

STUDENT EXPERIENCES OF SKIMSTONE ARTS CREATIVITY CAFE



Health and Social Care students from Northumbria University took part in a creative arts session with Skimstone Arts
In the session we created a poem about what 'home' means to us
We captured our experiences of the session in a journal



THE SESSION WAS A NEW EXPERIENCE FOR US...

I had never previously participated in anything like the creative arts session

I felt a little out of my comfort zone. I was not sure what to expect from the session so I was feeling nervous to find out how it would go

I did not think I would contribute much

DURING THE SESSION...

I could see how it was impacting each person and how it made everyone feel accomplished when completing the poem

Although I didn't speak much I found it heartwarming and pleasant

I felt uneasy when everyone was thinking of something to write next in our poem as it is something I am not confident in but everyone was very supportive which made me feel better

I felt at ease immediately. I noticed that everyone seemed relaxed

I really enjoyed hearing everyone's thoughts and perspectives on the idea of home

I was welcomed and comfortable

I felt listened to and my ideas appreciated

AFTER THE SESSION...

Before I didn't believe social prescribing could be that useful to people. However, my original thoughts were wrong. When people discussed why they came to the sessions it really showed how important it was to them and how much it has helped them

I felt proud of myself

I can completely recognise how that would benefit someone and promote inclusion. I would really recommend it to people who were lonely but also who enjoyed that sort of creative friendly inclusion

I felt calm and relaxed

I felt like it would be very beneficial for people with social anxiety as if you go regularly it's nice to make friends and socialise

I like the house to be dark
I know where everything is
There's symmetry between self
And surroundings
And I never lock the door.

I am the keeper of my soul
I am the guardian of my own joy
Nothing worth having
Can be taken away. (from me)

Thank you Skimstone and the creativity cafe group!

We ALL found this to be a really useful learning experience and recommend that future students learn about your work!