



# CREATIVE SPACES

## 2016 - 2018





## THE LAB : IMPACT REPORT 2017



**The LAB** is a free studio style project, offering bespoke support for young people aged 12-25. The weekly, open-access music programme offers young people the opportunity to make music, learn new skills to an industry standard and socialise positively in a safe space with their peers. Industry professionals are on hand to teach them how to write, record and produce their own music, offer advice and support

[illegible]

**The LAB:** Wednesday's 4-6.30pm.





[illegible]



## OUR OFFER : CREATIVE SKILLS TRAINING

The studio is run by creative professionals, youth workers and specialist staff who provide:



- **Production skills training** : introduction and access to range of industry software including Logic, Fruity Loops and Reason
- **Workshops** on songwriting, lyric writing, beat-making and music history and 'understanding the industry'
- **Space to record** their music, receive feedback and have tracks professionally mixed
- **Showcasing opportunities** including production of mixtapes, group performance sessions and 'listening parties' with industry professionals
- **Access to local opportunities** and facilities including events and local studio space
- **Media skills training** : photography, filming, blogging, inspiration boards, access to software such as Adobe Illustrator, Dreamweaver, Premiere.



# THE LAB

ART AGAINST KNIVES presents THE LAB - Free studio space for young people every Wednesday 4-6:30pm at 10 Grand Arcade, North Finchley, London N12.  
[m.soundcloud.com/the-lab-aak](https://m.soundcloud.com/the-lab-aak)

POSTS   LIKES   FOLLOWING   ARC



## OUR OFFER : EARLY INTERVENTION + PREVENTION

A consistent, safe space for young people to interact positively with their peers + role models. It's run by a team of highly experienced practitioners who provide;

- **Mental health + wellbeing;** the space to talk about the challenges they are facing + identify solutions, expressing emotions + identifying coping mechanisms.
- **Support to access/sustain in education, employment and training.** This includes advocacy with services + schools, managing barriers ie. learning + behavioural disorders + practical job searches.
- **Safety planning;** avoiding negative + dangerous behaviours including 'anti-social' behaviour + local conflict.
- **Targeted conversations** led by one of our volunteers who is a Met Police officer on stop+search rights, weapons and the law, healthy relationships, personal safety, drug + alcohol misuse



## OUR OFFER : SPECIALIST SUPPORT + RISK MANAGEMENT

Our staff team includes, a serious youth violence specialist, a YPVA (Young People's Domestic Violence Advisor) + a Development Specialist who offer bespoke packages of support in direct response to needs.

This includes;

- **Advocacy** for those involved in the criminal justice system including support in managing relationships ie. with probation services, police + in Youth Offending Teams.
- **Exiting negative peer groups**, responding to threats of violence + local conflict, and in staying safe
- **Housing**; liaising with support services to address homelessness + addressing barriers.
- **Specialist support for victims of domestic violence + Child Sexual Exploitation**



The LAB has engaged + supported  
**172 young people** since September  
2015

**62%** of participants were mentored  
by specialist staff during  
sessions

**43%** received one-on-one support  
with personal issues outside  
sessions.

**31%** were referred or supported  
into a specialist support service.

**13%** were supported into further  
development opportunities.

**82%** demonstrated a significant  
increase in personal capabilities



[LISTEN TO THE  
TRACKS CREATED  
BY THE YOUNG  
ARTISTS HERE](#)

The LAB has become a destination for local young people, **85% of participants are self referred** - meaning they chose to engage, and **57% are still engaging**.

- **63%** of participants are considered to be at risk of violent crime
- **19%** are involved in the criminal justice system
- **53%** are at risk of entering the criminal justice system
- **18%** are under social care
- **14%** are in alternative education.

Despite all of these external challenges, we have not had any issues with participants behaviour during sessions.

FOLLOW  
THE LAB ON  
INSTAGRAM  
HERE

"Music is a way for me to explore my feelings and put out messages through sound.

It distracts me from the negative things in the world, and allows me to meditate because I focus my thoughts when I'm producing.

This allows me to gain positivity and to focus in the real world""

**Participant, 15**

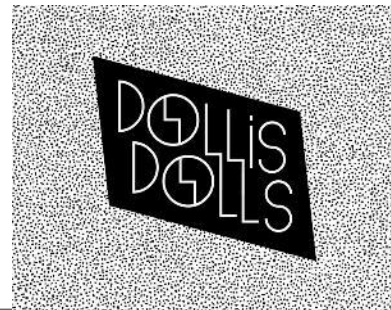


"Stay motivated and focused on what you want to do. Things to focus on are not going down the wrong path because either you go to prison or get killed. I've experienced this things around me, but I stay positive and make the right choices" -

PARTICIPANT, 14



**READ THE  
LAB'S BLOG  
HERE**



DOLLS DOLLS // 2017

## DOLLIS DOLLS

ran for 44 weeks of the year on Dollis Valley Estate in Barnet, open every Tuesday afternoon. We took a week's break from delivery at the end of every 12 weeks to evaluate progress and work with participants to plan for the next quarter.

Each week we delivered:

- Weekly sessions, every Tuesday afternoon for 3 hours (4-7pm)
- Drop-in mentoring sessions: approx 3 hours a week, at times that suited participants
- Community outreach and engagement: approx 2 hours a week

