



E2M11[®]
ESCAPE 2 MAKE

CABARET

AN EVALUATION 2023



Also funded by the
Edith Mashedor
You are the Star Trust

WHAT IS E2M?

Escape2Make (E2M) is a charity formed in 2018 to provide free sustainable and creative activity for 11-18 year-olds in Lancaster and Morecambe in need of community, connectedness and a safe space to escape boredom, loneliness and isolation.

E2M run five year-round clubs and two large-scale projects per year, engaging 300+ young people in workshops led by artists and creative professionals.

We strive to offer enriching and accessible activities that build skill sets, social networks and self confidence.

"Escape2Make is probably the most important youth led group to come about in the last 20 years, focussed solely upon the wellbeing of 11-18-year-olds. They've got nothing to do, every single workshop they have explained to me how important their workshops are, because it gives them something to look forward to otherwise they are just trapped in their rooms"

Facilitator for Cabaret

"Big shout out to the young people who made tonight's Escape2Make Cabaret such a magical evening. The hosts, poets, singers, magicians, film club, lighting, sound, young architects, chefs for the amazing food, & for the stories you shared.

Truly young people led, be super proud "

Yak Patel, Chief Officer, LDCVS

#makethings
#makefriends
#makeadifference



Develop new
skills, find
friends, build
confidence

WHAT IS CABARET?

A programme of diverse creative activities, some performance based, Informed by what 11-18s thought their peers would like to engage in.

There were 9 workshop programmes and 4 one-off activities.

This totalled 53 sessions that worked towards a celebratory "CABARET" event at The Alhambra Theatre in the heart of Morecambe.

The young people delivered this event to over 140 guests, leading the entertainment and a 3-course-meal.



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WHO DID WE REACH?

Bay Leadership Academy - 4 (3%)
Carnforth High School - 7 (5%)
Central Lancaster High School - 10 (7%)
Dallam School - 19 (13%)
Home School - 6 (4%)
Lancaster & Morecambe College - 5 (3%)
Lancaster Girl's Grammar School - 24 (16%)
Lancaster Royal Grammar School - 12 (8%)
Morecambe Bay Academy - 6 (4%)
Morecambe Road School - 2 (1.5%)
Our Lady's Catholic College - 14 (10%)
Queen Elizabeth School - 7 (5%)
Ripley St Thomas - 14 (10%)

Other 16 (9.5%)
From 25 different places



We broadened
our reach!

148 SIGN UPS
123 unique YP

CABARET

HOW DID THEY FIND US?

A poster or leaflet - 8 (5%)
E-mails - 19 (13%)
Facebook - 39 (26%)
Instagram - 1 (1%)
LinkedIn - 2 (1.5%)
Our ongoing clubs - 15 (10%)
Our website - 5 (3%)
School - 27 (18%)
Word of mouth - 27 (18%)
Other - 5 (4.5%)



Arabic Desserts
One-off workshop
7 on register, 3 attended



Filmmaking
10 in first session
9 in final session

ATTENDANCE FIGURES



Band in a Day
One-off workshop
7 on register, 6 attended



Cartoon Portraits
7 in first session
5 in final session



Beach Art
One-off workshop
20 on register, 17 attended



Local Cuisine
9 in first session
9 in final session



Magic
6 in first session
6 in final session



Poetry & Song Writing
5 in first session
6 in final session



Upcycled Fashion
5 in first session
4 in final session



Mini Musical
9 in first session
9 in final session



Paint Rave
One-off workshop
24 on register,
10 attended

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E S C A P E 2 M A K E

Attended at least once: 105 YP
We had a 77% attendance rate

CABARET



Wild Cooking
10 in first session
9 in final session



Stand-Up Comedy
8 in first session
7 in final session

RESULTS FROM 90 EVALUATION FORMS COMPLETED

FEEDBACK FROM OUR WORKSHOPS CABARET

**MORE SESSIONS,
LONGER SESSIONS**

**59 X
FUN**

22 X
EXCITING

FEEDBACK FROM OUR WORKSHOPS CABARET

INCLUSIVITY

Female - 86 (58%)

Male - 50 (34%)

Non-binary - 7 (5%)

Other - Demigirl - 1 (0.5%)

Other - Demiboy - 1 (0.5%)

Prefer not to say - 3 (2%)

27% had a disability or challenges including ADHD / FASD / Autism / Dyslexia / Irlams Syndrome Anxiety / Depression Separation Anxiety.

