



Critical Mass

Learnings and Evaluation For Critical Mass

An Inclusive Dance Project
As Part Of Birmingham 2022 Festival





Birmingham 2022 Critical Mass

Easy Read Version.



A **report** is a document that describes and tells you about something.



You can read about the work we done in this **report**.

You will learn about what was achieved.



Thank you to everyone who shared their work.

Thank you also to everyone who took part.



Pictures, symbols and words are used in this **report**.



Show this document to a friend, family member or supporter if you need extra help.



Hard or difficult words are shown in **bold**.

These words will have their meaning explained.

Look for the  information icon nearby.



This is a shorter summary of the full report.

You can ask for a copy of the full report if you wish.



You can read the full report and an Easy Read version on our website.



<https://www.birmingham2022.com/festival/evaluations>



Thank you to everyone who helped make this report.

We want to thank everyone who has shared their work.

You will learn more about this work in the coming pages.



Introduction

This document is a shorter version of the full report.

It will tell you about **Critical Mass**.

This was an **inclusive** dance project.

Critical Mass was a big part of the **Birmingham 2022 Festival** and the **Commonwealth Games**.



Inclusive means to make sure that nobody is left out.

The report tells you what we have learned.

This is an **evaluation** report.

Evaluation means when you look at the quality or value of something.



A **report** is information that tells you facts and findings.



Festival Model

Large and small groups could ask for money for projects.

The aim was to fill Birmingham with art and events.

The local community and artists worked together.





Executive Summary

A short version of the report that gives you facts.

Critical Mass was **inclusive** dance project.



It was **high-profile**.

High profile means it got a lot of attention.



There were hundreds of **participants** that took part.

Participant means someone who gets involved in an activity.



The people who took part were aged 16 - 30 years old.

Participants were from the West Midlands.



They **represented** the **diversity** of the region.

Represented means to be doing something on behalf of another person or group.



Diversity means the differences between people.



Critical Mass wanted to change the way that people

did **meaningful inclusion** for big events.



Executive Summary

A short version of the report that gives you facts.



Meaningful inclusion means to be viewed and respected as a whole person.

There were 4 outcomes.

1

1. Participants wellbeing was improved by taking part.

2

2. Participants feel they belong and connect at big events.

3

3. Challenge wider views of disability and impairment.

4

4. Have high quality local inclusive dance now and in the future.



You can read more about this on **Page 7** of the full report.



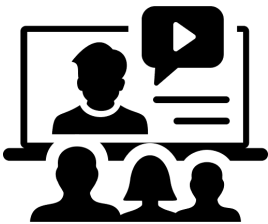
Executive Summary

A short version of the report that gives you facts.



Critical Mass in numbers.

2242 people took part in 16 weekly sessions.



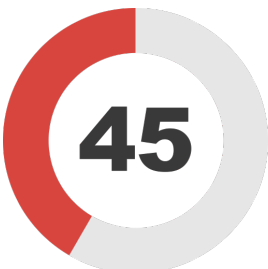
The sessions were held in different places and online.

Participants were all aged between 16 and 30 years old.



There were 22 members of staff & 12 support workers.

There were 15 **freelance** artists.



45% of people had a disability

were **neurodiverse**

a long term health issue.



Neurodiverse means people who experience the world around them in many different ways.



Freelance means someone who works for themselves but who will have been paid to do jobs at the Festival.



Executive Summary

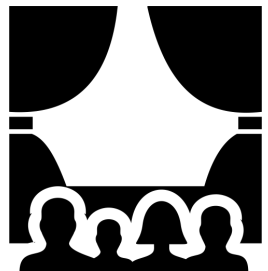
A short version of the report that gives you facts.

Critical Mass in numbers.



66% of participants said they will carry on dancing.

They said this because they had done **Critical Mass**.



22,048 people watched **Critical Mass** perform live

Many more watched them on TV when they performed at the Opening Ceremony of the Commonwealth Games.

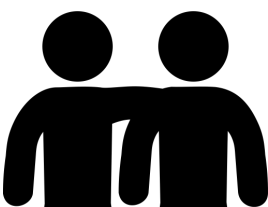


All of those in the audience attended in person.



