

UCA Kent and Medway Collaborative Outreach Programme Monthly Newsletter

No. 5 February 2021

Hello from the UCA KaMCOP Team – we hope you are all well and taking care.

We'd like to share some creative activities that are available over the next term for all **students in years 9-13 (aged 13-18)**, as well as some upcoming opportunities for staff CPD.



Virtual Create Calm live lunchtime workshops

When: Friday 12th and Friday 19th February

Who for: Any student in years 9-13 (aged 13-18)

Deadline for applications: Midnight on the Wednesday before each session (10th and 17th)

This month, we are offering live virtual versions of our Create Calm workshops for your students to access from home or school/college.

These workshops are accessible to all young people aged 13-18 regardless of creative abilities and interests and have been developed to **help students increase their awareness of the benefits of creativity for wellbeing and resilience.**

These live virtual workshops use creative activities to facilitate opportunities to promote positive mental health and wellbeing. The workshops encourage young people to switch off from their everyday pressures, by participating in a calm and relaxing workshop.

In each of the **live virtual sessions** young people will:

- Find out more about the importance of taking care of their mental health and wellbeing
- Reflect on creative activities they already do and be introduced to new ones they might like to try
- Partake in a short mindfulness activity that they can use in their own time

We have two upcoming live workshops for your students to choose from - these are taking place during Friday lunchtimes and **only a pen and paper is required to take part!** Students can come along to an individual workshop or both. The workshops are delivered through our online learning platform, Blackboard Collaborate.

Gratitude Journaling - Friday 12th February, 12pm-1pm

[Students can sign up for this workshop here.](#)

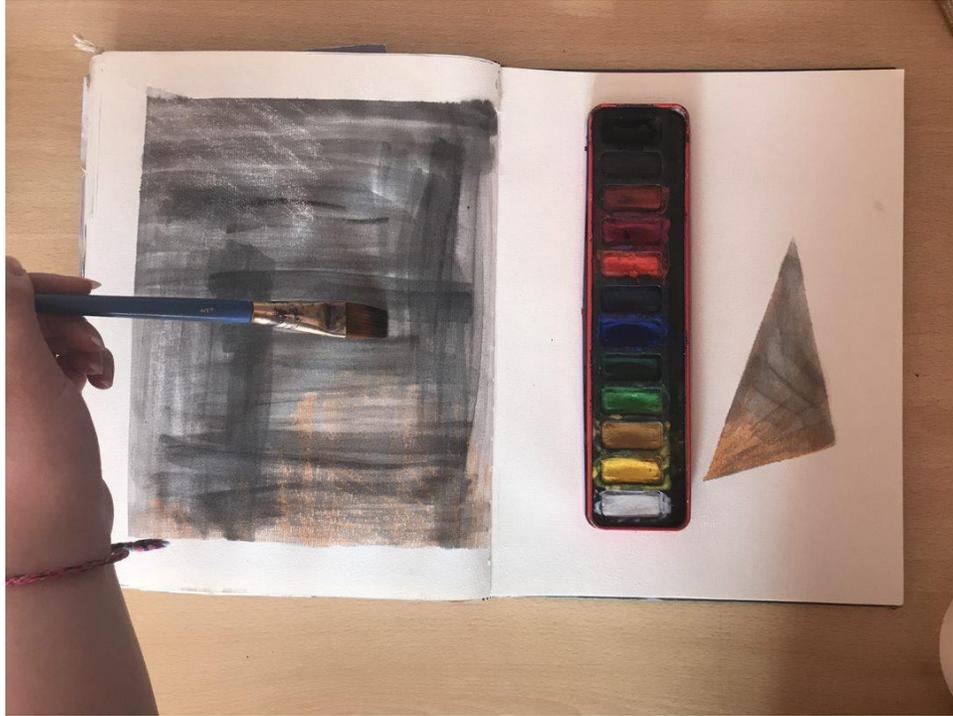
During this workshop, students will learn how to make a gratitude journal and reflect on things they are grateful for. Students will learn about the importance of taking care of their mental health and wellbeing and will take part in a short mindfulness activity that they can use in their own time.