6% of the 27% needed additional support, they were accompanied by support workers

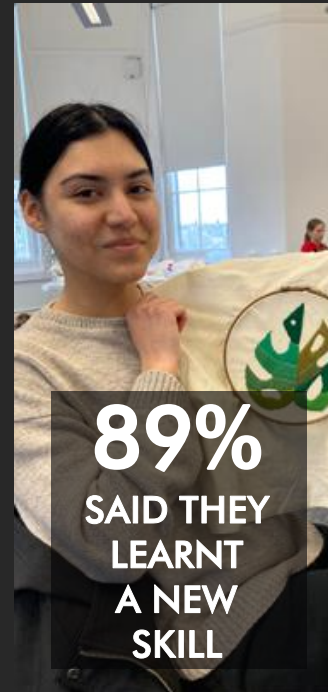
Based on 90
evaluation
forms
completed



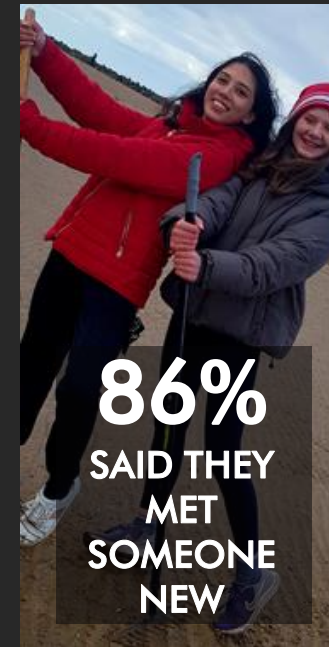
99%
ENJOYED
THEIR
ACTIVITY



89.5%
SAID IT HAD A
POSITIVE
IMPACT ON
THEM



89%
SAID THEY
LEARNT
A NEW
SKILL



86%
SAID THEY
MET
SOMEONE
NEW

DIVERSITY

Any other ethnic group - 1 (0.5%)

Asian - Bangladeshi - 5 (3%)

Asian - Indian - 1 (0.5%)

Asian - Other - 1 (0.5%)

Mixed - Other - 3 (2%)

Mixed - White & Asian - 1 (0.5%)

Mixed - White & Black African - 1 (0.5%)

Mixed - White & Black Caribbean - 1 (0.5%)

White - British - 124 (84%)

White - Irish - 2 (1.5%)

White - Other - 7 (5%)

Lancaster Population by Ethnicity

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ONE-OFF WORKSHOPS

We
collaborated
with Youth
Organisations

Low
pressure
way for young people to
try something
new

"I really think that if children don't have that stake in their environment, in their community, they're going to struggle to participate in it and I think they deserve a stake in their future and everything that is going on around them, because they are the future.

They feel needed within this kind of project. They know when they are being patronized, come along you might have a good time, it's not about that, it's come along, we need you, you are important."

Parent of participant at Beach Art



"If you are enjoying a lot of these things, the more time you spend enjoying these things the happier you are going to get. So Escape2Make really helps your mental health and makes you happy, I highly recommend it!"