100% of **participants** were from the West Midlands.

91% joined to be part of the Commonwealth Games.



92% said that their experience was good or excellent!

89% said the biggest difference made was meeting new people and making new friends.



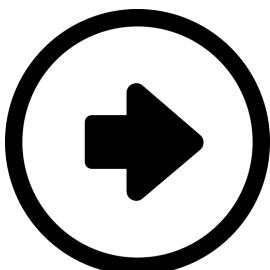
Participants said they felt happy and less anxious while taking part.



Executive Summary

A short version of the report that gives you facts.

Summary of learning.



We have put information about outcomes on the next pages.



There are 4 outcomes in total.

These are a summary and a shorter version.



You can learn more about each summary starting on

Page 10 of the full report



There is more information in the **recommendations**.

Recommendations means suggestions.



You can find this on **Page 20** of this easy read report

or in more detail on **Pages 93 - 97** of the full report.



Executive Summary

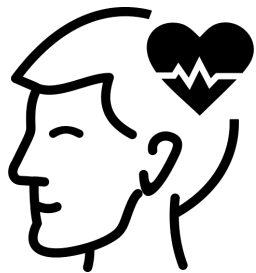
A short version of the report that gives you facts.

Outcome 1 - Summary of learning.

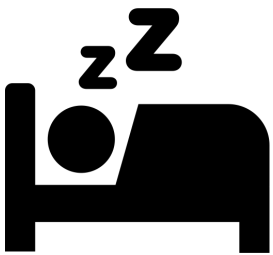


Participants wellbeing was improved by taking part.

Critical Mass improved participants



physical health and wellbeing.



There were times when **participants** were very tired.

Or they became stressed.



Plans were made so that participant wait times were lower.

It is important to plan for these things happening.



Staff had mental health first aid training.

First Aid staff were available if needed.



Time and space was made for participants to use if they felt anxious or emotional.

2

Executive Summary

A short version of the report that gives you facts.

Outcome 2 - Summary of learning.

Participants feel they belong and connect at big events.



Critical Mass made people feel like they belonged.

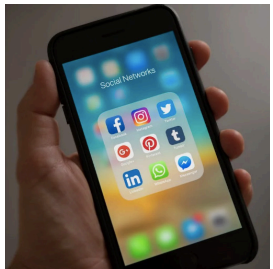


Participants also felt connected.

This was because **participants** became closer at weekly sessions.



They experienced feeling of togetherness by taking part in the big event.



The online group was also successful in connecting people.

Social media was used by many to keep in touch.



But some said that online contact did not last or become in person friendships.

Only 49% of **participants** felt they had connected with the wider community.



Dancing and performing with lots of other people brought **participants** together.

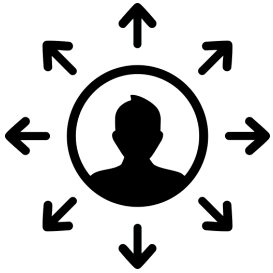


Executive Summary

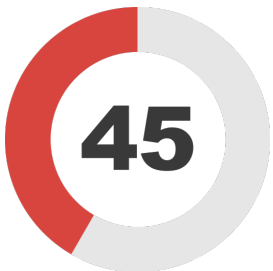
A short version of the report that gives you facts.

Outcome 3 - Summary of learning.

Challenge wider views of disability and impairment.



Critical Mass was successful at working with a wide range of people.



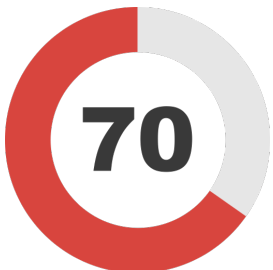
The project beat its target by reaching 45% of participants with disabilities.

28% had lots of experience working with people with disabilities.



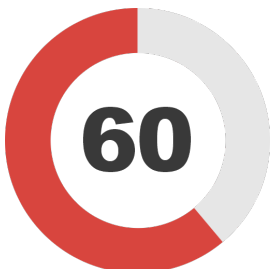
30% of these people also had a disability themselves.

Over 70% of people did not normally work with people who have disabilities.