**84** young women and girls benefitted during the year

10 were 5 – 9 years old

43 were 10 – 15 years old

21 were 16-18 years old

10 were 19 years and over



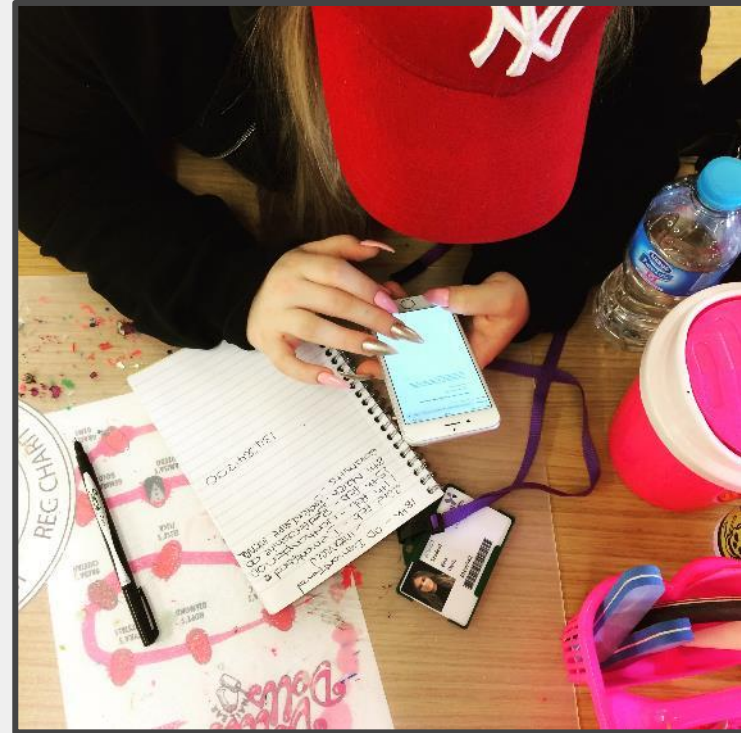


# WHAT WE OFFERED

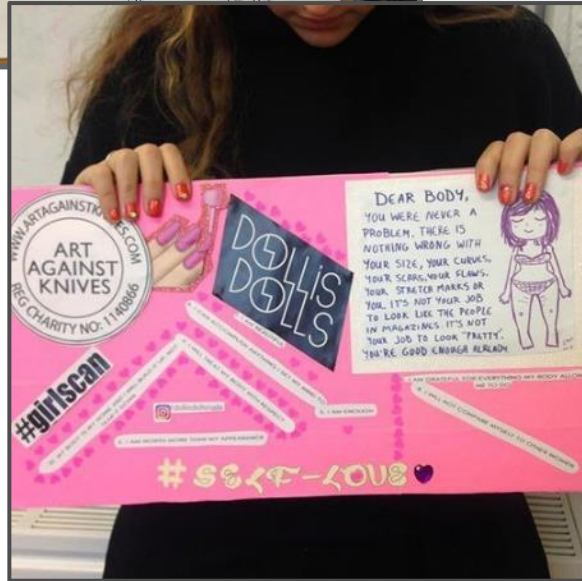
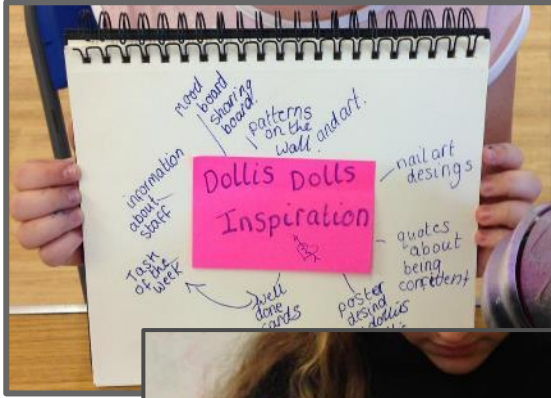
- Training delivered by a range of creative industry professionals; participants gain practical, creative and transferable skills.
- Regular contact with positive role models to strengthen resilience and motivate, including a male role model
- The opportunity to build on 'softer' skills like communication, negotiation, and self-management.
- The tools required to overcome setbacks, learn from experience, control behaviours, make safe choices and increase self-esteem.
- Practical support in sustaining in education, employment and training and in managing relationships with support services and other professionals.

Specialist support with issues such as:

- Domestic violence
- Sexual exploitation
- Gang and serious youth violence
- Health and self care
- Housing
- Finance
- Employment







## WE WERE BUSY...

- Safety-proofing our personal social media and discussing things like the Cambridge Analytica scandal
- Talking 'good and bad habits' and setting ourselves goals
- Practising interviewing techniques and practice
- Creating WRAP plans and mindfulness colouring sheets to manage stress and anxiety
- Discussing healthy relationships using the Power and Control and the Teen Equality wheels, the MeToo campaign and upskirting
- Tackling negative body image
- Creating self-esteem worksheets, discussion boxes, Odes to Self
- Running sessions about the 100<sup>th</sup> anniversary of the women's vote and about the Rights of the Child





*“Dollis Dolls has changed my outlook on life, and being a woman in a day and age where media influences play a huge role, and has allowed me to express myself and explore new things”*

- Participant, 17

## OUTCOMES

**64** participants showed significant progress in increasing their **personal capabilities**, **74** in increasing their **educational capabilities**, **75** in increasing their **social capabilities**.

93% participants sustained in education, training or employment

69 participants received mentoring and advice during sessions

34 received additional support outside sessions

35 were supported in liaising with statutory services and schools

14 were supported into a positive development opportunity

2 were supported into healthy relationship training, allowing them to become local trainers to other women

2 were supported into local volunteering opportunities

3 were referred to the Money Advice Service offered by the Rainbow Centre

7 were supported in completing safety plans

3 received bereavement support after the sudden death of a family member

2 were supported around being bullied at schools

2 were supported with successful applications for university, both the first in their families to attend – they received unconditional offers

2 completed work placements as part of their Barnet College Health and Social Care degrees by volunteering at Dollis Dolls

2 completed Duke of Edinburgh Awards

We worked directly with 14 schools to support participants around their education





Doll's  
Dolls

Grace ~~Finch~~

What would I say to  
my younger self?

Brush your teeth  
Don't worry about SAT's  
Be careful of who your friends are.  
work hard  
Have manners  
Be nice/kind to my sister.  
Don't worry about making friends in secondary school  
Do a sport  
Read  
Don't believe everything on the TV

Doll's  
Dolls

Diana S.

What would I  
say to my older self  
"Don't do drugs"  
"Be positive no matter what."  
"Pick the right boyfriend."  
"Save money for your future."  
"Don't accept bad comments."  
"Be open, be honest."  
"Be yourself!"  
"Don't try to impress people, they should like you for who you are."  
"Follow your gut!"  
"Don't get into a gang!"  
"Make good choices."  
"Be careful of what friends you choose."  
"Always smile." "Blame for what you didn't do."  
"Don't take the blame for what you didn't do."  
"Study hard in college!"  
"Have a good balance fun & work as sensible!"



**VALES NAILS**

June - December 2018

**Vales Nails** engaged  
and supported 60  
young females during  
these 6 months.





72% engaged in **masterclasses** within the session, and regular skills training focusing on creativity and personal development, as well as nail care and nail art training

32% were supported into a **positive development opportunity** (including leadership roles within the sessions and volunteering opportunities)

30% accessed **employment support and advice**, increasing their employability skills - e.g. through support with CV writing, referrals into Future Paths Barnet (providing employment advice in our space on a THUR) and Smart Works, and paid employment as an IOH Nail Technician. Some have gone on to successfully secure employment

3 **participants** completed their **volunteer placements** at Vales Nails as part of their Health and Social Degree at Barnet and Southgate College





**92%** received 1:1 mentoring during session delivery

**33%** received additional 1:1 mentoring outside of group session delivery

**88%** accessed additional advice and support

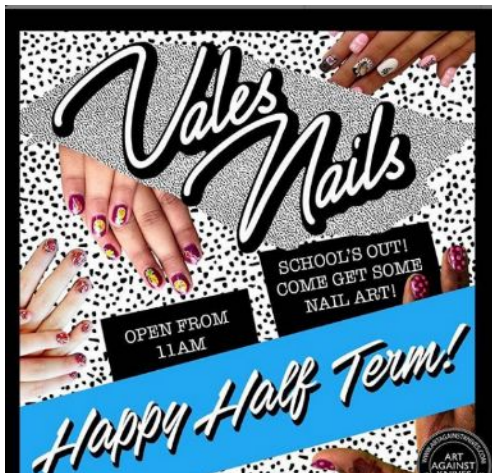
**48%** were supported in relation to their **individual safety**, creating safety plans, as well as safeguarding and risk management

**62%** engaged in **targeted conversations** around promoting emotional well-being and mental health, building self-confidence, self-esteem, self-worth, and building up personal resilience





Participants delivered **nail appointments** to members of the community. One of our oldest, regular customers is 88 and has learning difficulties who has appointments at Vales Nails as part of her regular routine.



valesnails\_nailbar • Follow

valesnails\_nailbar 🌟 We're celebrating half-term here at Vales Nails with loads of GLITTER!! 🌟 Come down and get sparkly with make-up tutorials running from 1.30pm  
#artagainstknives #inourhands #halfterm #schoolsout #youngtalent #glitternails



FREE NAIL ART TUTORIALS  
afternoon to start your v  
🌟 🌟 🌟 #valesnails #na  
#youngtalent #nailart #s  
#mondaymotivation



3.30pm, and get invol  
Braid Bar! 🌟 🌟 🌟  
#youngtalent  
ccbabywt (◡◡◡) 📷



17 likes





**NW9 NAILS**

August 2018 – February 2019

We set up **NW9 Nails**  
in **August 2018** on  
**Graham Park Estate,**  
Barnet with the help  
of **local partners**



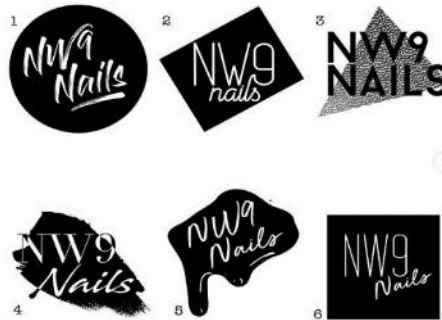
**YOUTH  
REALITIES**





We started with  
**pop-ups** on the  
estate over the  
**summer holidays 2018**

In **October 2018**, we moved into the **old library**. Young People **co-designed, co-created and co-branded** the **NW9 Nail Bar** space with us







