



ANNUAL REPORT
2022/2023

sp(i)ee
creative arts therapies collective



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Introduction

Ke a itlhokomela I care for myself
Re a itlhokomela We care for each other
Re gola mmogo We grow together.

Sp(i)eel Collective advocates for the development of community-centred models of health care and wellness. We are addressing intergenerational and structural trauma from a biopsychosocial perspective that focusses on resourcing and repairing circles of support in rural communities.

The health and wellness crisis that our country is facing is a systemic issue, not an individual one, and it needs a collective response.



Feedback video: Our Mother, Earth, Cape Town 2023

We understand that health and wellness impacts on a person's ability to work, form healthy and positive relationships, parent from a regulated and not a reactive place, be open to learning new things, mitigate stressful and harmful environments, think creatively to solve problems and lead a fulfilling life.

This report reflects on the implementation of eight projects reaching schools, care workers, farm laboureres, management teams and government agencies working in the child protection system. The programs follow our Families and Collective Futures* logic model where we map health and wellbeing looks like alongside a community, before co-creating a plan for intervention.

For a glimpse of our arts-based methods and how our outcomes are reached, click on the images on this page, which will take you to feedback videos.

*To read our logic model, click on the image below:



Feedback video: Four seasons under one sky, Cederberge 2023



Programme Reach

PARTICIPANTS REACHED: 594

Total unique ID participants: 542

Children 13-18 years: 130

Youth 19 - 34 years: 262

Adults 35 - 81+ years: 150

Total repeat participants: 52

Children 13-18 years: 50

Adults 35 - 81+ years: 2

TOTAL CONTACT TIME WITH PARTICIPANTS: 229H



Creating group stories, Cape Town, 2022

COMMUNITIES REACHED:

Western Cape: Paarl, Stellenbosch, Vlottenburg, Mitchells Plain, Cape Town, Ottery, Rawsonville, Cederberge, Guguletu, Robertson, Boontjiesrivier.

Eastern Cape: Patensie.

North West Province: Ganyesa .



Grandmother playfully mirroring granddaughter, Ganyesa 2023

Objectives & Outputs



Mothers and daughters giving and receiving support, Ganyesa 2023

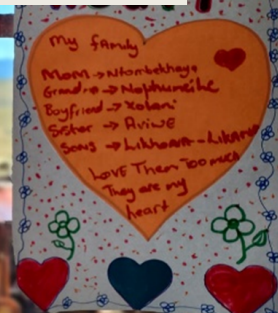
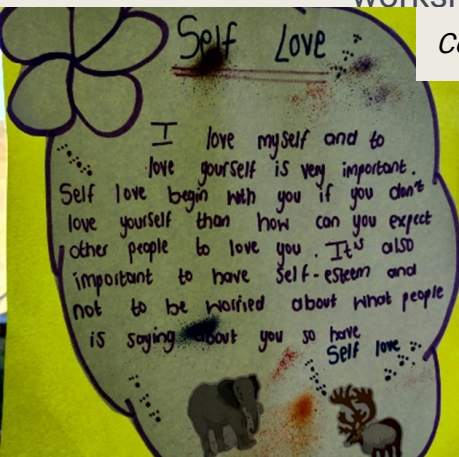
1

To offer trauma *training and debriefing* spaces to employees of *government and non-government agencies* working with victims of violence.

Outputs:

- A team of 21 Detectives and employees from a Thuthuzela Care Centre and a specialized investigative unit investigating family and sexual offences accessed 6h of creative reflecting and psychoeducation on the biopsychosocial impact of trauma.
- 8 Staff members of Violence Prevention through Urban upgrading accessed 12hours of creative debriefing.
- 9 Staff members of Violence Prevention through Urban upgrading accessed 3 presentations on trauma mitigation and 1 coping skills workshop.

Community definition of health and wellbeing, Patensie 2022



2

To contribute to Global South knowledge sharing and creation around culturally relevant and community-centred models of care in post-conflict societies.

Outputs:

- Presentation on the biopsychosocial impact of trauma for the Anti Child Trafficking Forum.
- Presentation on trauma mitigation strategies for social workers and foster families at the Foster Care Conference.
- Presentation on the biopsychosocial impact of trauma on teachers and learners at the Creative Arts Conference.
- Presenting on community-centred models of Care at the Child trauma conference.
- Presenting on trauma motivation strategies at a Valcare social worker event.
- Attending the Wellbing Summit in Bilbao, Spain.