60% of people said that the project helped them to understand and views of people with disabilities.

A plan was put into place to support participants.



The project talked about access and any changes that would need to happen so people could take part.

Staff and participants cared for and about one another.



The project was successful in being **inclusive** and creating a big performance. Everyone was proud.

Wider changes need to happen so this success continues in the future.



Executive Summary

A short version of the report that gives you facts.

Outcome 4 - Summary of learning.

Have high quality local inclusive dance now and future.



Critical Mass was made with a clear plan of what it wanted to achieve.



The project had ideas that had worked before.

Critical Mass was supported by a single funder, who believed in its ambition..



More could have been done to involve people with disabilities

and parents or carers when the project was being made.

The team that were in charge had lots of skills.



However there was no one in charge of access.

This meant that access help was done by staff with other jobs.



80% of staff said they got new skills from **Critical Mass**.

Staff plan to do more inclusive dance projects in future.

84% thought inclusive dance was stronger in the West Midlands because of **Critical Mass**.



Staff and participants enjoyed creating together.

The way the project was designed made the most of **inclusive** practice.



Context

The information you need to know to understand something.

1

Critical Mass put 3 things together.

1. **Volunteering at mega events**

Volunteer means to spend your time helping others.

2

A **mega event** is a big show with lots of people.

2. Creative **mass participation**.

3

Mass means a large quantity or number.

3. **Inclusive** dance.



Volunteers help a lot at big events.

People with disabilities face lots of **barriers**.

A **barrier** means is an issue or reason that stops you from doing something.



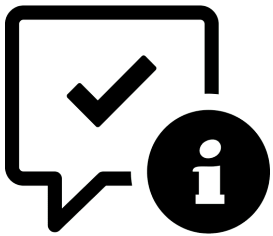
The London 2012 Olympic and Paralympic Games made a lot of progress.

Volunteers with disabilities were recruited. 5% in total.



Many of those volunteers felt they had an access need but not a disability.

This suggests that people with a high level of needs did not apply.



Context

Information you need to know to understand something.

There were 2 challenges for **Critical Mass**.



1. Remove **barriers** for **participation** for people with disabilities.



2. To recruit 35% of participants who said they

have a disability

were **neurodiverse**

have a long term health issue.



Critical Mass asked how they could get an **inclusive** cast.



They wanted to do this at a **mega event** with **mass participation**.

Critical Mass made opportunities for this to happen.



Inclusive dance welcomes everyone.

It challenges the idea of the body you need to dance.

It celebrates dancing in new and different ways.



Critical Mass brought a **diverse** group together.

They showed anyone could take part in a

mass participation mega event.



Overview

A short summary.

Critical Mass was created by groups working together.



Birmingham 2022 Festival

FABRIC



Arts Connect



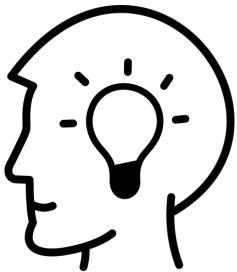
and Dance Development Leaders Group



It was supported by Spirit of 2012



The opening ceremony of the Games needed to be more **inclusive**.



The idea for **Critical Mass** came from this.

The aim was for **Critical Mass** to dance at lots of events.



Events had to be seen across the Games and Festival.

There also had to be **participation**. FABRIC did this.

FABRIC's job was to find, train and manage staff.



FABRIC led on recruiting a **diverse** group of **participants**.

FABRIC had to make sure that communications were inclusive.



FABRIC were responsible for the opening event.



Overview

A short summary.



Arts Connect work to make sure that

children and young people

can benefit from high quality arts and **culture**.



Arts Connect helped connect to local schools and communities.



They also helped to support other groups and providers.

They provided advice for **Critical Mass**.



They will have an important role in helping **Critical Mass** to have a lasting impact.

Dance Development Leaders Group is a network of 70 members who develop dance **participation**.



Spirit of 2012 Trust **funded** the project.

Funded means to provide money for a project.



Critical Mass used Spirit of 2012 Trust's learning and experience from the London Games.



Overview

A short summary.



