

Time to Talk Next Steps Online Celebration

#TtTNSCelebration



WELCOME

Time to Express:
Sharing Stories and Experiences
Through Art and Creativity

Jon Ralphs, Associate, NDTi
Joe, Courtney, Robert, Young People

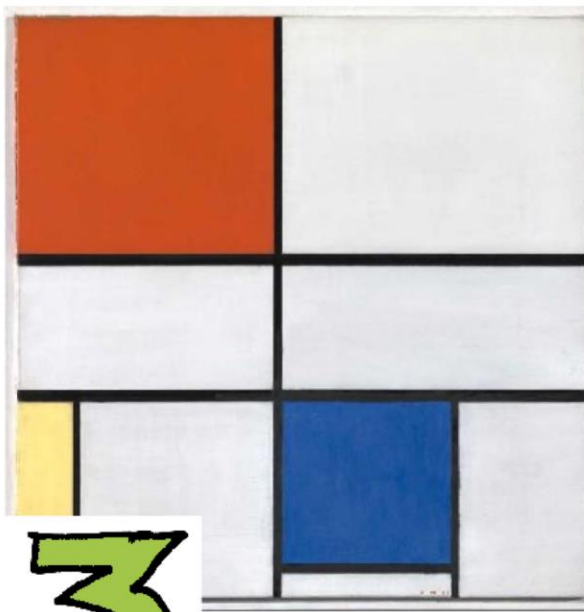




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Put your name into chat and say which image are you like

Robert



- *I first discovered NDTI in the summer of 2022.*
 - *My neighbour suggested that I try it as a way of getting back on my feet.*
 - *I had a bright future but then I had it put on hold due to COVID-19. I went out very little*
 - *It took me way longer than expected to get back on track.*
-
- I had 1:1 sessions
 - I joined the peer support group in September
 - I joined the training squad in October
 - I joined the creativity group in 2023
 - I went on three residential trips: Leeds, Away Days, Wokingham (with Legoland) and London.



The Creativity Group



- A group I was part of was the creativity group.
- These were online sessions that lasted for 6 weeks discussing about anything creative or arty.
- The topics could range from 2D and 3D art to digital art or handwritten art.
- In a few of the sessions, we as young people also got the opportunity to share our own cool art we made. I remember a few in particular that caught my eye but I did not share very much myself.
- It was a shame these sessions ended so soon but luckily, there was another set of online sessions based on sharing art with a different name. I will talk about it now.



The Time to Express Group

- Similar to the creativity group, I took part in Time to Express. This was the most recent so far
- These consisted of another 6 online sessions where
- We got to talk about how we express ourselves using art and creativity to do it
- There were even some Human Rights elements involved which would then link to the London residential
- What I liked about this group was how much we all had a say in how we all express ourselves in our views and opinions on things without it ever getting too much for young people.
- It also showed how good art is to help people to express themselves.



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Many requests for support showed that what mattered to young people was being creative



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TWO THINGS

There was a creative energy around human rights



**NDTi organised a meet up
for young people in London.**



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THE NORTH STAR

Find a space where
people can meet and
share their creativity.

