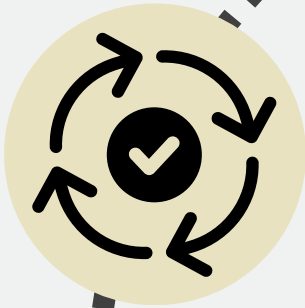


PLAYFUL. PHYSICAL
& CREATIVE



CONSISTENCY
& STRUCTURE



SAFETY



The Spotlight Approach



SEEN AND
HEARD



FAILURE &
THE UNKNOWN

PLAYFUL, PHYSICAL AND CREATIVE

- Playfulness, physicality and creativity are embedded in all activity we explore as well as how we approach engagement – activity is the central focus.
- Offering opportunities to try new things.
- Offering the young people the opportunity to share this process with others, for example; through performance, exhibition, demo, workshops, film.

SAFETY

- Staff approach – modelling respectful and non-hierarchical (where possible) relationships. Offering a positive, encouraging and listening presence.
- A mental health practitioner is present and introduced at every session, with the invitation to speak in a private space should anyone wish to.
- Through building relationship, staff are better able to recognise when the young people are heightened or unregulated and can develop ways to support them in this together.
- Organisational partnership working provides diverse skill sets and offers better support for individuals and the organisations involved.

FAILURE AND THE UNKNOWN

- Always dealing with things not going to plan, working with a positive solution focused approach in the moment and in reflection.
- Not knowing or being able to control what the participants are bringing from their days and lives.
- Chaotic spaces – the nature of the environment and those involved means we are often balancing a sense of chaos whilst trying to promote a sense of safety.
- Reflecting as a team each week and over time to be able to respond to failures and successes, try new things, fail again and reflect some more! Learning not to be disheartened through this process.

SEEN AND HEARD

- Co-creation – recognising this term to describe the collaboration between Spotlight staff and Spotlight members, both as a process of creativity as well as an approach to shift agency and balance power.
- Aiming for decisions to be made by the group, with choice embedded throughout the process. Always seeking different ways to facilitate this, to encourage all young people to share their ideas.
- Providing leadership opportunity, both embedded within activity and through the 'What's Next?' development programme.

CONSISTENCY AND STRUCTURE

- Never underestimating the significance and impact of routine, repetition and structure.
- Finding balance between developing a routine and being responsive. Including a check in, warm up, activity period, break with snacks, more activity time as well as mindfulness/wellbeing activity.
- Evaluation at the end of each term with the whole group, as well as throughout.

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