Spirit of 2012 Trust believe that

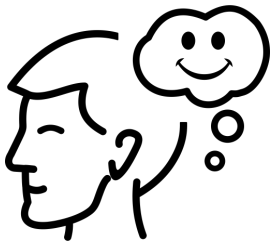
getting people to take part in inclusive activities

and working together in their communities will



Make people's health and wellbeing better

Make the communities health and wellbeing better



Make society's health and wellbeing better

Improve views and attitudes towards

disabilities

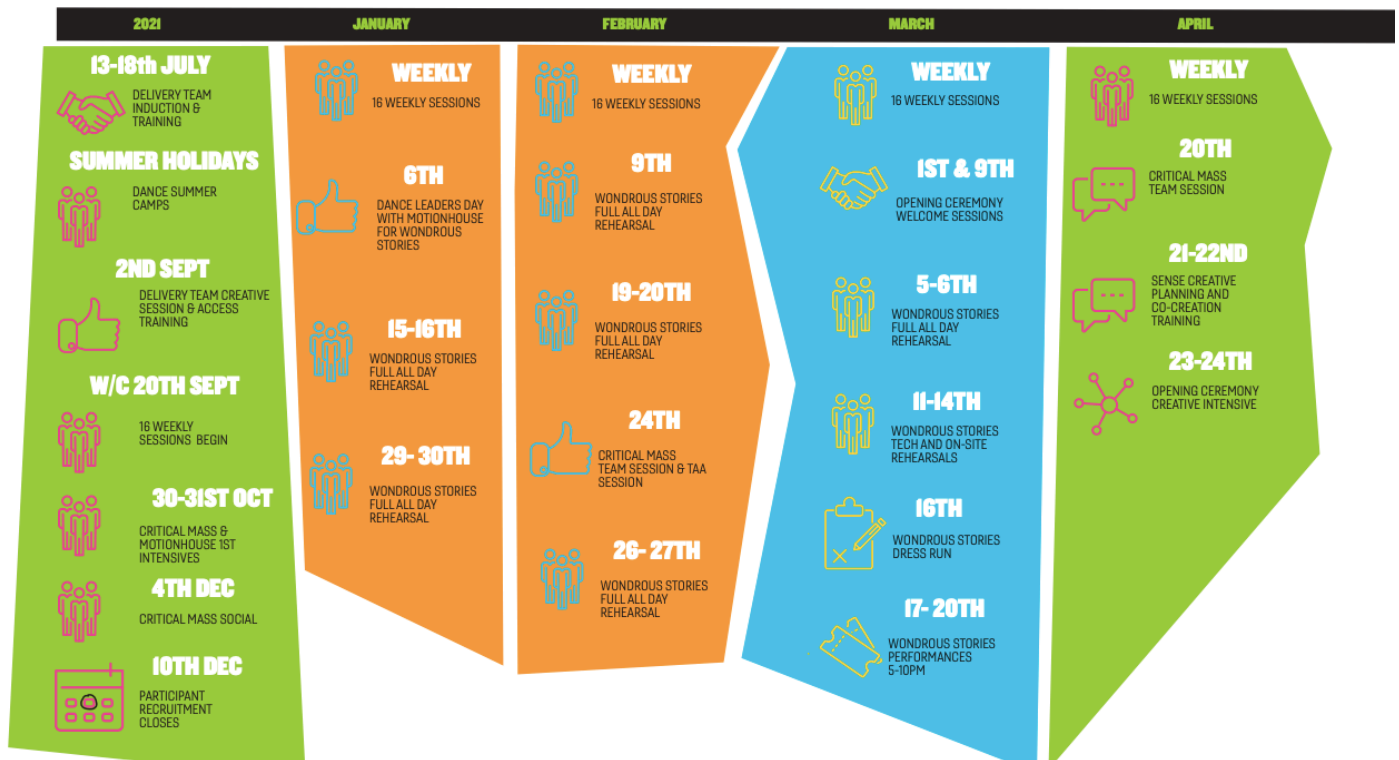
and impairment