To use creativity to
explore what matters
and human rights



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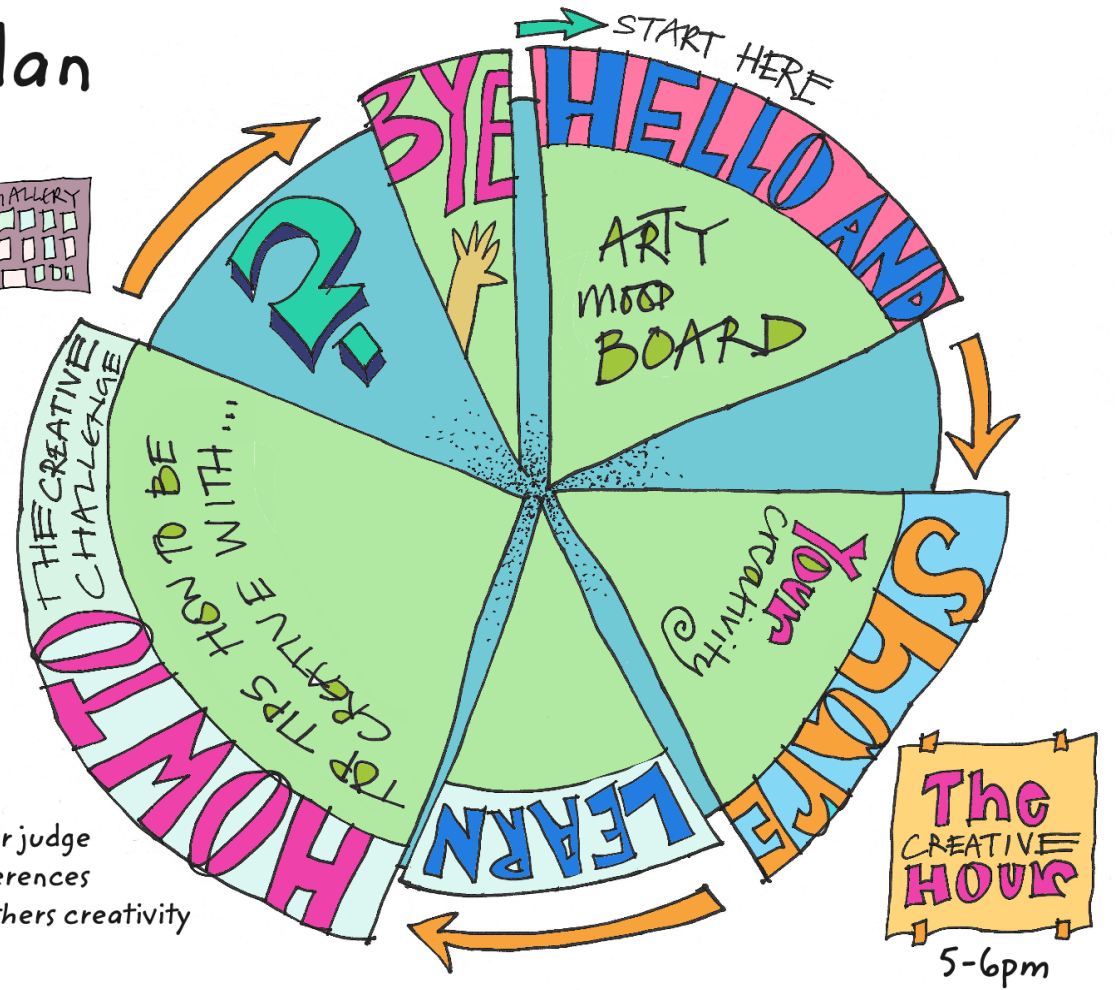
Session plan



REMEMBER



No pressure to share
We DON'T compare or judge
We celebrate our differences
We appreciate each others creativity





