



# Inspirative.

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Welcome to Inspirative!

This information booklet is to tell you more about our two companies - Inspirative Arts and Inspirative Development: Who we are, what we do, and how we could work together.

## Who We Are

Inspirative Arts Derby Community Interest Company (CIC) is a social enterprise based in Derby City Centre. Since 2009 we have been developing and delivering high quality arts therapies and wellbeing services for vulnerable people and the people who care for them.

Inspirative Development is our training arm, a limited company part owned by Inspirative Arts CIC.

## What We Do

Inspirative Arts provides arts therapies and wellbeing arts for children and adults. We have particular expertise of working with people who have:

- Learning and physical disabilities;
- Autism and other communication disorders;
- Emotional and/or behavioural difficulties;
- Memory loss and difficulties with thinking, problem-solving or language;
- Mental health issues.

We also support people who care for friends and family members with additional needs.

## How We Help

Inspirative Arts' services are delivered at different levels, allied to the Kaiser / Chronic Care Model, this includes working with people one to one or in groups, depending on their needs. All our clients have an individual needs assessment before we begin our work together. This includes discussing background information; the clients needs, and aims for the sessions with both the client and their circle of support. Once a client has been assessed, we will write a proposal that will outline the level of service you need. We will track your well-being or therapy services and provide you with relevant reports and offer reviews to discuss your journey.

For organisations and residential settings this means we can offer a whole range of services targeting different levels of need, and enabling you to meet a range of client centred outcomes. Further details of specific services, and outcomes achieved, are included in the following pages of this document.

Inspirative Development also offers a wide variety of training, which can be specifically tailored to meet your individual or organisational needs.

## What Makes Us Unique?

Inspirative Arts are unique in offering both arts therapies AND creative well-being sessions in one place. Enabling our clients to access both or either services seamlessly to best suit **client's** current needs. We also use a combination of different creative techniques to help resolve past issues, nurture well-being and break down verbal communication barriers.

Staff are trained in reflective practice meaning they can provide clients with quality monitoring reports which track their progress as well as informing both parties whether any changes to their service is needed. This evidence-based practice has enabled clients to better seek budgets meaning they are able to access the level of service that best suits their needs. As we believe everyone is unique we tailor our recommendations to fit clients needs and goals. We enhance their potential through a creative journey where self-expression **develops client's** emotional growth.

To use our unique approach in care we recognise the need for training. At Inspirative Arts we highly value our qualified staff who are all trained to deliver therapeutic arts practices. **The interplay between Inspirative Arts' direct service delivery, the qualification levels of our facilitator trainers, and Inspirative Development's** interactive learning approach provides training opportunities for those working in the health and social care sector. No other training offers such relevant hands on learning.

We understand it isn't always easy for clients to travel. While our facilities are based in Derby, Inspirative Arts also works across the UK and offers sessions off-site. We typically go into schools and care homes across the East Midlands.

## Our Mission, Vision and Values

The Inspirative vision is of a world where everyone is valued equally; with every person's voice heard, issues understood and needs met in creative, person-centred ways.

Inspirative Arts' mission is to revolutionise care culture, using the transformative power of creative expressive arts to nurture recovery, resilience and well-being for vulnerable people.

Inspirative Development's mission is to revolutionise care culture by inspiring creativity, communication and compassionate care.

Our values inform all our decision-making and underpin the services we offer. We are:

Caring Empowering Expressive  
Inspiring Nurturing Honest Innovative  
Sustaining Open Connected Reflective Creative

## Level of services that Inspirative Arts offer

Level of services overview description:

LEVEL 5 – Short term intensive arts psychotherapy interventions for people severely compromised by trauma. Our therapists work closely with the team around a client, producing detailed clinical assessments as required.

LEVEL 4 – Longer term therapy for people struggling to cope with ongoing underlying problems or difficulties, delivered either one to one, or in small, closed groups. Arts based psychotherapies use person-centred, non-verbal, verbal and creative means of expression and exploration.