Participant at Beach Art

CABARET

BEACH ART



100% ENJOYED THEIR ACTIVITY
94% POSITIVE IMPACT ON THEM
94% MET SOMEONE NEW
81% LEARNT A NEW SKILL

PAINT RAVE



100% ENJOYED THEIR ACTIVITY
100% POSITIVE IMPACT ON THEM
71% MET SOMEONE NEW
71% LEARNT A NEW SKILL

BAND IN A DAY



100% ENJOYED THEIR ACTIVITY
100% POSITIVE IMPACT ON THEM
100% MET SOMEONE NEW
100% LEARNT A NEW SKILL

FEEDBACK AND IMPACT



"I just wanted to give some feedback after ***** was involved in the wild cooking sessions and cabaret. It was a wonderfully positive experience for him, not only did he get to learn new skills in relation to wild cooking but from a social aspect he met new people and forged new friendships. From a parent's point of view, it has been amazing in providing a safe and encouraging environment for young people to grow and thrive and I have seen **** gain more confidence and self-esteem over the weeks. "

Parent of a Participant

"I just wanted to say a massive thank you! My daughter has attended the program on all but two occasions, she's thoroughly enjoyed it. It's been especially good for her as since her best friend died last year ***** has suffered considerably with her mental health, with a huge down turn over the last 6 weeks(as we approach the anniversary).

For the last 4 weeks she has been a voluntary inpatient at a CAMHS tier 4 unit. She has still been coming to your sessions with ***** and has thoroughly enjoyed them, it is the only activity I have managed to get her engaged in over the last 12 months!

Unfortunately, she couldn't come to the final yesterday as the risk was deemed too high, she'd had some therapy midweek which left her quite vulnerable. **** was sending her photos and filling her in so she didn't miss out . Thank you again, they're very much looking forward to signing up to more in the future!" **Parent of a Participant**

"***** has never really found conventional school enjoyable or fun as he is very dyslexic and has ADHD which makes learning much more challenging. This has contributed to a spiralling feeling of lack of self-esteem and confidence especially since starting high school. He was in that year that missed most of year 7/8 and missed a lot of time bonding and making new friends. He has experienced some really severe and chronic bullying since lockdown ended and it has affected his mental health so much. He has recently finally got the support that he has needed by way of an ECHP plan so we hope this may improve his GCSE year. He has been accepted onto the DofE Bronze with E2M so he is already planning his voluntary time and projects with excitement. E2M has offered a place for him to find things he is really good at, work with adults who have the time to teach him in a style that works for him and find other kids his age with similar interests. I have no doubt that this recent participation has given him a real lift and a horizon that he can see that is not at school. And he is excited. **Parent of a Participant**

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FEEDBACK AND IMPACT

"Engaging in creative practise of any kind is a powerful and liberating experience. It helps you discover who you are and how you connect with other people And how you connect with the world around you huge part of growing up and becoming yourself"

Daragh Carville, Writer, The Bay

"To come along to a group when you don't really know anyone takes a bit of nerve so already they've crossed a few barriers and ticked a few boxes for self esteem but I think magic itself is brilliant for people who do lack a bit of confidence. It's a bit like storytelling, it's a form of communication. If anybody out there who does struggle with their confidence in groups I think magic is a really good way of building that confidence"

Andy Winters, Facilitator

"It's fun, it's very fun, it's a very gentle place to be, an understanding place, more caring it's very positive when I leave this place on a Saturday I feel very happy. This place has standards you didn't do this but we can help you. It feels very one on one not like school where they tell you everything's right or wrong it's like, we can show you how to make it better"

Participants, Stand-up Comedy Sessions

"The legacy of COVID on our young people has left them quite isolated and quite broken. Their lives were basically destroyed in COVID they were left alone, isolated and away from their peers. It's so important for young people to have friends to grow and develop. Something like escape to make is wonderful for them to come together."

Cllr Sally Maddocks on the need for Escape2Make

"I found the whole Cabaret an amazing experience from start to finish. My son was totally engaged from the start! I was flabbergasted at the confidence he demonstrated on the first session of the stand up comedy (I arrived early to pick him up and he was up doing stand up in front of others!)

On the evening I felt so humble to be part of such a spectacular evening. From the moment I entered the room it felt magical. I had my caricature drawn by a young lady who did a wonderful professional job. The three-course meal created by the young people was top notch! The poetry made me cry as it poured straight from the young people's heart! Watching the whole event, magicians, the architect's group, up cycling fashion, everything was a huge inspiration to me as an art teacher working and living in the local community! This must become an institution! Make the 'Cabaret' a regular that young people make happen!"