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Our first arty board

Digital ART



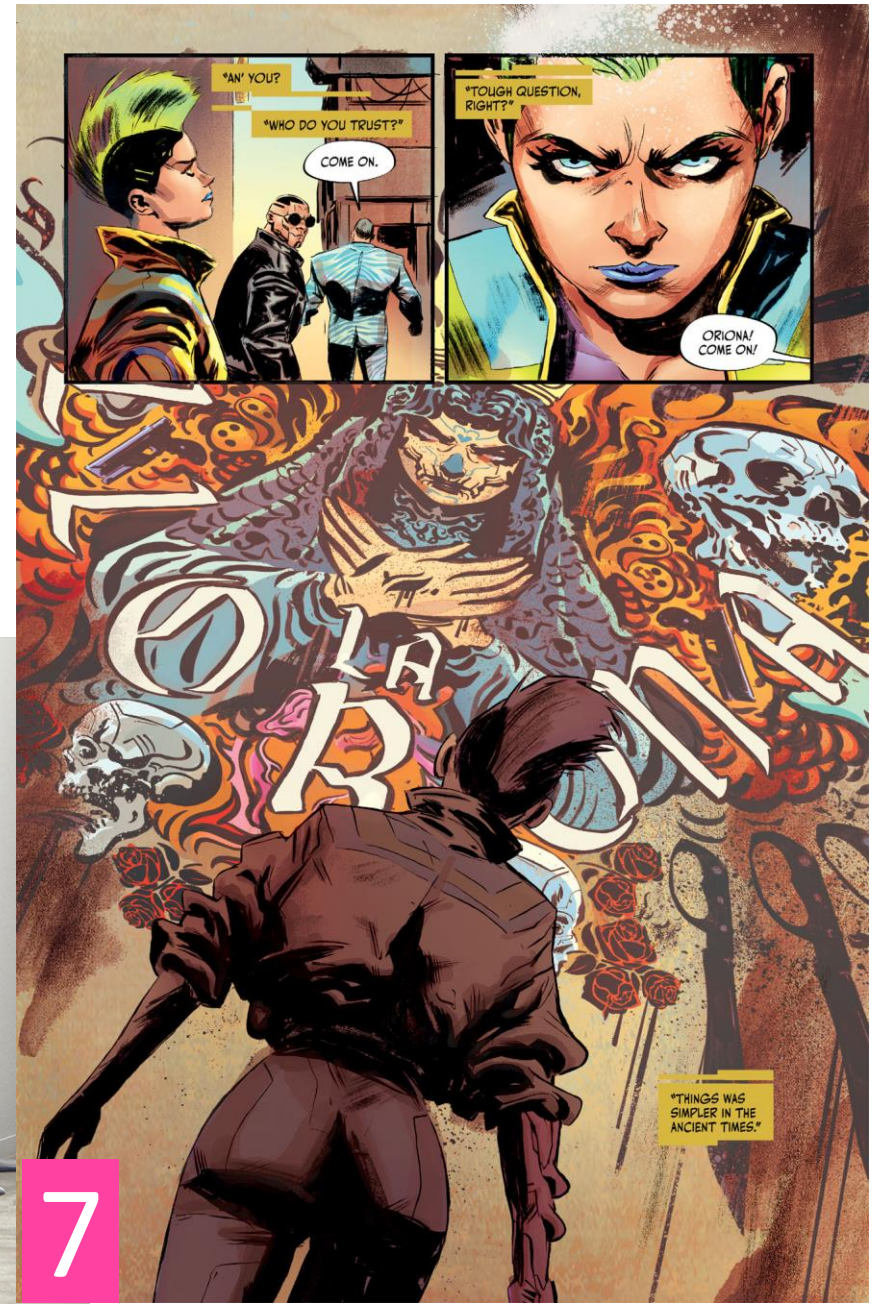
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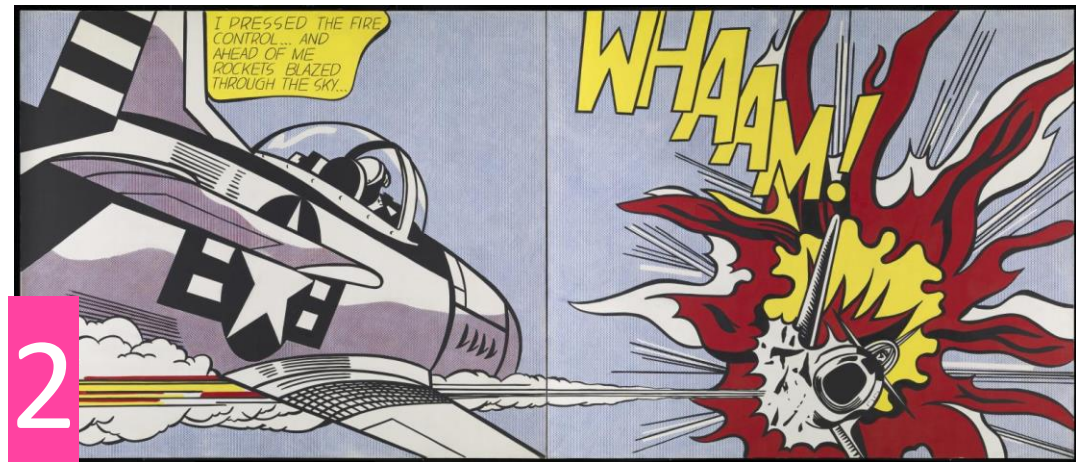