LEVEL 3 – Deeper therapeutic work, delivered either one to one or in small closed groups; building on personal strengths, confidence and resilience to prevent problems escalating or resurfacing. Facilitators design bespoke therapeutic activities, using the arts to safely contain issues, enabling people to work on positive aspects of self. Individual outcomes are monitored, and quarterly reports provided.

LEVEL 2 – Ongoing therapeutic groups or one to one work; enabling vulnerable people to develop and maintain confidence, self-esteem, resilience and wellbeing. Facilitators deliver arts-based activities which are specifically tailored to address the needs of individual people. Individual outcomes are monitored, and reports produced on request

LEVEL 1 - Creative enablement this level of service is for those who need additional one to one support within a group to help them to be able to fully engage.



**LEVEL 5**  
**Short term arts**  
**therapy**

**LEVEL 4**  
**Longer term**  
**Arts therapy**

**LEVEL 3**  
**Deeper therapeutic work**

**LEVEL 2**  
**Ongoing therapeutic groups or**  
**one to one work**

**LEVEL 1**  
**Creative Enablement**

Creativity for health and wellbeing

Arts for health and wellbeing

Inspirative Arts offers a unique and engaging blend of arts-based engagement which is specifically designed to promote:

- Creative expression and communication
- Increased confidence and aspiration
- Emotional resilience
- Community and social cohesion
- Healthy relationships
- Anger and stress management
- Life skills and coping strategies

Our Experts

Our Well-being staff are all qualified in using the arts to either support or facilitate one to one or group sessions. Whilst most hold at least a degree level in the relevant field they also hold additional qualifications and have years of experience. Our therapists are all qualified to a minimum of Masters level, regulated by HCPC, and registered with their appropriate professional body (British Association of Dramatherapists, British Association of Art Therapists etc). All our staff are DBS checked, receive regular clinical supervision, are fully insured, and fully trained in addressing safeguarding and a wide variety of other issues which might arise in our work.

Our Evidence Based Approach

We are a research led organisation. All our work is based on the most up-to-date clinical knowledge and evidence base. We work closely with the University of Derby, engage in our own clinical research work, and are at the forefront of developing our sector nationally.

What happens in our sessions

Our creative arts sessions are fun and engaging, but they also serve a deeper purpose. Working with our skilled professionals means that with us the arts are a vehicle self-expression, personal development, resilience and healing. Our focus is on achieving individualised outcomes for each person taking part, not making great art work or learning a craft. This includes:

- Building a relationship between our therapist and each person through playing, being creative and/or verbal communication

- Using the whole array of art forms, including drama, art, music and movement dependent upon the most appropriate medium for the client.
- Using the creative expressive model, focusing on positive aspects of self (both physically and mentally), enabling each child to recognise their individual strengths and full potential.
- Stimulating communication through voice, drama and sensory activities, repairing and developing trust in relationships with others.
- Providing less threatening means of exploring emotionally difficult subjects using the safety and distance of metaphor.
- Supporting children to recognise emotions in themselves and others, and encouraging them to express and explore these in healthy ways, reforming health attachments with people who are important in their lives.

Inspirative Arts uses creativity to change lives.

### Focusing on Outcomes

For our Well-being services (levels 1-3), the most common agreed outcomes upon referral and assessment are:

- Developing communication skills
- Improving wellbeing and happiness
- Enhancing confidence and self-esteem
- Engaging in meaningful creative activity
- Increasing social skills
- Participating in intensive interaction
- Promoting identity and awareness in relation to self, others and the environment

For our therapy services (levels 4-5), the most common agreed outcomes upon referral and assessment are:

- To support in managing difficult transitions / change
- Reducing violent behaviours to self / others
- Support in self-regulation of emotions
- Support in managing separation anxieties
- Long term wellbeing
- Reduction in crime
- Rebuild confidence and self esteem
- Support in rebuilding a happier home environment
- Exploring themes around body image
- Support following a bereavement
- Addressing trauma
- Reducing anxiety and stress

## Arts Therapies

Arts psychotherapy (dramatherapy, art therapy, music therapy or dance and movement therapy) for people who are experiencing trauma.