Parent of a Participant

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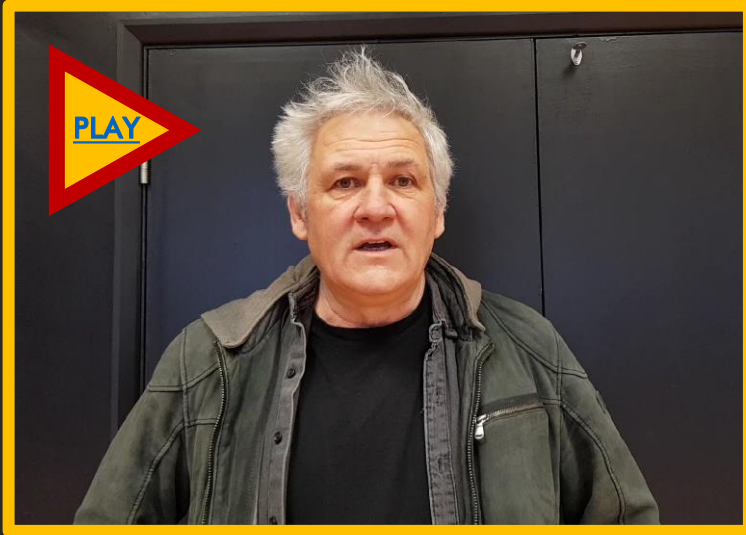
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PARTICIPANT EXPERIENCES



CABARET

FACILITATOR EXPERIENCES



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PARENT & SUPPORT WORKER EXPERIENCES



CABARET

COMMUNITY EXPERIENCES



CABARET

COMMUNITY EXPERIENCES

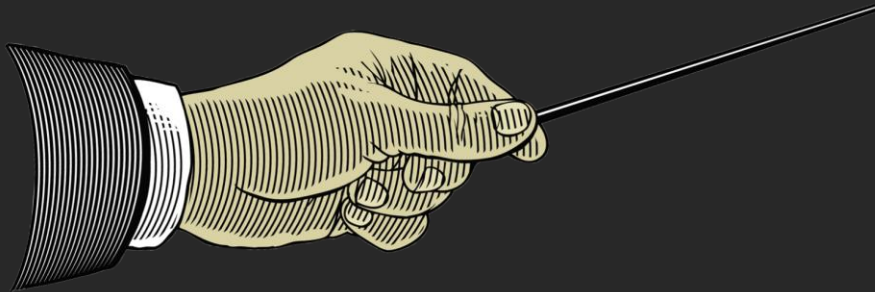


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MOMENTS OF MAGIC

Participant being brave and confident enough to serve on tables at the cabaret, they were very shy and reserved at the beginning of the sessions. They were absolutely glowing and looked like a different young person at the end of the cabaret.

Facilitator Feedback

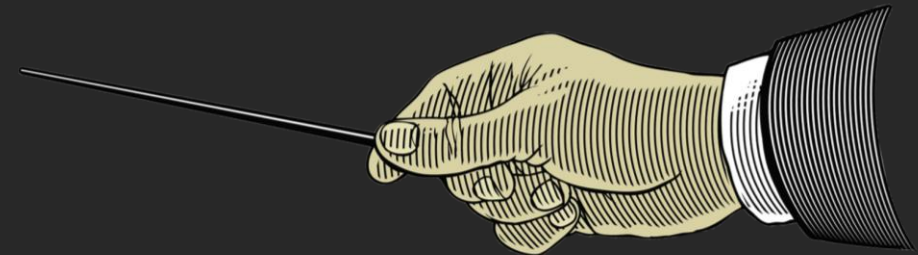


One student who was extremely nervous came to me regularly throughout the week for private conversations to tell me about a time they'd be laughed at on stage and how they struggle with singing in front of more than 5 people, I said how everyone in the room is there to support you and I mentioned in communications with E2M these conversations (they also provided good feedback to reassure me). It was great to see they made it on stage after much work with them about how to calm nerves down and they told me at the end "Thank you for making me feel positive & confident, can I give you a hug?" I said of course, this was in front of their guardian/parent.