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Words and fonts



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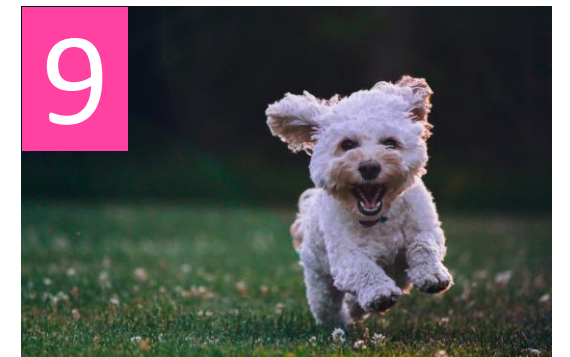
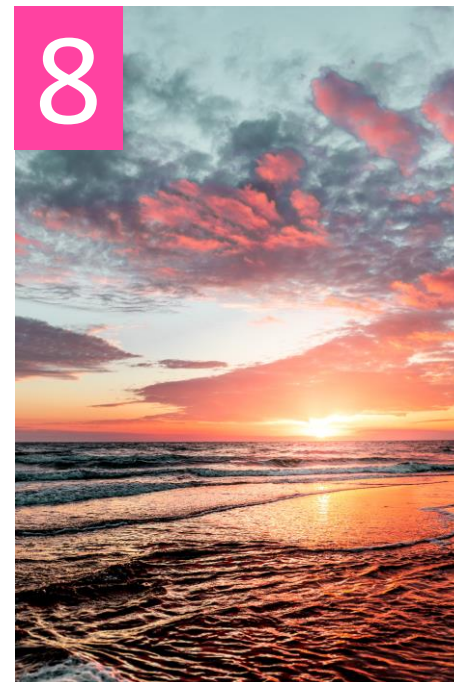
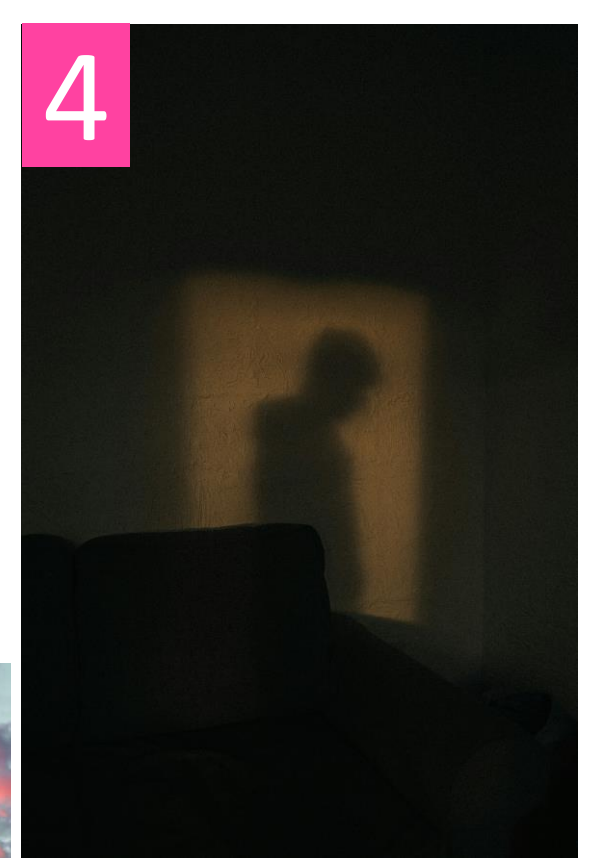
Ceci n'est pas une pipe.



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Photos



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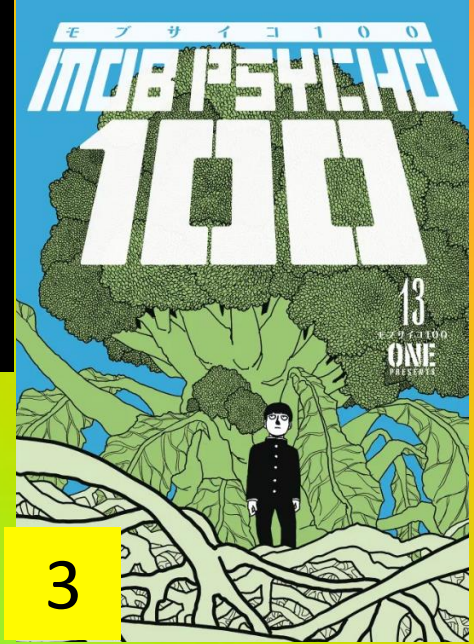
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Moving away from 2D