Mindfulness Techniques - Friday 19th February, 12pm-1pm

[Students can sign up for this workshop here.](#)

During this workshop, students will be introduced to 2 different mindful techniques. Students will learn about the importance of taking care of their mental health and wellbeing and will take part in short mindfulness activities.

These workshops are part of our Create Calm initiative and can also be delivered at a bespoke time to suit your school/college. To request or discuss one of our virtual workshops, please contact the KaMCOP team: kamcop@uca.ac.uk. To find out more about the Create Calm workshops, please visit our website [here](#).



Virtual Creative After-school Art Club

When: Wednesday 3rd March - Wednesday 31st March, 5 weekly sessions

Who for: Priority for KaMCOP target learners in years 9-11

Deadline for applications: Midnight on Monday 15th February

This online virtual Art Club will be taking place from 4pm - 5pm on Wednesdays throughout March 2021 and provides a great opportunity to explore and experiment with different creative disciplines.

Participants will take part in virtual creative workshops led by experienced creative practitioners and will have the opportunity to share and receive feedback from a group of like-minded individuals and workshop tutors with experience in different creative fields.

During this 5-week programme, participants will create work which they can add to their creative portfolios whilst working towards achieving a Discover Arts Award qualification. The After-school Club is free to attend, and all materials required to take part are provided in advance to students via post.

Sessions will be between **4pm-5pm** on the following dates:

Wednesday 3rd March

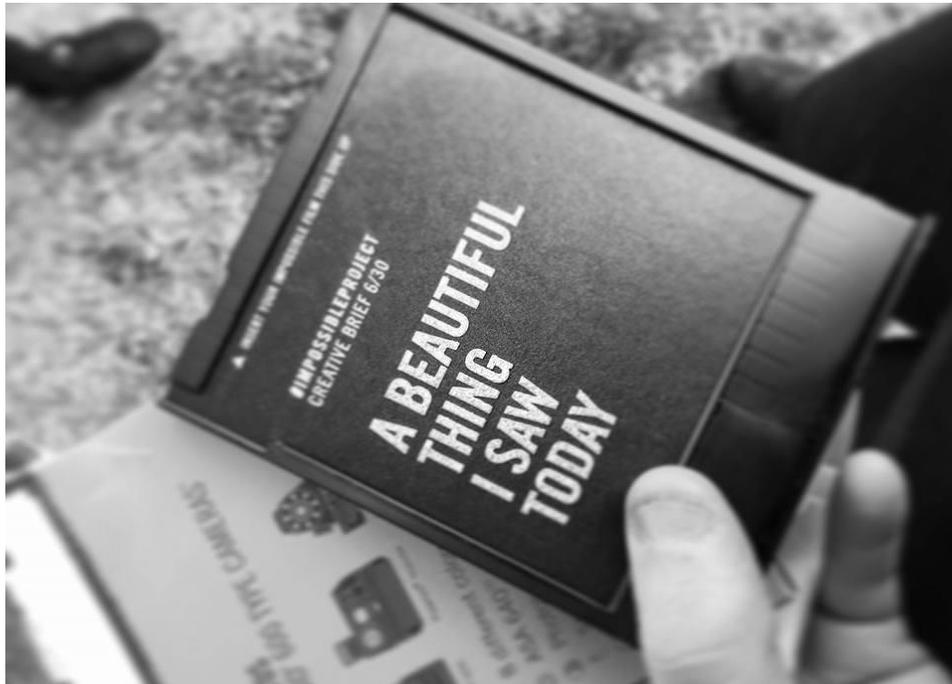
Wednesday 10th March

Wednesday 17th March

Wednesday 24th March

Wednesday 31st March

Students can apply online by visiting: uca.ac.uk/kamcop/art-club.



Thrive: Virtual Artist Talks

When: Saturday 13th March and Wednesday 24th March

Who for: Any students in years 10-13

Deadline for applications: Applications are open until the week before each date (7th March and 21st March)

We have an exciting series of artist talks coming up, for students in years 10-13 who are considering creative pathways after school/college.

These talks will give young people an insight into the experience of those who work professionally as artists, and how they made it to where they are today.

The talks will be taking place via a secure online platform. Students can sign up below to receive a link to join the session.