**NW9 Nails** has been open for **22 weeks** to date.

Every week we delivered:

- \* Weekly sessions 3.30pm - 6.30pm
- \* Drop-in mentoring sessions, THURs from 12pm and at other times that suited participants (2 hours/week)
- \* Community outreach and engagement (2 hours/week)

We have engaged with **74 young women** aged 12 - 25

**33** young women have attended more than once

**22** young women engage regularly

On average, **12** young women attend weekly sessions



\*90% of participants received 1:1 mentoring during sessions

\*80% accessed additional advice and support

\*83% engaged in targeted conversations around emotional well-being and mental health, building self-confidence, self-esteem and resilience

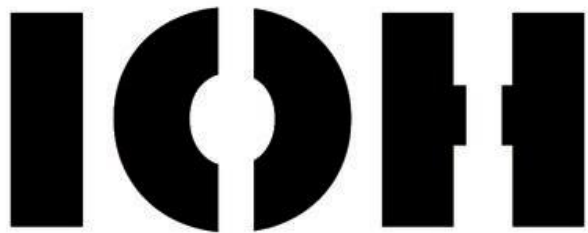
\*80% engaged in masterclasses during sessions and regular skills training

\*5 were supported into a positive development opportunity within the space (e.g. leadership roles and volunteering)

\*3 received additional 1:1 mentoring outside session

\*1 completed their placement as part of their Health and Social Degree at Barnet and Southgate College

\* 3 were supported in relation to their individual safety, safeguarding and risk management



I N O U R H A N D S

All our IN OUR HANDS  
NAIL BARS OFFERED . . .





## We introduced:

- Positive affirmations picture frames and jars - participants are encouraged to write messages to themselves or friends to inspire and promote self-care, self-love and self-worth
- Interactive worksheets - for example, 'Being a woman doesn't mean that I have to....'; 'As a woman I can...', 'Future jobs I would like..'
- Mindfulness colouring sheets and wall poster, with positive quotes and messages (e.g. I believe in me; I have choices; I am capable, deserving, worthy, brave, gorgeous and strong; Everything is possible)



We encouraged participants to explore and develop their **creativity** through **creative tools** (lightbox, camera, laptop, pens, paper, magazines, inspiration books etc.), introducing female 'Artists of the Month' and **showcasing** their artwork through e.g. framed nail collections to inspire nail art and creative projects, which is then promoted via their **Instagram channels**.



"It's amazing fun and joyful place to be and gives me an opportunity to relax and talk!" (aged 12)

"Making friends from other schools" (aged 11)

"It's good to talk to people and get nails done!" (aged 14)

"People are very supportive. I make a lot of new friends." (aged 13)

"It's creative! A place to relax after school - better than home" (aged 11)

"Fun, energetic, crazy in a good way!" (aged 13)

"It's relaxing and fun and creative and colourful!" (aged 10)

"You can just talk about girl stuff - you can get a lot of good advice" (aged 11)

"(We) need a girl place - (we) just talk about girly stuff - it's important!" (aged 14)







## APPLE X MADE IN LDN

**Our Creative Agency – bringing together young people to work on visual, graphic and digital design projects** - launched in Summer 2019 with a very exciting first brief. Apple commissioned young creatives from Art Against Knives to co-design a poster for *Today at Apple*, to advertise their summer programme for young people *Made in LDN*. Creative design agency Magpie Design hosted a series of workshops to teach young people the design process from start to finish and the creative skills they needed to produce a poster to industry standard. The poster that went all over London.



## CREATIVE SKILLS GAINED

- Young Creatives learned how to respond to a industry brief
- what makes a good logo
- about social formats
- how to use Procreate on iPads
- Creating an asset pack - poster, e-flyers, socials
- Focus group: mindmapping, themes, visual referencing, moodboards
- Using spray paint and adapting digitally
- Discovering different typography
- Creating their own typography on Procreate
- Sourcing imagery
- Increased self-worth/confidence built
- Leadership skills developed
- Teamwork: experience working collaboratively to fit a brief
- Capacity building
- Industry standard advice and insight into a range of roles.

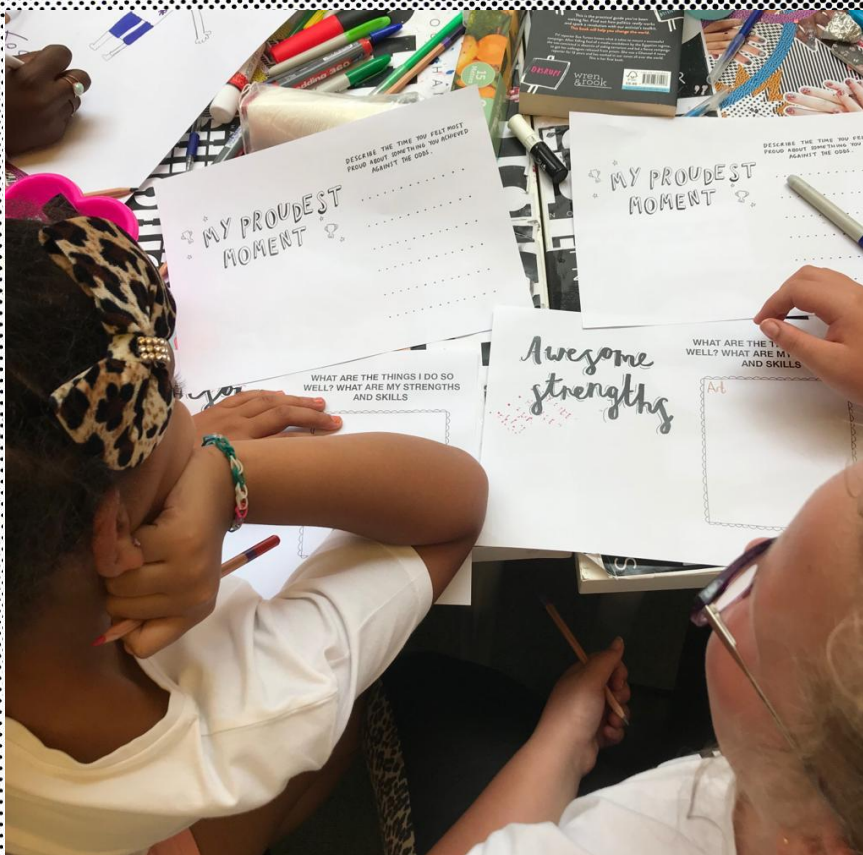


## TRAPPED IN ZONE ONE

Creative organisation [Trapped in Zone 1](#) and typography artist *Lana Hughes* hosted a series of 'Positive Type' typography workshops for young people across our creative spaces. Young People were encouraged to explore positive messages they wanted to communicate to their peers. They were taught typography skills which is an accessible art form allowing young people of all ages and ability to get involved.

The posters have been mounted and used in a temporary gallery that has toured with us, we've even taken it into the local authority to share young people's messages.





## CONVERSE #SPARKPROGRESS

Converse chose AAK to get involved with their '[#SparkProgress](#)' campaign, to 'spotlight and support those persevering despite the challenges stacked against them.' Young People designed a whole range of creative activities across our creative spaces to spark creativity in response to the theme 'LOVE'. There were dance workshops, pop-up music sessions and design competitions which made for an action packed week.

Visual artist and illustrator [Alice Skinner](#), who was also featured as part of the campaign has gone onto host 3 masterclasses with young women from across our spaces, exploring positive role models.