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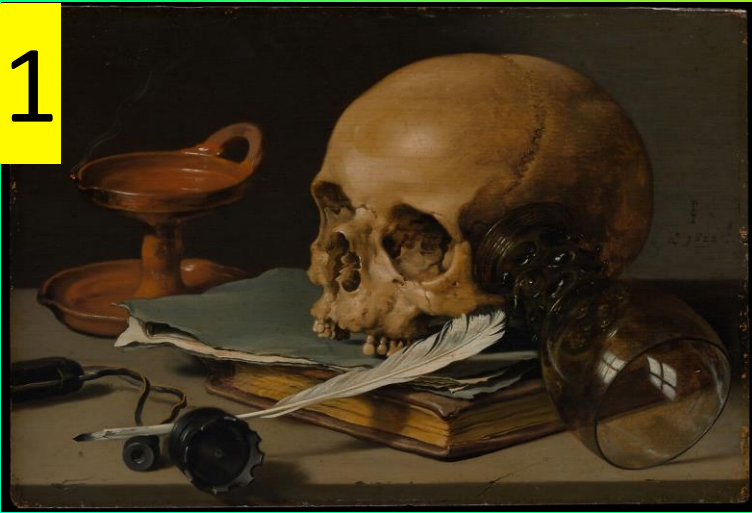
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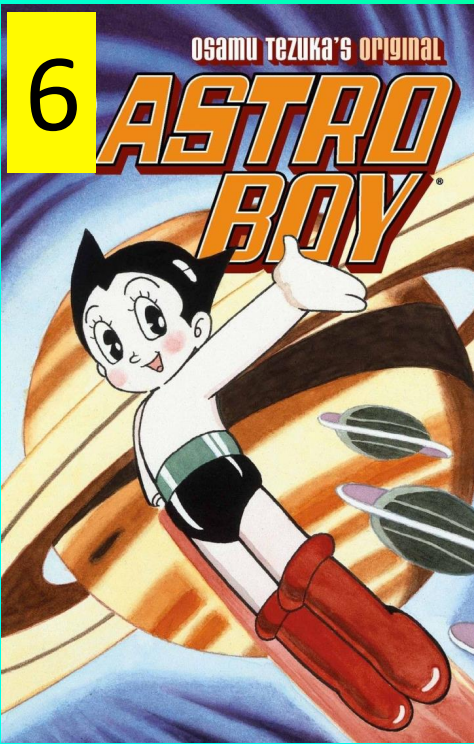
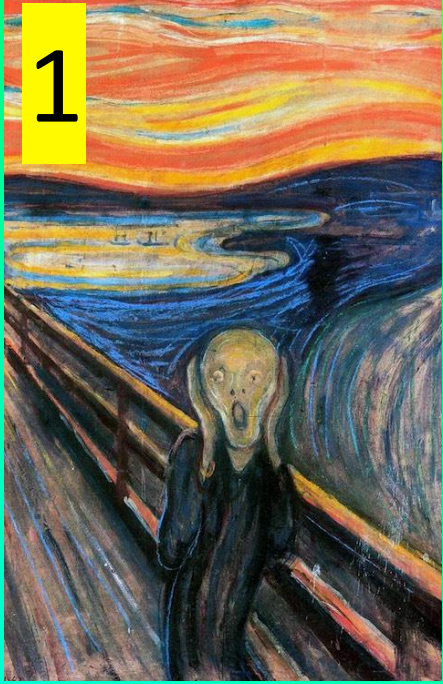
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Possessions



Freedom to
Express



I refer to as creativity scars. The research participants could point to a specific incident where they were told or shown that they weren't good writers, artists, musicians, dancers, or something creative. This helps explain why the gremlins are so powerful when it comes to creativity and innovation."



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Group rules



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REMEMBER



No Pressure to share
We don't compare or
judge
We celebrate our
differences
We appreciate each
others creativity