Saturday 13th March – Photography, 11am-12noon

In this session, you will hear from guest speakers James Eckersley and Yousef Al Nasser about their experiences in the Photography industry, their favourite projects and what it's like to work as professional Photographers. There will be an opportunity to ask questions in a Q&A section with James, Yousef and UCA Ambassadors currently studying Photography courses. Students can sign up here to receive a link to join the talk, please [click here](#).

Wednesday 24th March – Fine Art, 11am-12noon

In this session, you will hear from guest speakers Zo Defferary and Jon Schwochert about their experiences as artists, their favourite projects and what it's like to work in the creative industries after studying Fine Art courses/disciplines. There will be an opportunity to ask questions in a Q&A section with Zo, Jon and UCA Ambassadors currently studying Fine Art courses. Students can sign up here to receive a link to join the talk, please [click here](#).

For more information and to sign up for these talks, please visit:

<https://www.uca.ac.uk/kamcop/thriveyouth/>



Virtual Thrive: Creative Careers Student Conference

When: Friday 5th March, 9am-3pm

Who for: Any students in years 9-13, priority spaces for KaMCOP target learners

Deadline for applications: Friday 12th February

UCA's free Virtual Thrive Youth Conferences are student-focused creative careers events. These fun and interactive conferences highlight the range of creative careers available and enable young people to find out more about the vast range of sectors that rely on creative subjects to thrive.

The day includes talks from academic staff, as well as networking opportunities and interactive workshops. The events focus on enabling and realising aspirations, giving young people the opportunity to find out more about university and make informed decisions about their future.

Students take part in a carousel of talks and activities, which could include:

- Networking sessions with creative businesses and practitioners
- Creative enterprise workshops
- Transferable skills workshops, with a focus on communication, confidence and teambuilding
- Sampling different creative disciplines
- Portfolio workshops
- Inspirational talks
- Competitions

The events are delivered virtually through our online learning platform, Blackboard Collaborate. All materials and resources needed to take part in the day are provided in advance, however students do require access to the internet and a suitable device (laptop/smartphone/iPad) during the event.

Students can book spaces to join the day individually from home or from school/college.

Students can find out more and sign up for this event on our website:

<https://www.uca.ac.uk/kamcop/thriveyouth/>



Virtual Thrive: Creative Careers Staff CPD Event

When: Friday 19th March, 9am-3pm

Who for: Any staff members looking to learn more about creative careers, and how to support learners progress in creative subjects and pathways

Deadline for applications: Friday 5th March

Join us for this virtual event taking place via UCA's online platform, Blackboard Collaborate.

This event is suitable for staff (including teachers, tutors, youth workers, advisers and educators), who would like to learn more about how to support the young people they work with progress into creative education and pathways. This event is primarily aimed at teachers and educational staff from the Kent and Medway areas.

This event is designed to empower staff by providing clear information about creative pathways, giving you the information and knowledge to support young people achieve their potential in creative subjects and industries.

Our Thrive Staff events bring together industry and academic speakers to discuss the current landscape of creative industries and creative education.

The day will include talks, presentations and opportunities for discussion and networking covering:

- An introduction to creative careers, and the current landscape of creative careers, education, and industries
- Information on progression and careers in Architecture
- Creative careers stories from freelance artists, designers, and creative alumni
- Creative transferable skills
- Portfolio advice
- The benefits of Arts Award qualifications
- Creativity, mental health and art therapy
- Opportunities for Q&A's

All materials and resources required will be provided in advance of the day.

[Book your space at this event here.](#)

Staff CPD opportunity – FREE virtual Arts Award Adviser training

We're offering to fund places for your staff on upcoming virtual Arts Award training dates, at all levels (Discover and Explore, Bronze and Silver, Gold). This training is open to any staff who would like to deliver Arts Award sessions for students and young people.

Regular virtual training dates are available until the **end of March 2021** – dates for each level and times can be viewed on the [Arts Award website](#). To book a space, please email kamcop@uca.ac.uk and we will email you an online booking form.

Please let us know if you would like to opt-out of this newsletter, or if you have any colleagues who are not yet receiving this newsletter and would like to be added to the mailing list, by emailing kamcop@uca.ac.uk.