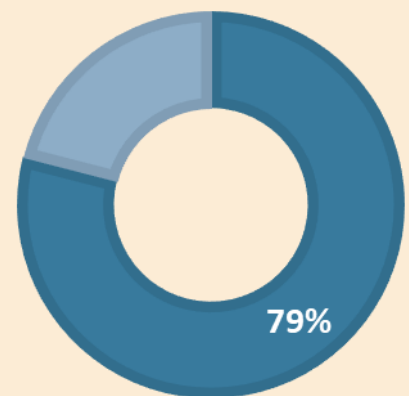
Making connections



Confidence & resilience



Wellbeing



It's not just about art; it's about people, being social.

You meet new people and have a good chat. Sometimes these people become your friends and you interact with them outside of the group.

It was lovely to feel safe in the group and see my friends and chat.

Going to the art group gives me a sense of purpose, gets me out of the house and around people.

Being part of project eARTh has helped me to start being creative again. This has in turn improved my daily mental health and allowed me to do 'something for myself'.

Attending the group helps me in so many ways. It helps me through difficult times.

I urge people to join a group like HPCA's as it is a life changer! It gets me out of my bed, out of my house, and gets me motivated.