100

Under Social  
Care

91

In alternative  
education (PRU)

39

Involved in the criminal justice  
system

# SUMMARY OF IMPACT 2017

RISK LEVEL 4  
20.1%



RISK LEVEL 1  
13.5%

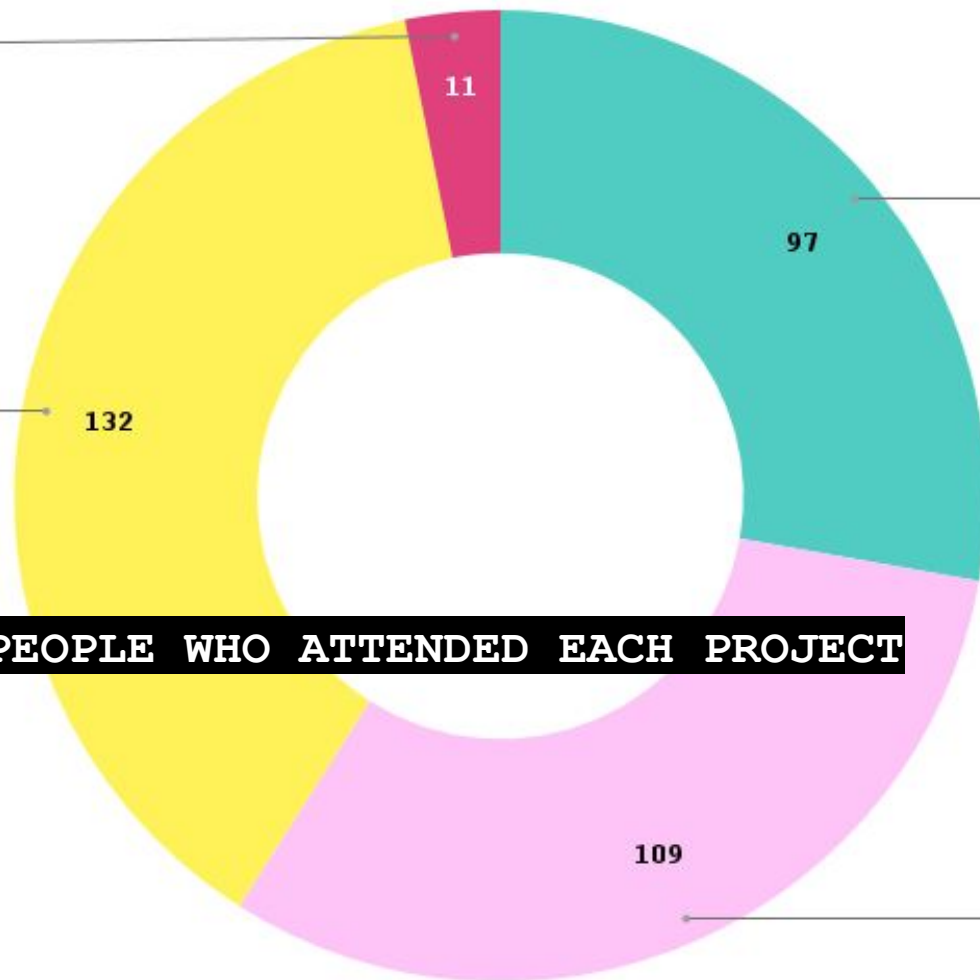
**ART AGAINST KNIVES** ran 4  
community spaces -open 48  
weeks of the year; providing  
647 hours of creative skills  
training + 4800 hours of  
specialist support to 349 of  
Barnet's most at risk young  
people

