



FIT LIKE? HUBS 22/23

COMMUNITY SUPPORT PROGRAMME

'Fit like? Family Well being Hubs are a group of services working together with children, young people and families in Aberdeen to support their mental wellbeing.

Our creative programme aims to ascertain what may be holding young people back and help them find strategies to overcome barriers to learning, whilst working holistically with others and building positive relationships between themselves, freelance artists, Hub staff, and their families.

By providing bespoke experiences, this project allows for individuals to grow in confidence, improve mental wellbeing and unlock their passions whilst improving relationships within their own families.



This project was funded by the North East Culture Collective



Young people and their families have improved their mental wellbeing. Creating a safe space to find effective strategies and participating in bespoke activities has contributed towards building positive relationships, sharing learning and celebrating success along the way.

STATISTICS JAN-MARCH 23

Number of Freelance Artists employed on project	3
Number of Artists hours	80
Number of participants reporting a positive, quality experience	100%
Number of participants reporting improved wellbeing having taken part in this project	100%
Total number of participants	25
Total Number of Workshops	40

FEEDBACK

I feel ok once I sit down and when I start to focus on drawing, I feel relaxed and very calm and I enjoy it a lot."

Participant

Since these sessions have begun there has been a huge positive impact for this young person. She is presenting in a much more open and confident manner. The pride in her achievements and the skills learned from her excellent tutor is evident.

Principle teacher

Before she did not communicate at all. Now she does in her own (nonverbal) way mostly, I have observed and increase in her use of words too!"

Artist

These sessions seem to be very relaxing and It's just wonderful that this young person is feeling less and less anxious and worried about coming along each week."

Parent