WASSILY KANDINSKY

COSSACKS 1910-11

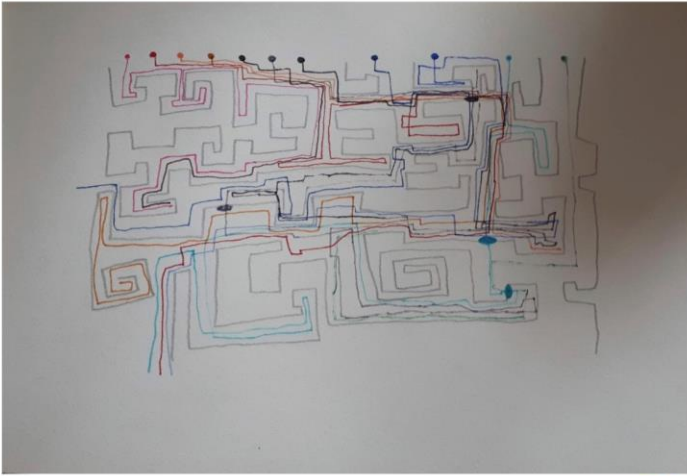


The 'cossacks' of the title are Russian cavalrymen which you can just recognise from their orange hats at the top and right of the painting. However Wassily Kandinsky believed paintings did not need to represent the real world. He felt that emotions could be expressed through the way colours and lines were arranged in a painting. He linked musical tones to particular colours, and considered colour to have a powerful spiritual impact. Can you hear music when you look at the painting?

WASSILY KANDINSKY

COSSACKS 1910-11





Trying different styles of art.

- * Ibis Paint (see presentation)
- * Maze style therapeutic abstract art
- * Creativity among nature

“Art helps people to communicate.”

Sharing experiences through art and creativity

HAS GIVEN ME CONFIDENCE:

- To draw more
- To socialise more
- To be more vocal



Awaiting confirmation to study for Bronze Art Award with a Neurodiverse Alternate Provision

“Art helps me with some different things and art can help other people too.”

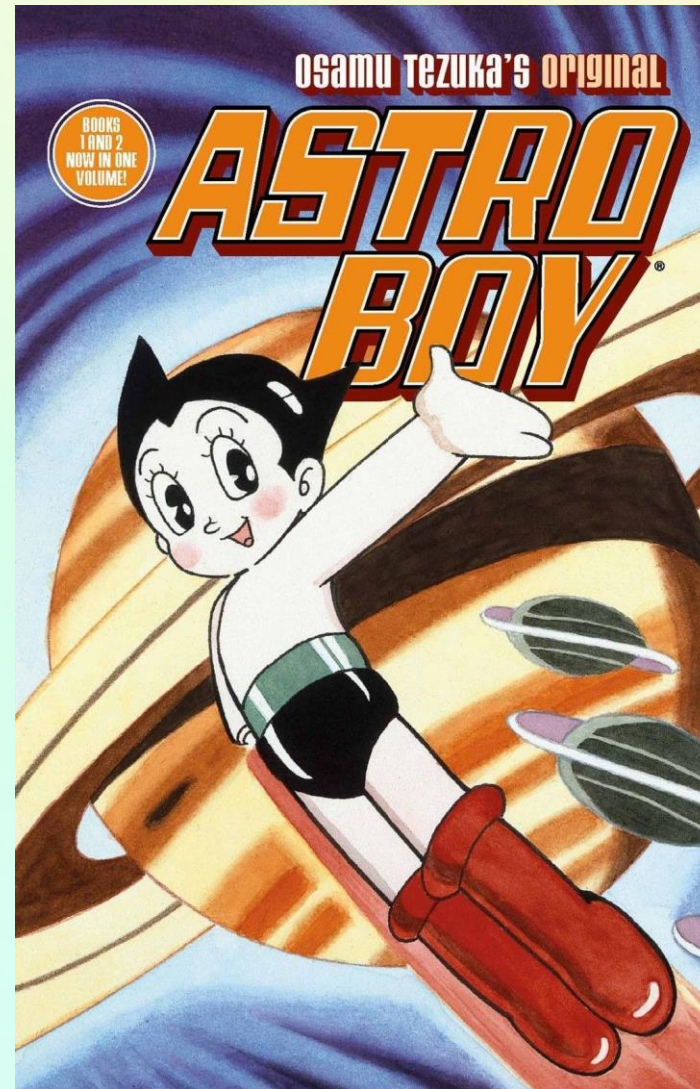


“The tall, awesome, pretty tree shares the beauty of it’s care from the leaves with all of the individual life, who pass underneath it.”
Joe, 4th of May 2024

SAMUEL TEZUKA

ASTRO BOY

Inspired the manga
development in Japan



TOP TIPS

Check in
art board
Really do work!