3

To train and support local women and men in Resilience-focused Trauma Intervention so that they can activate circles of support for families in their community.

Outputs:

- 86 Hours of Arts for Psychosocial Support workshops completed by 302 local men and women.
- 162 Practice guides distributed.



4

To co-create safe spaces with local men and women where communities can engage in the arts for their well-being and mental health.

Outputs:

- 24h Arts for Health workshop accessed by 57 Grade 11 and 12 learners in Cape Town.
- 24h creative arts making accessed by 20 primary school learners in Chicago, Paarl, facilitated by a local woman.
- 33h sexual wellness and reproductive health workshop accessed by 146 women.
- 40h creative arts sessions facilitated by a local woman in Vlottenbrug for 30 high-school learners.



Outcomes Reached

According to beneficiary feedback and practitioner reports:



Buddy breathing, Cederberge 2022

01

Establishing a strong sense of self

Excerpt from practitioner report:

A participant asked if they could sing for us, and we opened the Saturday mid-morning with their song. It is a positive sign of agency that the group wanted to reciprocate our contribution with theirs and it speaks to the level of co-creation and mutual commitment to the program that has been established. "We don't want to just take what you brought for us, we want to give something back as well."

03

Establishing a sense of a potential safe space

Excerpt from practitioner report:
A prominent theme was the search for Self, and a connection with identity. The group developed a song called, "I am who I am" and it spoke to rejecting labels that are placed on them, such as 'too much, dramatic, loud, poor, lazy etc. Instead the song returned to the powerful statement:
I know who I am.

To engage with arts-based practices as a means of strengthening social relationships

02

"We want to thank you for the way in which you worked with us. It is not easy for us to participate, but you helped us to come out of our shell."
- Participant feedback

04

To generate a shared understanding of risk and protective factors as they appear in participants' communities

"I just want to say thank you again. I got a call this morning from one of our community facilitators. She is going to do a home visit to follow up on a learner that is constantly absent from school. She told me that she is feeling so excited and confident to go and apply the resilience-focused trauma intervention tool that she learned and practised with you."

- Feedback from Year Beyond mentor

"These two days were something outside of my comfort zone. I am a people person, but because of my depression and anxiety, I avoid people because I never know when I will get an anxiety attack. This was a good experience because everything returned to nature, and that is where I get my peace."

- Participant feedback

To gain a basic understanding of trauma and its impact on health and wellbeing

05

"In life things can't be constant, we come from one situation to the other, either pleasant or not; but the most important is to discover ways to be in your best days. We do that through support."

- Participant reflection

06

To generate an understanding of how health and wellbeing is understood and defined by the group

"I feel like a new person. I learned so much about places where I can go to get support."

- Participant feedback

To map and identify gaps or areas of further support to sustain health and wellbeing practices

07

Grandma never dies



Mapping risks and resources, Kaleo 2022

Once upon a time, there was a old man and woman living alone in the woods. Their cabin had no running water, no electricity and they were out of food.

In the morning, the old woman left the cabin in search of water, wood and food. On her way, she came across a snake that wanted to kill her. But she managed to kill the snake instead and she put it in her pocket to eat with her husband later. When the woman got deeper into the woods, she was attacked by a lion. She tried to fight it off, but it was too strong and it killed her.

When the old woman didn't return, her husband grew worried and he went out to look for her.

He found one of her shoes a short walk from their home and knew that she was in trouble. His urgency grew and his heart sank when he saw her badly injured body by the side of a well. He scooped water from the well and felt that she was still alive as he carried her back to their cabin on his back.

At the cabin the old man made a fire and started to nurse his wife back to health. The lion, learning that the woman was still alive, came back to kill her. But the old man managed to overpower the lion and killed it.

He kept his wife warm with the lion's hide and he fed her with its meat until she made a full recovery.



Grandma never dies is an original story created during one of our sessions with Waitrose International's first Youth Group.

When the sp(i)eel practitioners asked the group if they may share their story, the group responded positively, adding: "But don't tell other people what we learned from this story. Let them make their own discoveries. Every person can take from our story what they need."

Not only did this group create a beautiful story together and identify powerful lessons for themselves, they understood the wonder of stories - that it can hold multiple truths and that each telling or reading will be unique for every reader or listener. We hope that you will pause a precious moment to take what you need from this story today. And we thank the youth group from Rawsonville for their generous gift.