Facilitated by fully qualified, HCPC registered arts psychotherapists, these service support people to process current or past trauma, beginning the journey back to well-being.

Arts based psychotherapies use non-verbal, verbal and creative means of expression and exploration. Our therapists tailor techniques to enable each client to explore their issues. This might include drama, art, music and movement - whichever is most appropriate for you.

Sessions give people a safe place to explore and express emotions within a contained space. This aids recovery, equips people with life skills, and builds personal resilience. Clients have the opportunity to recover their self-esteem, confidence, independence and awareness.

### Level 5

Level 5 therapy services are offered in intensively focused time-limited programmes (we recommend 12 sessions). These are appropriate for clients who are perhaps receiving a range of interventions, and include formal liaison with other agencies who are supporting a client. Level 5 therapies are delivered on a one to one basis, although sessions might also occasionally include family members or other people who are significant in a client's life.

### Level 4

Level 4 therapy services are offered to people on a longer term basis (more than 12 sessions). These are appropriate for clients who wish to take longer to process their issues, are not receiving other interventions, or have multiple issues to address. Level 4 therapies are delivered on a one to one basis, or in small therapy groups appropriate to client's needs.

Acceptance into our Arts Therapies programmes is subject to a clinical assessment. If our assessing therapist does not feel therapy will meet the needs of a person at this time they may be offered an alternate service.

Level 5 & level 4 one to one arts therapies sessions generally last for 1 hour each. When being delivered as a group at level 4 the sessions can last between one to two hours.

## Creative Wellbeing One to One Session

One to one creative, expressive wellbeing sessions for people who are recovering from trauma or noticing a decline in their wellbeing.

Our level 3 Creative Well-being Specialist staff typically have degree level in the relevant arts in health course. They would have years of experience and hold additional specialisms within the therapeutic practice. They are skilled at supporting and holding difficult behaviours or taboo subjects and can offer a unique programme specific to that person or group to achieve their outcomes and goals.

Sessions are tailored to suit the needs and abilities of the client. We focus on giving people a safe space for artistic expression, addressing taboo subjects, facilitating communication, nurturing self-esteem, building a sense of belonging, tackling difficulties and restoring well-being. Our facilitators use a mix of art forms - art, music, dance and drama - specifically tailored to the engagement style of the person they are working with.

Creative Expressive Wellbeing one to one sessions are ideally suited to people who need in depth support to cope with difficulties and prevent them escalating, and who might find it difficult to work in a group. This might include people whose behaviour might distress or disrupt the engagement of other clients in a group setting.

The only people who might be excluded from one-to-one work are people whose behaviour poses a risk to our staff. In these instances, we may suggest that people also purchase a level 1 "Added Support" package, enabling a safer two to one ratio in their sessions.

The facilitator will provide quarterly overview reports based on their weekly reflections that monitors your journey with us. The reports will map progress against the named outcomes using person-centred assessment tool. We also advocate effective communication between client and their circle of support to inform facilitator of any significant life changes or impacts that could affect the client's wellbeing. Inspirative Arts will offer recommendations and suggestions to support the client's well-being beyond the session they have with us.



Level 3

## Creative Wellbeing Group

Small creative, expressive wellbeing groups for people who are recovering from trauma or noticing a decline in their wellbeing.

Facilitated by Creative Well-being Specialist who will have degree level in the relevant arts in health course. They would also have years of experience and hold additional specialisms within the therapeutic practice. They are skilled at supporting and holding difficult behaviours or taboo subjects and can offer a unique programme specific to that person or group to achieve their outcomes and goals.

Workshops are designed to suit the needs and abilities of group members. We focus on giving people a safe space for self-expression, facilitating communication, nurturing self-esteem, building a sense of community, tackling difficulties and restoring well-being. Our team use a mix of art forms - art, music, dance and drama - specifically tailored to the engagement styles of group members.