Facilitator Feedback

Participant approached the workshops with the intention of learning cooking techniques that would enable them to cook for their mum, their mum visited me on Friday the 24th during set up and commended the workshop for its skills forward approach, she also thanked me for inspiring the participant who had indeed cooked a 3-course meal for their mum during the week

Facilitator Feedback

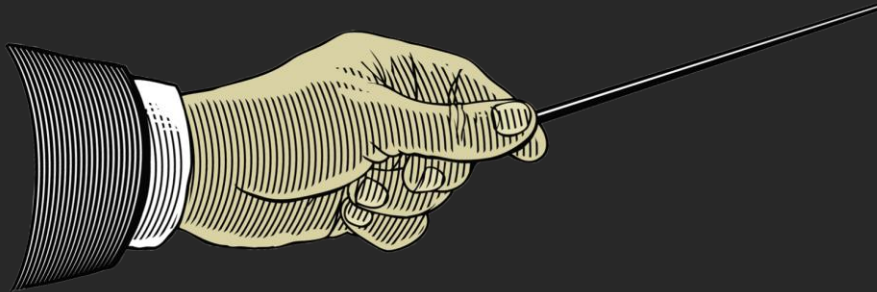


CABARET

MOMENTS OF MAGIC

Two children in particular came out of their shells starting the project as introverts and finishing the project saying they'd like to pursue a career in cartoon portraits/art and brought in the drawings they'd been practicing at home.

Facilitator Feedback



On the day of the cabaret a participant presented me with a handmade gift. They had made this in their pottery class and the finish on it was amazing, it is a moment I will carry with me for the rest of my life

Facilitator Feedback

A participant who has anxiety issues, saying "Calm down! You're worse than me!" as I got concerned about a dropped pancake - their timing, tone and delivery were absolutely brilliant comic genius. Lightened the mood, relieved the pressure and had us all in stitches.

Facilitator Feedback

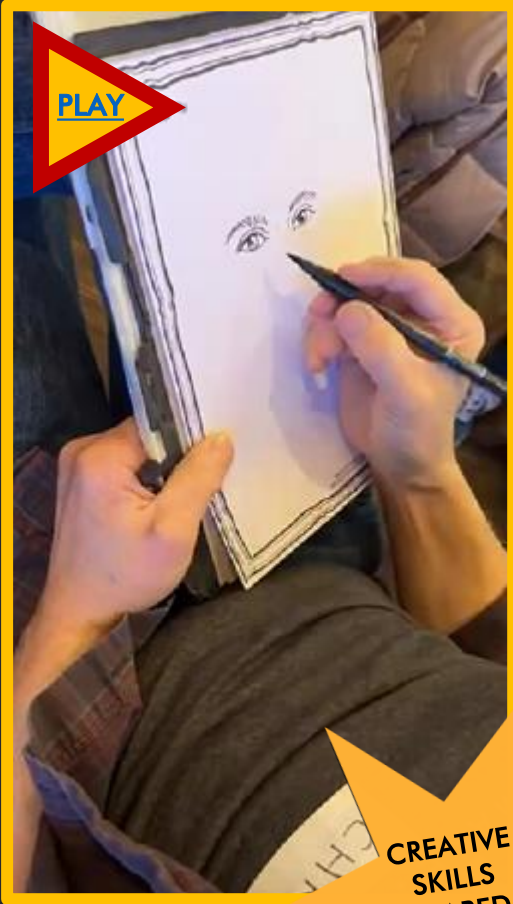


Participant turned up to the Cabaret crying with separation anxiety and left afterwards saying the night was "epic!" Seeing each of the kids really turn it on for the show was absolutely rewarding, I couldn't predict that each would rise to the occasion as wonderfully as they did, and in fact there was very little room for improvement in their performance

Facilitator Feedback

CABARET

CREATIVITY MATTERS



CREATIVE
SKILLS
SHARED



DARAGH
WHY E2M &
CREATIVITY
MATTER

CABARET

CABARET

WITH
THANKS
TO



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