IOH TRAINING  
3.2%

VALES NAILS  
27.8%

THE LAB  
37.8%

DOLLIS DOLLS  
31.2%



**NUMBER OF YOUNG PEOPLE WHO ATTENDED EACH PROJECT**

AGE 26-30  
3.7%

AGE 8-11  
14.9%

AGE 17-25  
36.0%

126

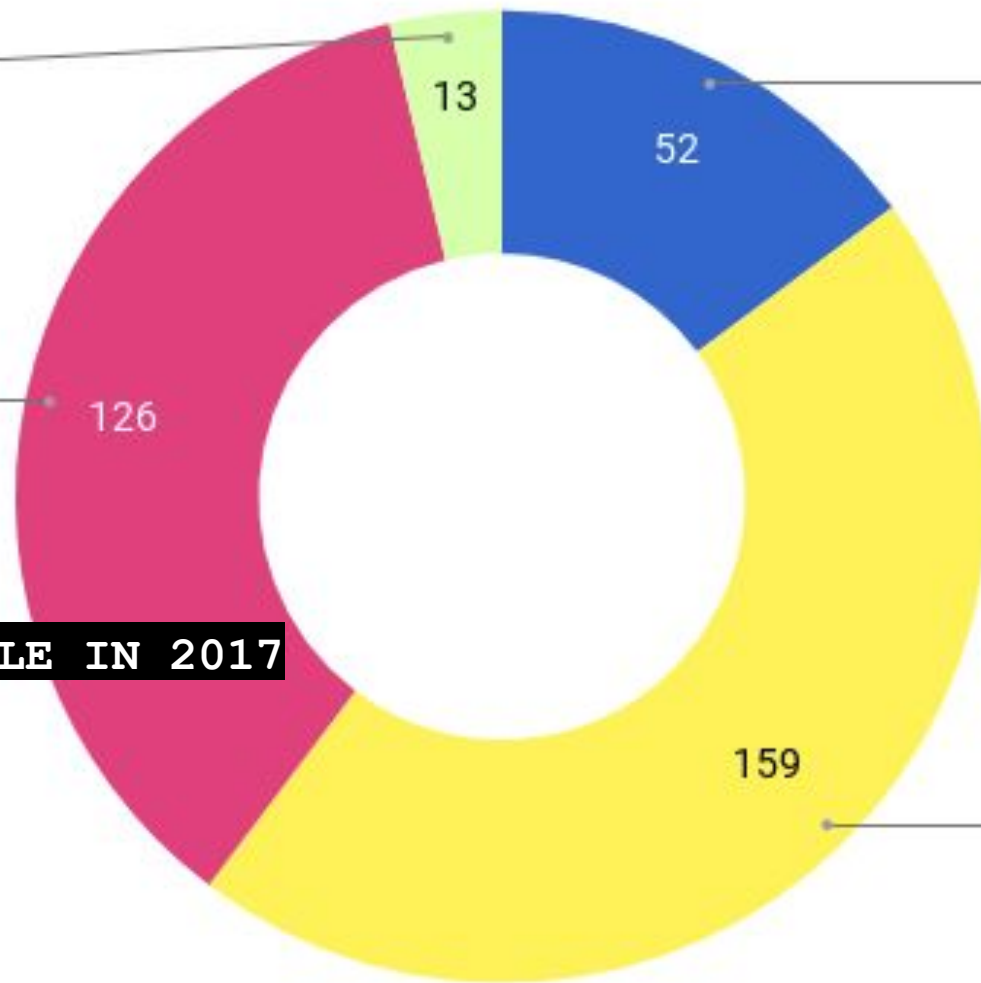
13

52

159

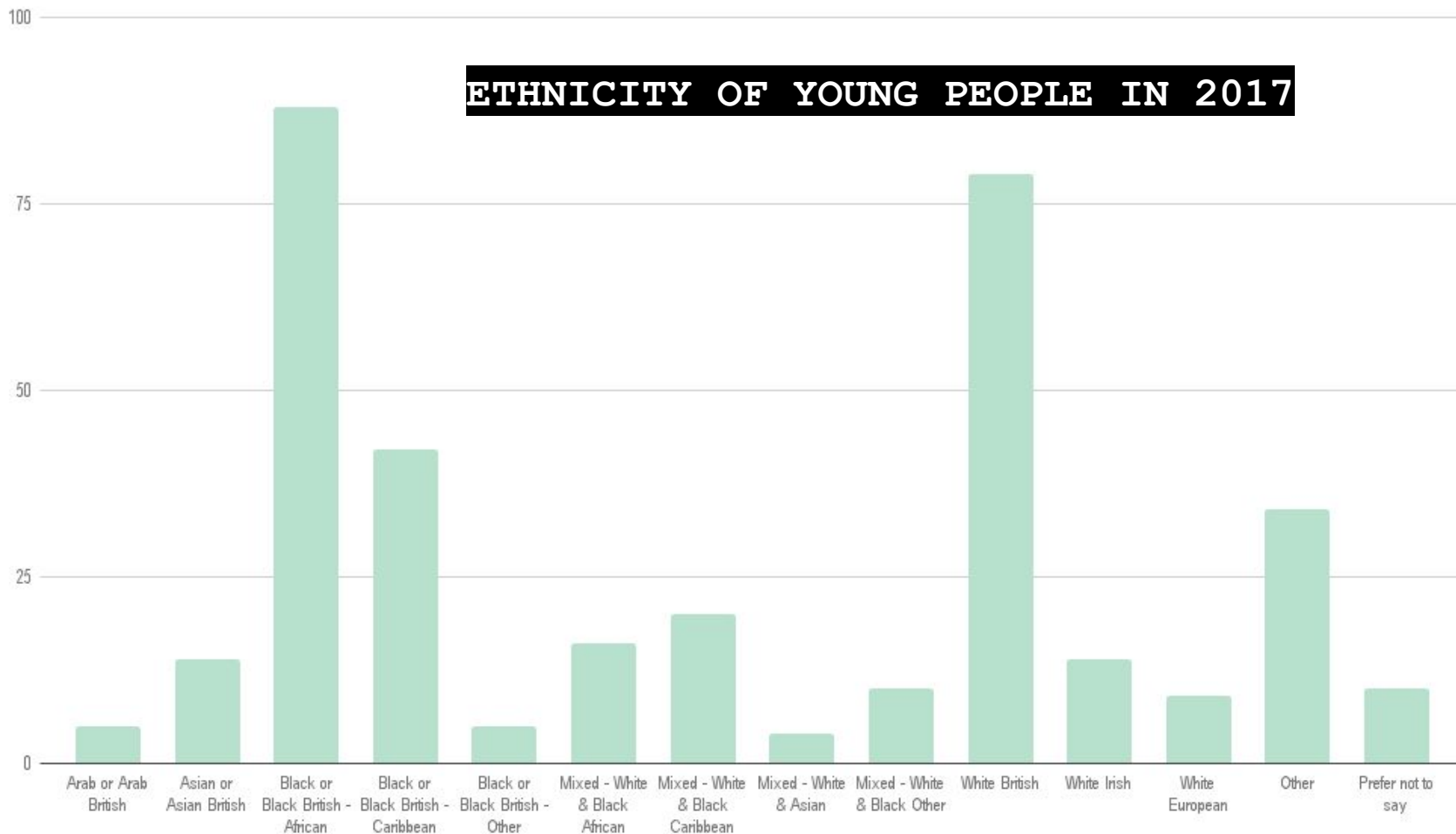
AGE 12-16  