Creative Expressive Wellbeing Groups are ideally suited to people who need in depth support to cope with difficulties and prevent them escalating. People whose behaviour might distress or disrupt the engagement of other clients will be offered one to one support instead of group engagement. Spaces might be limited, because we typically have no more than 8 consistent clients in a group, ensuring each client benefits from personalised attention.

The facilitator will provide quarterly overview reports based on their weekly reflections that monitors your journey with us. The reports will map progress against the named outcomes using person-centred assessment tool. We also advocate effective communication between client and their circle of support to inform facilitator of any significant life changes or impacts that could affect the client's wellbeing. Inspirative Arts will offer recommendations and suggestions to support the client's well-being beyond the session they have with us.

## Creative Interaction One to One Sessions

Creative expressive one to one well-being sessions, using intensive interaction techniques to nurture engagement, stimulate communication, facilitate expression and enhance wellbeing.

Our level 2 Creative Well-being Facilitator would have gained a minimum level 4 qualification in the relevant arts in health practice. They can facilitate one to one sessions working towards specific outcomes to help individuals achieve their goals and support maintaining and developing their well-being.

One to one sessions offer positive, engaging, meaningful activities. Sessions are designed to suit the needs and abilities of the individual person. We focus on engaging the client, facilitating communication and self-expression, nurturing self-esteem, building a sense of belonging, enhancing well-being and enjoying ourselves. Our team use a mix of art forms - art, music, dance and drama - coupled with intensive interaction techniques to facilitate stimulating, meaningful activities.

Creative Expressive Interaction One to One sessions are ideally suited to people with a range of learning difficulties, challenging behaviour, and physical or sensory impairments; who feel unable to work in a group setting and need more intensive support. This might include people whose behaviour might distress or disrupt the engagement of other clients in a group setting.

The only people who might be excluded from one-to-one work are people whose behaviour poses a risk to our staff. In these instances we may suggest that people also purchase an "Added Support" package, enabling a safer two to one ratio in their sessions.

The length of creative expressive interaction one to one sessions varies according to client needs.

The facilitator will provide quarterly overview reports based on their weekly reflections that monitors your journey with us. The reports will map progress against the named outcomes using person-centred assessment tool. We also advocate effective communication between client and their circle of support to inform facilitator of any significant life changes or impacts that could affect the client's wellbeing. Inspirative Arts will offer recommendations and suggestions to support the client's well-being beyond the session they have with us.

Level 2

## Creative Small Wellbeing Group

Creative expressive wellbeing groups using intensive interaction techniques to nurture engagement, stimulate communication and facilitate expression.

Our level 2 Creative Well-being Facilitator would have gained a minimum level 4 qualification in the relevant arts in health practice. They can facilitate group workshops that bring people with similar needs together to share in positive, engaging, energising activities.

Workshops are designed to suit the needs and abilities of group members, with no more than 6 people per group. We focus on engaging people, facilitating communication and self-expression, nurturing self-esteem, building a sense of community, enhancing well-being and enjoying ourselves. Our team use a mix of art forms - art, music, dance and drama - coupled with intensive interaction techniques to facilitate stimulating, meaningful activities for everyone who attends.

Creative Expressive Interaction Groups are ideally suited to people with profound and multiple learning difficulties, challenging behaviour, and physical or sensory impairments; who are able to work in a group setting but need more intensive support.

People whose behaviour might distress or disrupt the engagement of other clients will be offered one to one support instead of group engagement.

Spaces might be limited, because we never have more than 6 consistent clients in a group, ensuring each client benefits from personalised attention.

The facilitator will provide quarterly overview reports based on their weekly reflections that monitors your journey with us. The reports will map progress against the named outcomes using person-centred assessment tool. We also advocate effective communication between client and their circle of support to inform facilitator of any significant life changes or impacts that could affect the client's wellbeing. Inspirative Arts will offer recommendations and suggestions to support the client's well-being beyond the session they have with us.