Split them up into single images
Send a week before the session



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TOP TIPS

People come and go.
Don't worry



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TOP TIPS

Have a structure but
be spontaneous



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A no look drawing of a
young person on the
zoom call

TOP TIPS

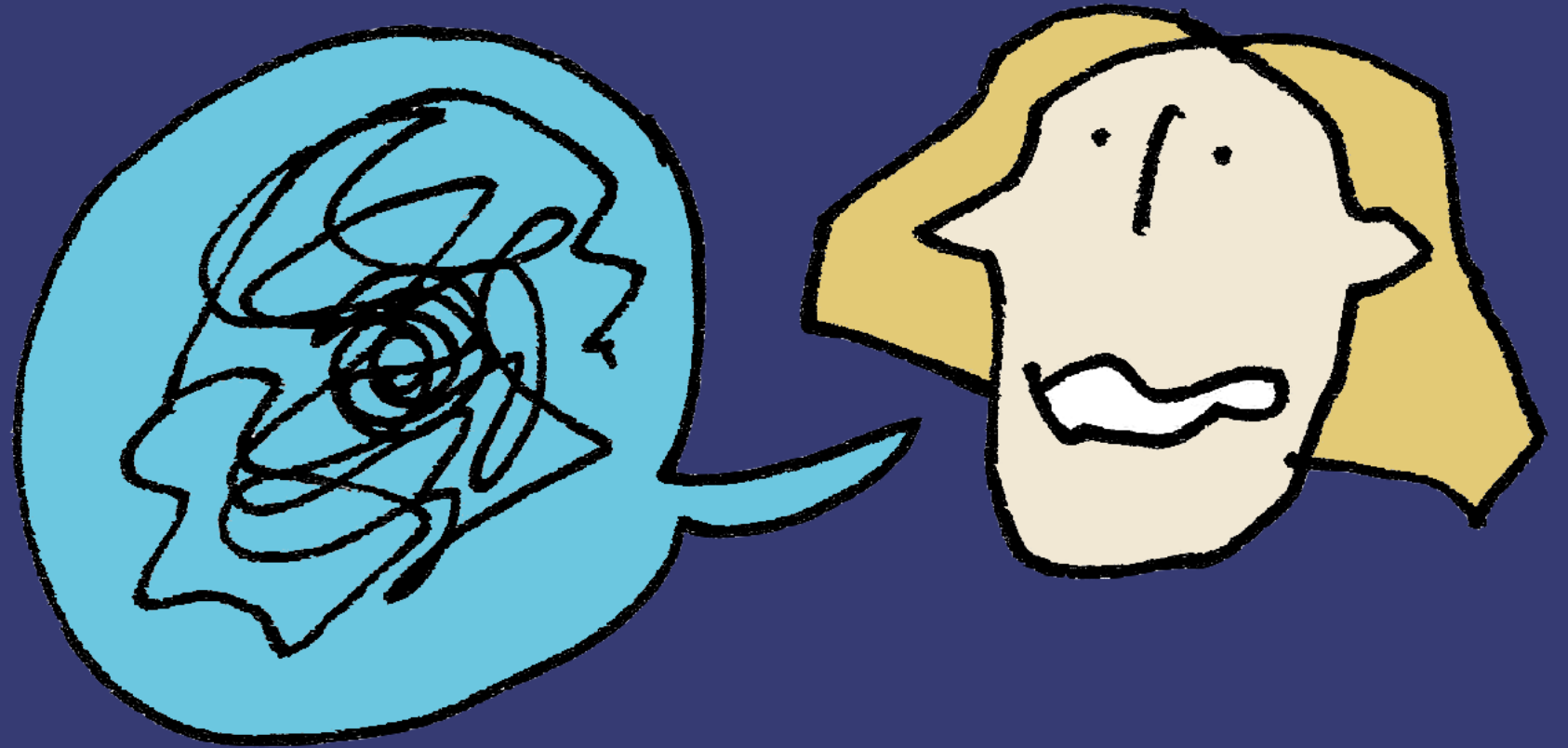
The group helps each other. Just hold the space for this to happen



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TOP TIPS

Sharing and triggering



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TOP TIPS

Don't be a teacher and expect the homework to be handed in.