45.4%

**AGES OF YOUNG PEOPLE IN 2017**

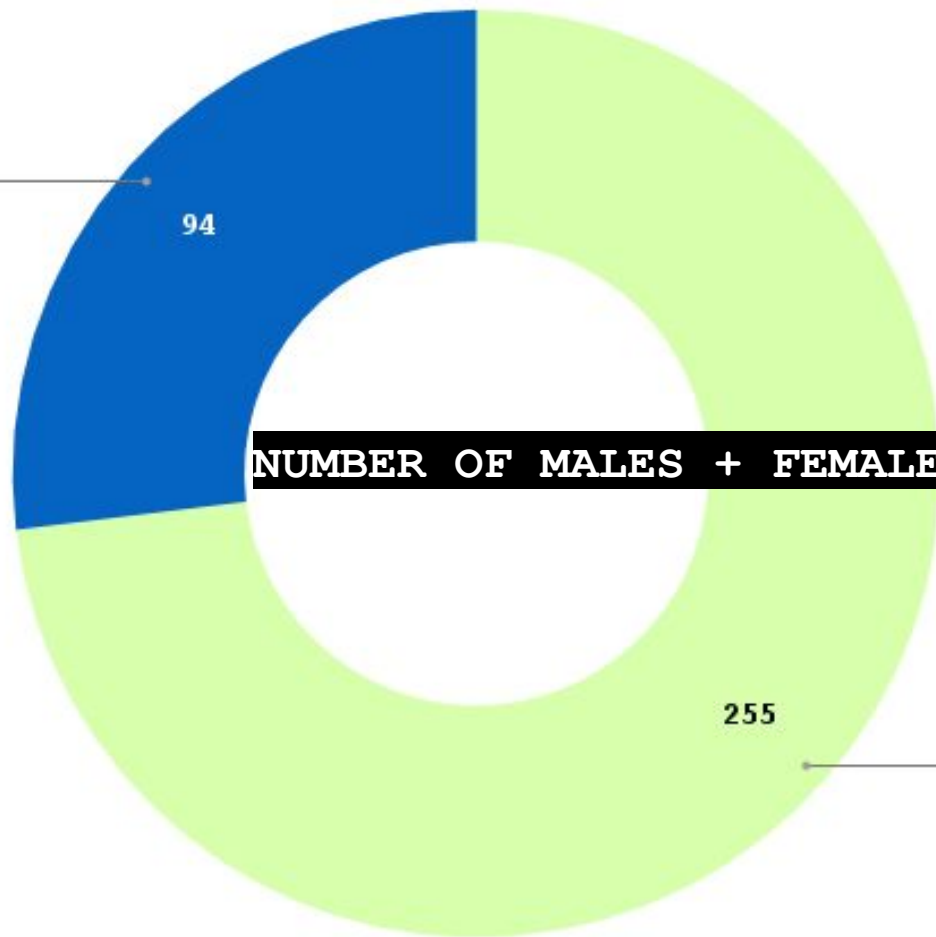




## ETHNICITY OF YOUNG PEOPLE IN 2017



MALE  
26.9%

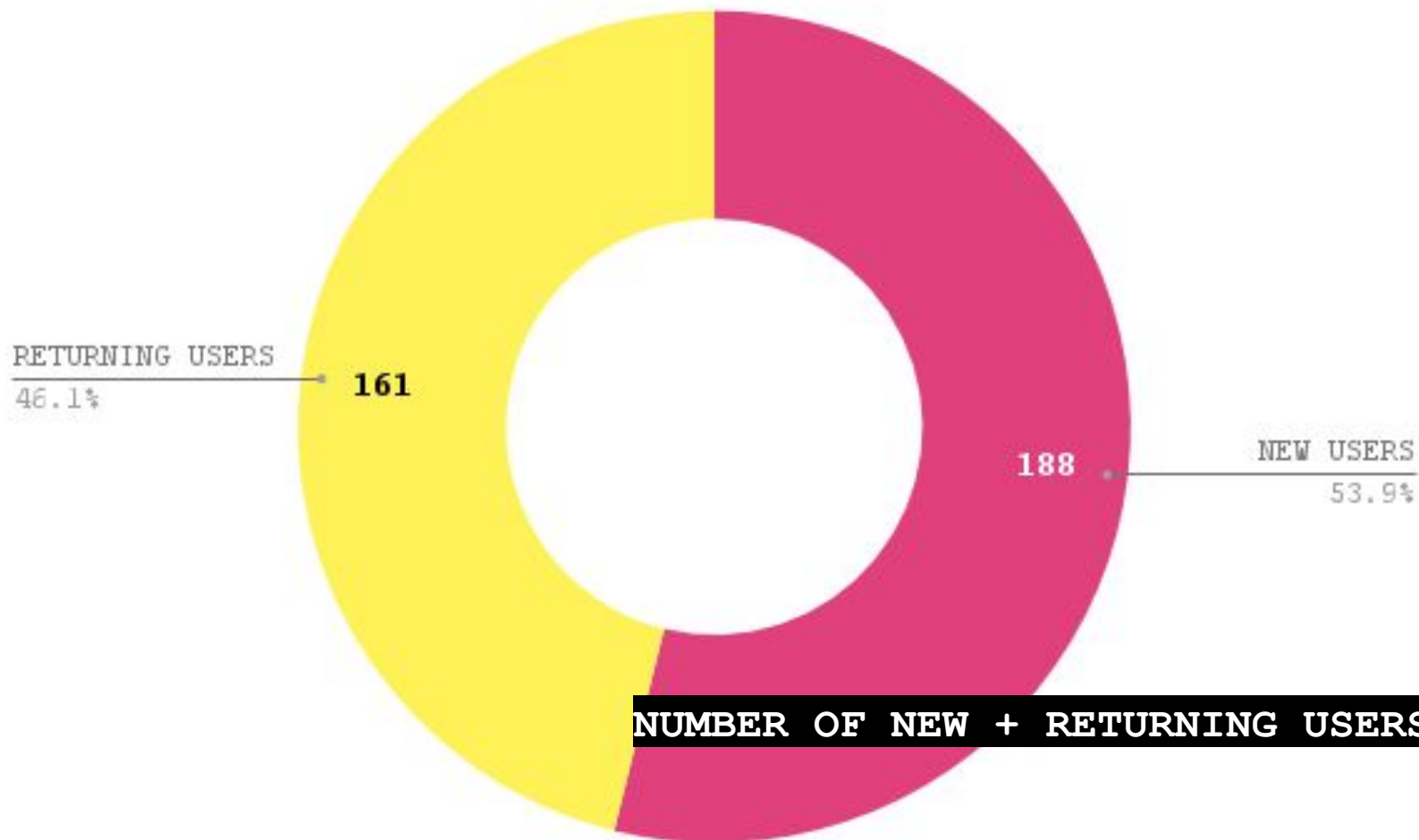


94

255

FEMALE  
73.1%

**NUMBER OF MALES + FEMALES SUPPORTED IN 2017**



**NUMBER OF NEW + RETURNING USERS IN 2017**

EMPLOYMENT