Level 2

## Creative Wellbeing Group

Creative, meaningful, expressive groups; using art, music, movement and drama to build confidence, self-esteem and friendships and nurturing wellbeing.

Our level 2 Creative Well-being Facilitator would have gained a minimum level 4 qualification in the relevant arts in health practice. They can facilitate group workshops that bring people with similar needs together to share in positive, engaging and meaningful activities.

Workshops are designed to suit the needs and abilities of group members, with no more than 8 people per group. We focus on nurturing self-esteem, fostering belonging, building a sense of community, enhancing well-being and enjoying ourselves. We have groups which specifically focus on using one art form - art, music, dance or drama, and groups that use an expressive mix of all the arts.

Creative Expressive Wellbeing Groups are ideally suited to people with mild to moderate learning disabilities, autism, mental health difficulties, and physical or sensory impairments; who are able to work in a group setting with shared support. If someone faces more profound difficulties or needs greater support we would suggest one of our other more supported services. Spaces might be limited, because we never have more than 8 clients consistently attending the group, ensuring each client benefits from personalised attention. Creative Expressive Wellbeing Groups generally last 2 hrs.

The facilitator will provide quarterly overview reports based on their weekly reflections that monitors your journey with us. The reports will map progress against the named outcomes using person-centred assessment tool. We also advocate effective communication between client and their circle of support to inform facilitator of any significant life changes or impacts that could affect the client's wellbeing. Inspirative Arts will offer recommendations and suggestions to support the client's well-being beyond the session they have with us.

Level 2

## Creative Community Group (open group)

Creative, meaningful, expressive groups; using art, music, movement and drama to build confidence, self-esteem and friendships, nurturing wellbeing.

Facilitated by Creative Well-being Facilitator a fully qualified Creative Expressive Wellbeing graduate and any supporting staff are trained to enable people to engage. These expressive, fun and meaningful workshops bring people with similar needs together to share in positive, energising, arts-based activities. Workshops are designed to suit the needs and abilities of group members. We focus on building a sense of community, nurturing self-esteem, fostering belonging, enhancing well-being and enjoying ourselves. We have groups which specifically focus on using one art form - art, music, dance or drama, and groups that use an expressive mix of all of the arts.

Creative Expressive Wellbeing Groups are ideally for those who can independently access our service. If someone faces more profound difficulties or needs greater support, we would suggest one of our other more supported services. Spaces might be limited, as the group size will be determined by the discretion of the facilitator to ensure quality of service. Creative Expressive Wellbeing Groups generally last 2 hrs and are typically run with a minimum of eight people and up to 12.

Level 2 workshops for independent people involve meaningful activities designed around the general needs of participants. These workshops are more appropriate for places where attendance might be ad-hoc or 'drop in', with different individuals participating each week. This service does not involve regular reflective reporting.

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Level 1

## Added Support Package

Creative Wellbeing Enabler could be added to another package to provide a 2 to 1 ratio in one to one sessions, or 1-1 support in group settings.

An additional trained worker who can be added to another package to increase staff ratios. This might be useful for clients who exhibit extremely challenging behaviour thus might need 2 to 1 support in 'one to one' sessions, or clients who would like to engage in a group but need one to one support to do so. This provides an alternative to clients with higher levels of need bringing their own carer. Please note, expressive enablers provided under an Added Support Package are unable to provide personal care. They do however help overcome restrictions a person might otherwise face, as they receive an increase support ratio and have access to 1-1 enablement.

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Level 1

## Added Care Support Packages

An added Creative Wellbeing Enabler who is trained in providing personal care as well as holding relevant experience and qualification to level 2 in activity provision for social care.

An additional trained worker who can be added to another package to increase staff ratios. This might be useful for clients who need personal care whilst on our premises, but who are not bringing their own carers with them. This person will be able to support one to one to enable someone to engage in the session more fully and provide the personal care as and when it is needed.