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Creative ideas for 'Possessions'

fill a box
photo and share

photo your
possession outside

made a drawing
or painting of it

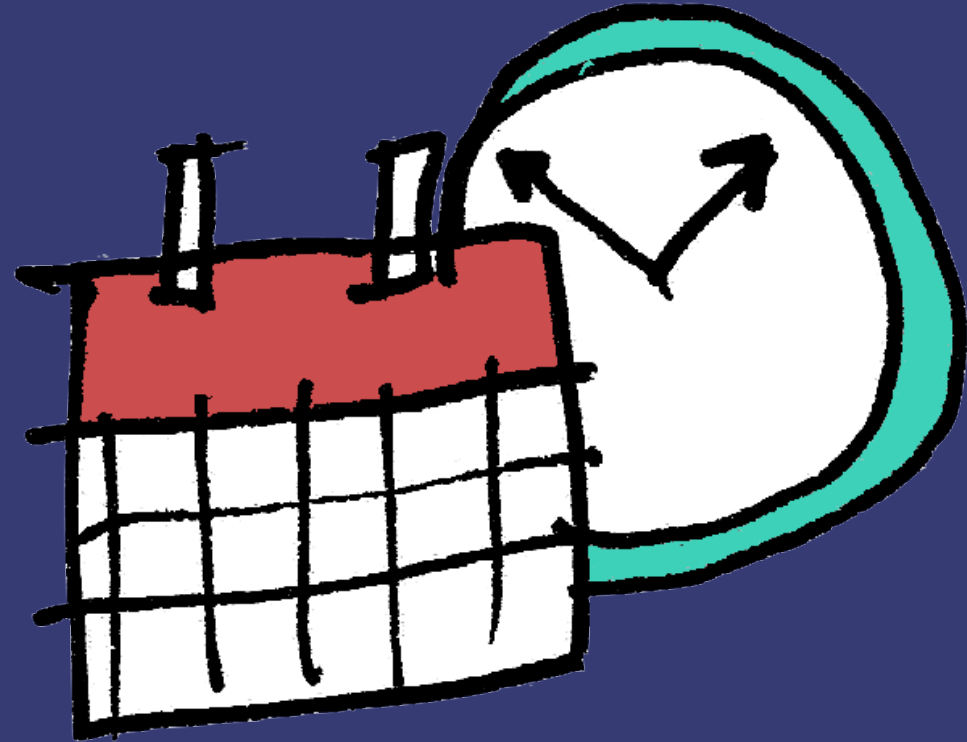
write about
your possession

TOP TIPS

We meet
Same place
Same time



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Six weekly sessions Tuesdays 5-6pm
Review
Six weekly sessions Tuesdays 5-6pm

Any questions?



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**We travel in the
directions of the
questions we ask.**
Margaret Wheatley

Photo by [Matt Walsh](#) on [Unsplash](#)



THE NORTH STAR

Find a space where
people can meet and
share their creativity.

To use creativity to
explore what matters
and human rights.
To exhibit the work



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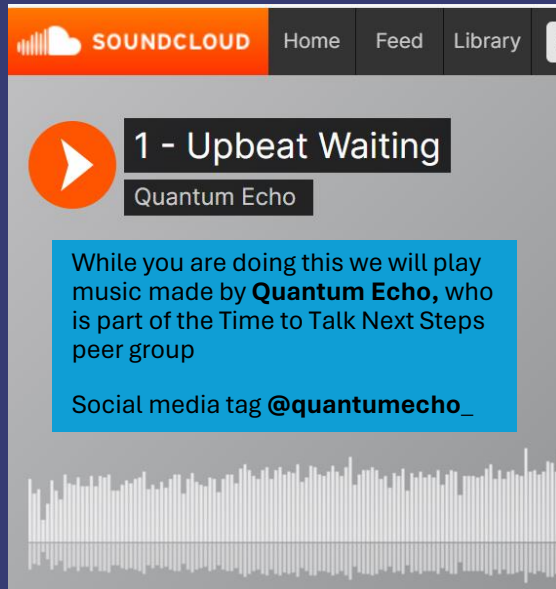
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**"Creativity
takes courage." -
Henri Matisse. ...**



Feedback Form



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Please take a moment to fill in our **feedback form** by

- Scanning the QR code or
- Following this link: <https://forms.office.com/e/xyMcrVeXUX>

You can submit the form multiple times but please:
only rate each session you attend once.

Our plans after this event....

Through a new project called Partners Make Time to Talk we plan to run training and mentoring for other organizations.

For more information see our plans [here](#)

If you'd like to work with us let us know on the feedback form.