3.4%

NEET

17.5%

12

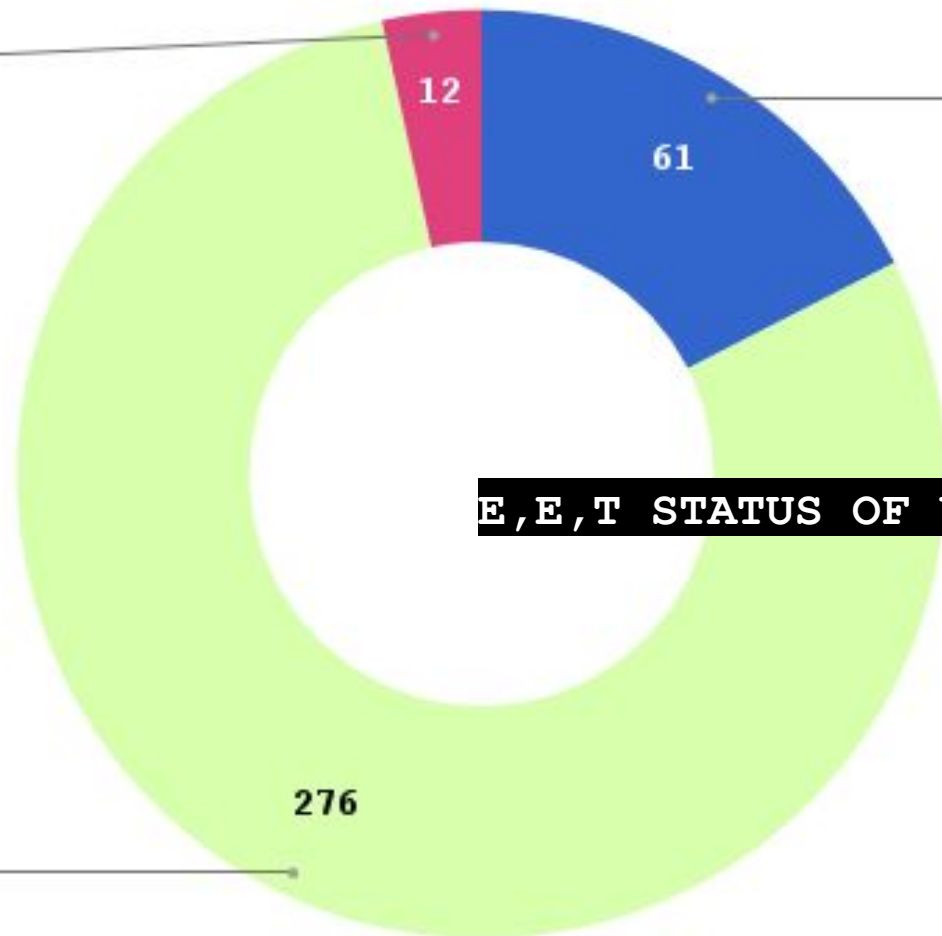
61

276

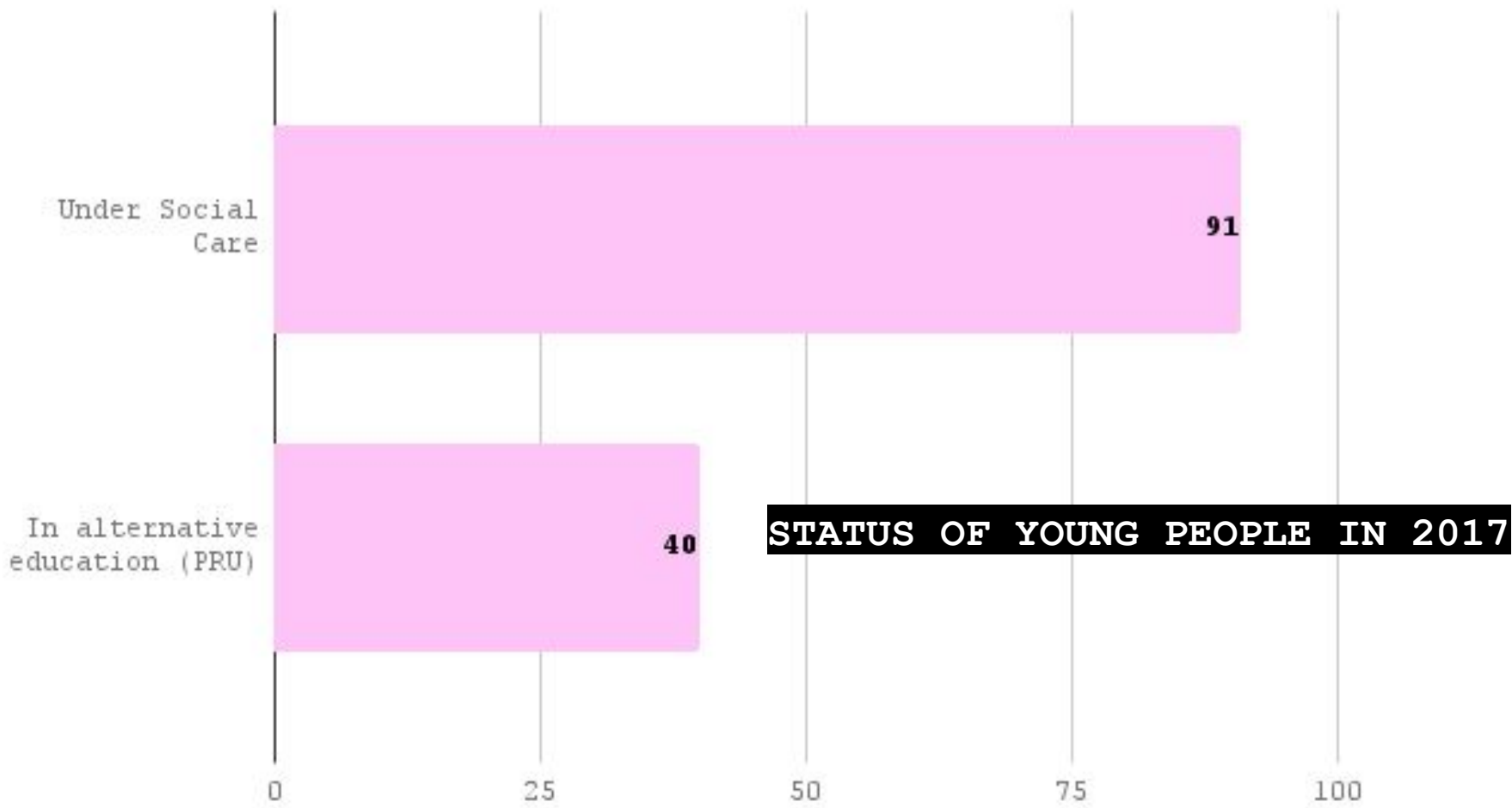
EDUCATION

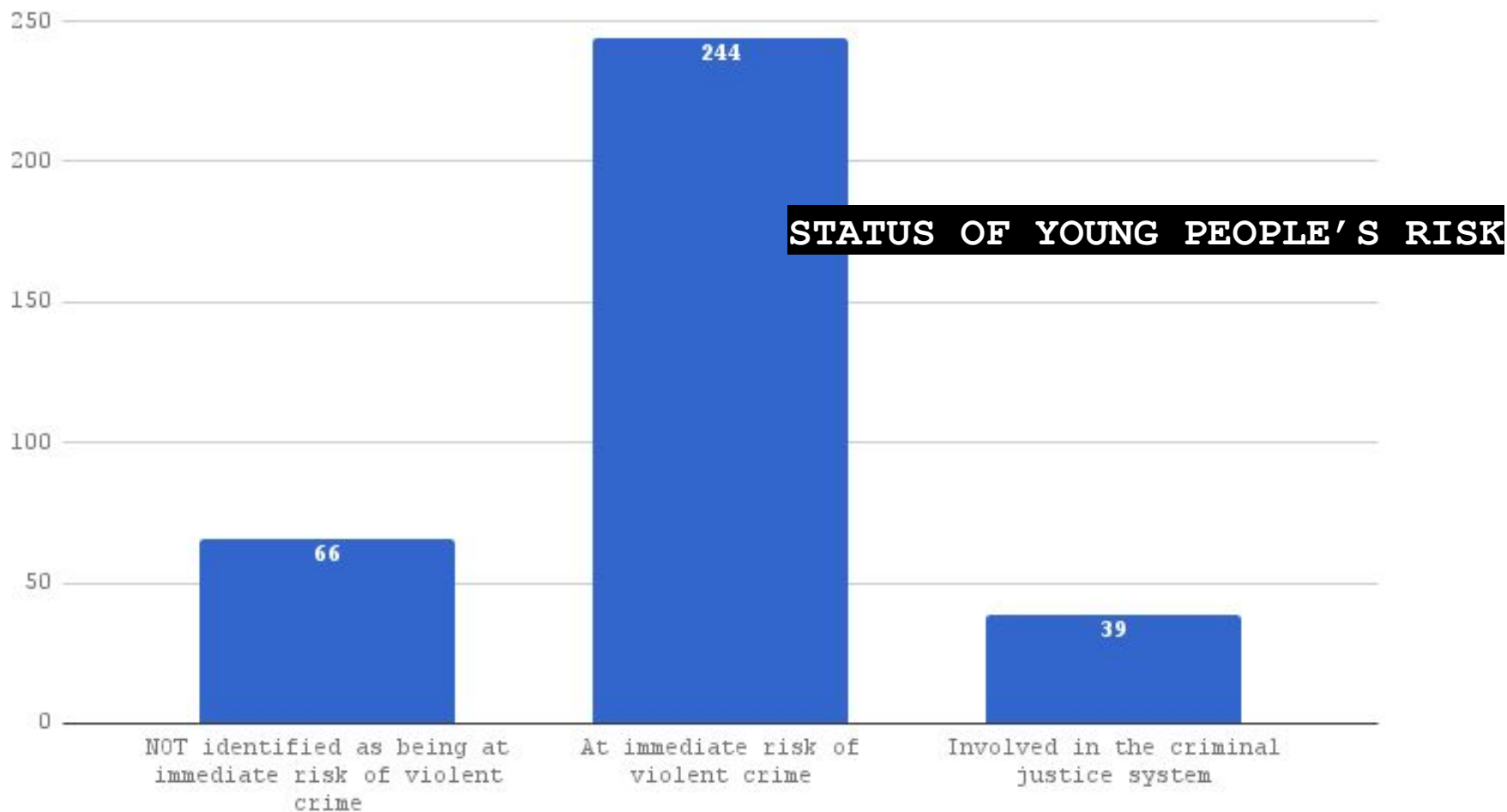
79.1%

EMPLOYMENT STATUS OF YOUNG PEOPLE IN 2017

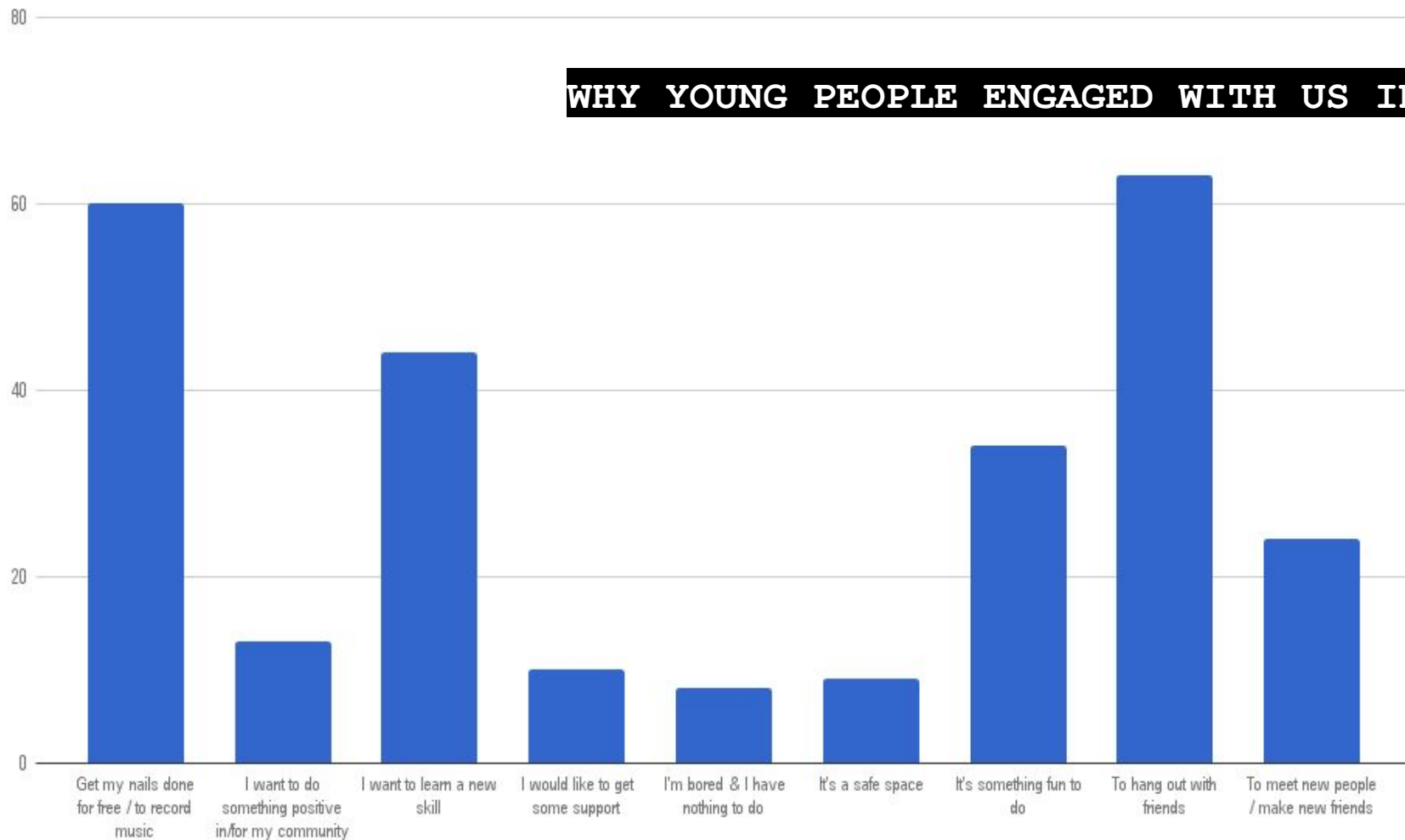








