

Creative Insights Methods

Partnerships with arts organisations Impact Arts in Glasgow and Opera North and Leeds Playhouse in Leeds were formed for the facilitation of the project. These organisations shared experience and expertise in community engagement and creative capacity building and managed a pivot to online delivery brought on by the COVID-19 pandemic. Working with the organisations' programme managers and arts practitioners for an extended period to develop activities and materials, the project design was refined and a programme of four-day workshops was developed for engagement with six groups of up to 10 young people, three groups in each city, Glasgow and Leeds.

Working with creative partner organisations to recruit participants, six groups of young people, aged between 14 and 21 years, were invited to participate in workshops. Rather than recruiting based on specific demographic characteristics, groups of young people with a shared interest or experience, who were in contact with creative partner organisations either directly or through links with other community groups, were invited to take part. Potential participants were contacted via email or WhatsApp with brief details of the project and invited to contact the lead creative facilitator for further information. Project information was supplied to all interested young people in text and video form, and lead facilitators from each creative organisation then followed up with interested young people to confirm participation and give details on how to join the group. Each participant was provided with a range of art materials for the purposes of participating as well as for their personal use, gifts as a thank you for participation, and compensation of £100 in recognition of their time and expertise. A total of 39 young people participated in the project, 21 in Glasgow and 18 in Leeds.

The first group took part in October 2020 and the final group in May 2021. During this period, physical distancing was mandated to curb the spread of COVID-19 in the UK and as a result, workshops were conducted online using Zoom. Participants were posted boxes of art materials as well as project information, schedules, and public health evidence to their homes before the start of the workshops. Four one-hour sessions were held each day, with breaks in between each. Young people took part in private spaces (largely within their homes) and were provided with laptops/tablets if these were not available to them. Facilitation was led by creative practitioners and youth workers, with resources and provocations co-developed with the researchers.

The first set of workshops in Glasgow acted as a pilot and activities, discussion topics, and artistic methods were honed in subsequent groups based on feedback from participants. In general, creative practitioners acted as lead facilitators, with researchers offering facilitation support, answering questions and observing sessions. Broadly, the first two days focused on exploring understandings of health and inequalities and days three and four focused on potential ways to address health inequalities. The first session with each group was used to discuss consent, facilitate young people's development of a code of conduct and provide details about how data would be managed. Each day involved warm up games and activities featuring creative engagement techniques; engagement with research evidence through videos, Kahoot! quizzes, online/paper-based resources; large and small group discussion responding to evidence, reflecting on polling or responding to whiteboard contributions; and throughout responsive creative practice and art-making (capacity building sessions, individual and group development work, facilitator feedback and collaborative development). The Glasgow groups focused on visual arts, while the Leeds groups focused on creative writing and performance, based on the expertise of each partner organisation. The visual arts activities in Glasgow included drawing,

printmaking, and collages and the performance activities in Leeds included creative writing, mime, and speech writing. The content of each group's workshops was driven by young people's interests and concerns, allowing the groups to engage with specific areas of interest to them. On the final day of workshops, each group held a showcase webinar to share their projects and opinions with a small audience of invited guests including artists and creative professionals, researchers working in health inequalities and community/youth engagement professionals. Ethical approval was granted by the University of Glasgow College of Social Sciences Research Ethics Committee, application number 400200006.