

# Call out for Poets

## Rhyme & Reason: A poetry and mental health project

Are you interested in harnessing the power of poetry to support positive mental health and wellbeing in young people? Curious Minds is looking for poets to join an exciting and innovative project, supported by the Steph Lampl Foundation.

### Background

The pandemic, cost of living crisis, and social pressures have led to a growing mental health crisis among young people. Schools are increasingly relying on arts and creativity to meet this need. The Rhyme and Reason project, funded by the Steph Lampl Foundation and delivered by Curious Minds, aims to provide young people the opportunity to explore and experience poetry as a means of improving their wellbeing.

### About the project

Curious Minds is partnering with Edge Hill & Salford Universities to develop [Arts For the Blues](#) as a non-clinical creative model. Young people will participate in a variety of unique workshops and activities that use poetry to promote better mental health through reading, writing, and spoken word. Drawing on the work of inspirational poets, they'll look for existing compositions that convey their sentiments, hopes, and dreams. They'll also use their own experiences and unique perspectives to express their thoughts and emotions, allowing them to explore their creative and human potential.

### Who we're looking for

Curious Minds is looking for **5 early-to mid-career poets and 1 mid-to late career poet mentor** to take part in this exciting project for KS3/KS4 pupils.

The deadline for applications is: **Monday 30<sup>th</sup> September, 09:00am.**

Apply here: <https://curiousminds.org.uk/rhymeandreasonpoets>

# Poet and Mentors Brief

## Poets x 5

We are looking for **5 early-to mid-career poets** who are motivated to develop specialist skills in supporting young people's mental health and wellbeing.

The poets will need to fulfil the following criteria:

- Sufficient delivery experience in their artform to plan and deliver impactful and fun poetry-led activity for KS3/KS4 pupils (aged 11 to 14) in a secondary school setting.
- Willingness to undertake training, which will take place over a series of programme days and a one night residential.
- Willingness to work with a poet mentor.
- Interest in collaborating with teachers within a school setting to design and deliver the poetry-led activities.
- Willingness to explore how other creative modalities (e.g. movement, music, drama and visual art) can work with poetry (however we wouldn't expect any expertise in these other art forms).
- Availability on the key dates outlined below.

## Poet Mentor x 1

We are looking for a highly experienced poet who's confident and knowledgeable with their craft and would love to be part of supporting the next generation of poets.

Additionally, to the above criteria we are looking for a poet who has:

- Extensive experience of delivering creative workshops in a variety of settings, including schools.
- Some experience in creative health and wellbeing, ideally supporting young people's mental health through poetry and writing.
- Experience of collaborative working
- Experience of supporting artists to deliver creative activities.
- Some mentoring experience is desirable.

**The Poets and the Poet Mentor will additionally be expected to:**

- Contribute to the evaluation plan for the programme.
- Ensure they keep an effective record of all creative sessions.
- Hold a valid DBS certificate and public liability insurance.
- Ensure that all the work adheres to Curious Mind's policies, including health and safety, child protection, equal opportunities, dignity, and respect in the workplace.
- Reflect and learn on their practice and the mentoring relationship.

## Timeline

The programme takes place between October 2024 and July 2025.

### October to December 2024

Poets, the poet mentor, and teachers will receive training to upskill and prepare for planning and delivering their poetry activity in response to the research question. This will include training in the Arts for the Blues delivery model, trauma-informed practice, and creative evaluation methods.

### January to May 2025

Poets, the poet mentor, and teachers will plan and deliver poetry activities to two whole classes over a half day each week for 10–12 weeks. Each poet will have 2 mentoring sessions with the poet mentor to help plan and deliver their sessions. Poets, the poet mentor, and teachers will take part in 2 supervision sessions with an experienced creative health professional and receive ongoing support from Curious Minds.

### June to July 2025

All participating schools and poets will reconvene during the final phase of the project to reflect on learning and outcomes to develop case studies, which will be disseminated through Curious Minds' networks, Arts for the Blues, and The Steph Lampl Foundation. This will help to share best practices and promote the integration of creative health through poetry into schools across the country.

## Key Dates

The poets and poet mentor must be available on the following dates:

Date	Session	Location & Time
16.10.24	Induction Session	Online via Zoom, 13:00 – 15:30
07.11.24	Trauma Informed Practice Training	Online via Zoom, 10.00 - 14:00
08.11.24	Arts For the Blues Training	Full Day in-person Salford University
14.11.24 - 15.11.24	Overnight Residential	In-person Location TBC
08.01.25	Check-in with schools and poets	Online via Zoom, 16:00 – 17:30
February – date TBC	Supervision with mental health professional – 1.5 hours	Online via Zoom
05.03.25	Activity mid-point review	In person – venue TBC, 9:30 – 13:00
April – date TBC	Supervision with mental health professional – 1.5 hours	Online Via Zoom
18.06.25	Evaluation Day with participating schools and poet practitioners	In person – venue TBC, 10:00 – 15:00
TBC	Celebration Event	TBC with participating schools

## Contract Details

### Poets:

**Location:** Merseyside (TBC)

**Total number of days work:** 11

- 1 day: Induction, planning, supervision
- 3 days: Training including Arts for the Blues, Trauma Informed practice and Residential
- 6 days delivery (worked as 12 x half days)
- 1 day: evaluation

**Rates of pay:** Paid at £250 per day. Travel costs of up to £210 are covered and a materials budget of £60

**Total commission:** £2,750

### Poet Mentor:

**Location:** Merseyside (TBC)

**Total number of days work:** 12

- 1 day: Induction, planning, supervision
- 3 days: Training, including Arts for the Blues, Trauma Informed Practice, and Residential
- 7 days: mentoring support for poets (broken down into sessions)
- 1 day: evaluation

**Rates of pay:** Paid at £300 per day. Travel costs of up to £210 are covered by a materials budget of £60

**Total commission:** £3,600

## How to Apply

Interested applicants should complete the relevant application form, which can be accessed at the links below. Please ensure you choose the correct form.

**Form for Poets:** <https://forms.office.com/e/ny4MmCFjR1>

**Form for Poet Mentor:** <https://forms.office.com/e/HKt1NRUHFB>

**Deadline for Applications:** Monday 30<sup>th</sup> September, 09:00am.

**Interviews:** Week beginning 7<sup>th</sup> October

If you have any questions or would like an informal chat, please contact:

[sara.domville@curiousminds.org.uk](mailto:sara.domville@curiousminds.org.uk).