## WHY YOUNG PEOPLE ENGAGED WITH US IN 2017



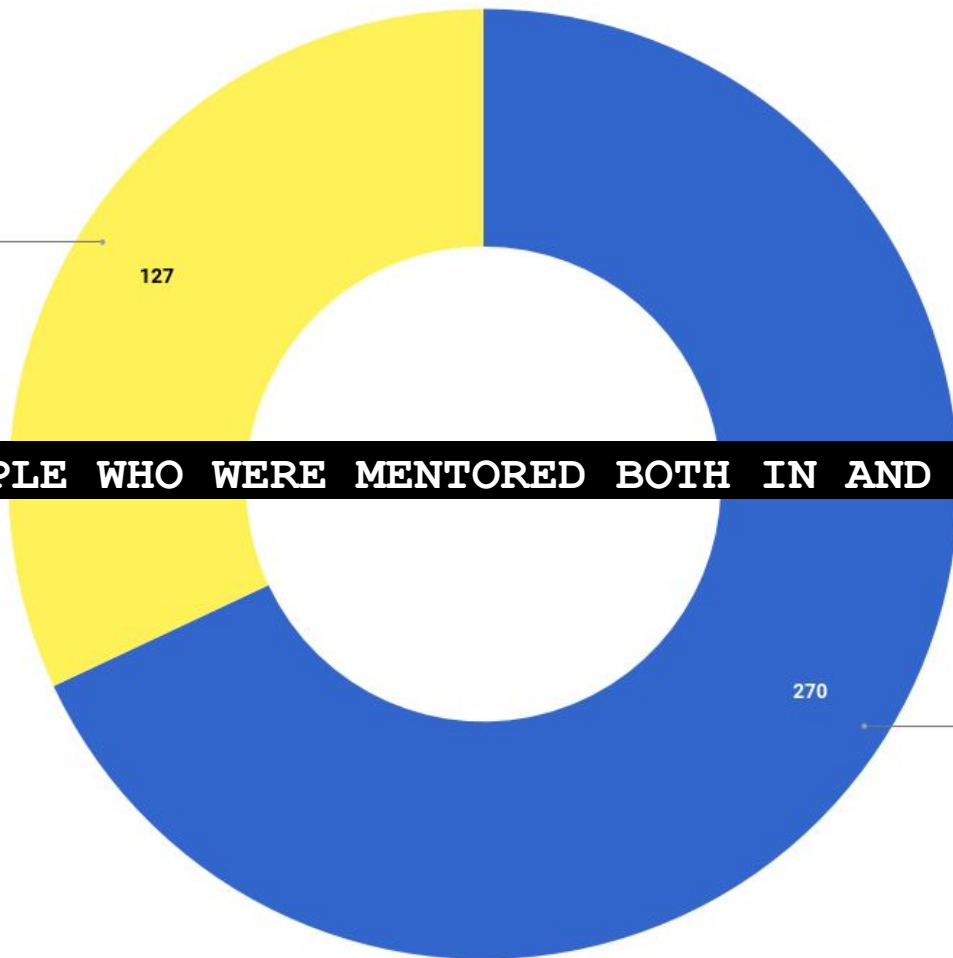
MENTORED OUTSIDE OF SESSIONS  
32.0%

127

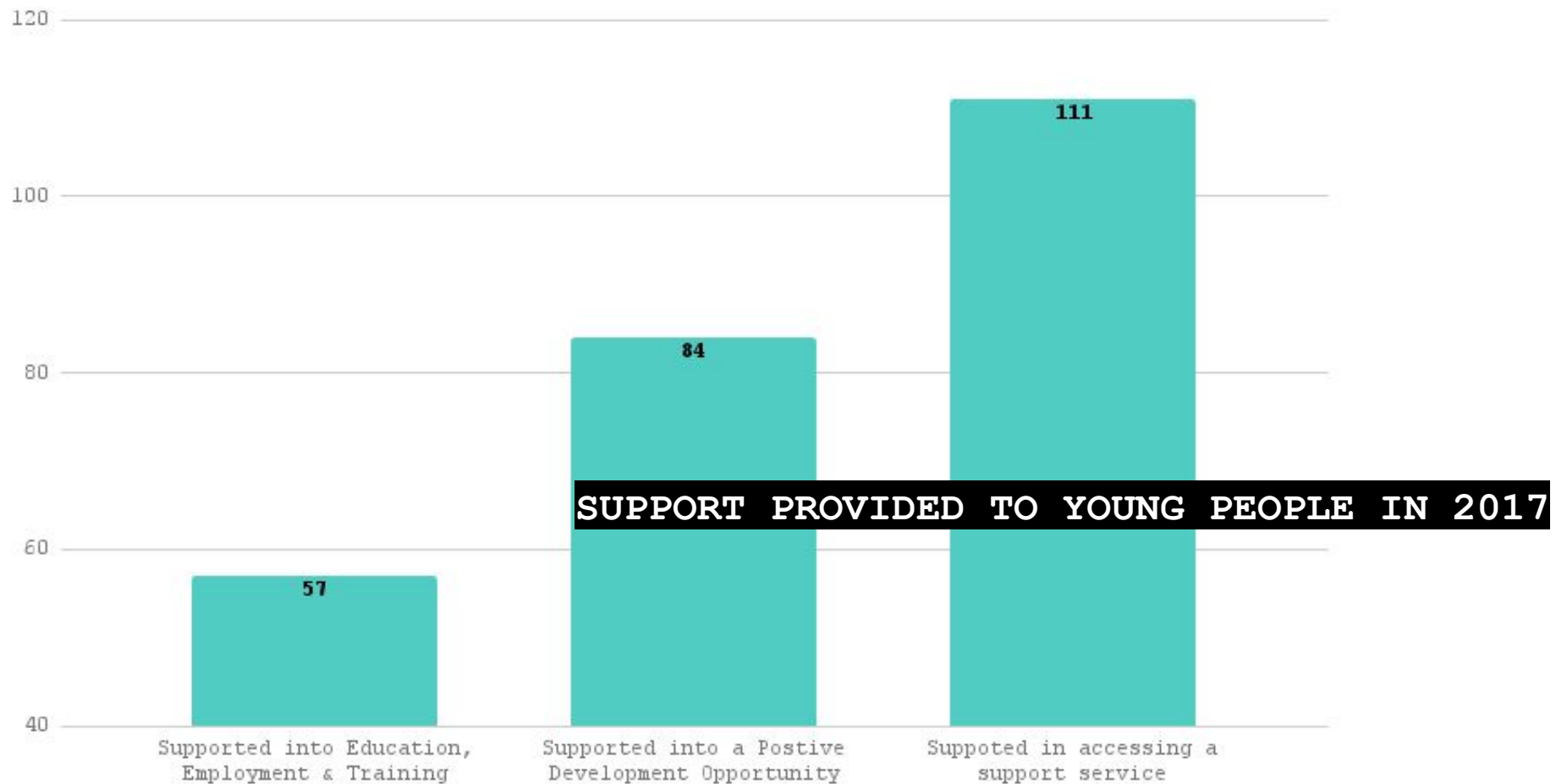
270

MENTORED DURING SESSIONS  
68.0%

**NUMBER OF YOUNG PEOPLE WHO WERE MENTORED BOTH IN AND OUTSIDE  
OF SESSIONS**









PREVENTING YOUTH VIOLENCE THROUGH CREATIVITY