## Frequently asked questions for attending onsite sessions:

Can I bring a carer?

Clients often find that they prefer to build rapport with the Inspirative Arts team who can enable them to access our sessions and provide personal care. However, when someone has complex care needs that may require their level of trained staff then we will discuss and assess if the staff member is best placed enabling the person within the session or being on hand in reception for when the client needs the personal care. Should you benefit from our enablement approach than you can see further details in our "added care" service information sheet.

How many sessions can I attend?

Sessions take place at various times during the week Monday-Saturday. You are welcome to attend just one session a week, or a mix of sessions which match your assessed level of need. Some clients bring a packed lunch and stay with us for the day.

How would I pay for it?

Many people secure personal budgets, health budgets or educational support plans to cover the costs of their time with us. Others secure funding through council frameworks (for example 'Priority Families'), or other public sector or charitable sources. Some people pay for services themselves. We are happy to provide written information or meet with other professionals to support you in negotiating budgets to meet your needs. Please do let us know if you need this support.

## Frequently asked questions for sessions delivered off site:

How often should we run the sessions?

We recommended a minimum of weekly sessions to ensure consistency and opportunities for personal development.

Do we have to ensure our own staff are present in the sessions?

This will depend on the client – facilitator ratios and client personal care needs. Please talk to us about this.

If one client is unable to attend, can we replace the place with another client?

There is the option for Care home to have a 'flexible' contract or 'fixed contract'. The Flexible contract if the residents were assessed as benefiting from this contract than a level 3 member of staff (Creative Wellbeing Specialist) would be contracted to offer this option as they are equipped to work off their feet in the moment to meet the needs of the clients. We would need to consider several factors one being the safety of other clients in the group prior.

How do clients pay for it?

Many people secure educational support plans or personal budgets to cover the costs of their time with us. Others secure funding through council frameworks (for example 'Priority Families'), or other public sector or charitable sources. Some people pay for services themselves. We are happy to provide written information or meet with other professionals to support you in negotiating budgets to meet your needs. Please do let us know if you need this support.



## What Else Do I Need To Know?

Inspirative Arts has a full range of policies and procedures in place to ensure you receive the best possible service and the highest quality care when you are with us. These include:

- Client Safety Policies (including safeguarding, health & safety, and mental capacity policies)
- Confidentiality and Data Protection Policies
- Core Values Policies (including equality and diversity, and policies outlining recruitment, selection and working practices for staff)
- Quality Policies (including our complaints policy)

All our policies are available for you to read in our offices at Inspirative House, and we are happy to provide copies on request.

You will be asked to sign a contract when you begin working with us. This ensures both parties fully understand our commitments to each other and enshrines your rights and responsibilities as a valued customer of Inspirative Arts.

## Where to find us

Inspirative Arts' services are delivered from our own centre at Inspirative House, 50, Canal St, Derby, DE1 2RJ, in the city centre. This is a safe, welcoming, accessible venue packed with lots of stimulating creative resources for clients to enjoy. A private space is available for clients who need personal care.

Some care homes and other residential settings choose to bring clients to us, as they find the change of space gives their residents an additional source of stimulation and enjoyment. These clients may choose to join one of our existing groups, or we can organise bespoke groups for clients who attend together.

Alternatively, if travel is an issue, or your clients would simply prefer to remain in their usual setting, we can also bring our services out to you. We work in community venues and clients' own settings (ie, people's own home, schools, day centres and care-homes).

Inspirative Development's training for staff can also be delivered at Inspirative House, in your own setting, or in another community venue.

## How to Get Involved

If you would like to discuss how we could work with you please phone us and you can speak to one of our well-being or therapist teams to discuss your clients' needs; or ask for Inspirative Development for enquiries regarding training opportunities, on 01332 208 706. Our team would be happy to discuss your organisation, your clients and staff, your needs and what you would like to achieve through working with us. Alternatively you can email [info@inspirativearts.co.uk](mailto:info@inspirativearts.co.uk), subject title 'prospect enquiry'.