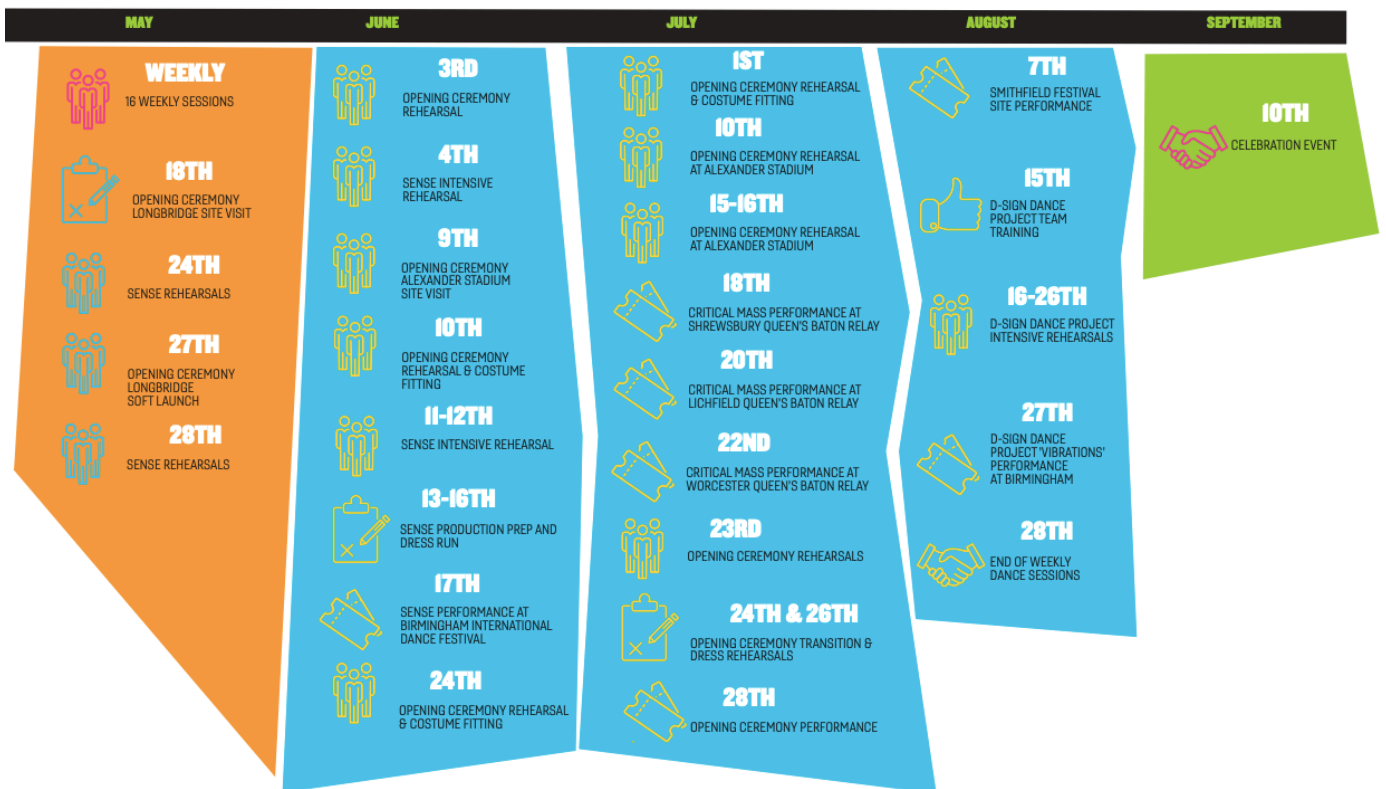
Lead to more social **cohesion** and understanding.

Critical Mass and D-Design Timeline

CRITICAL MASS AND D-SIGN TIMELINE



Critical Mass and D-Design Timeline

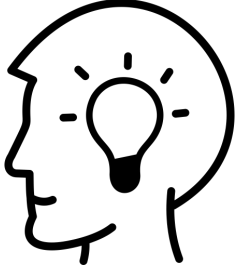




Recommendations

A suggestion about what should be done.

Ideas for future projects like **Critical Mass**.



Use the ideas and experiences of people with disabilities when designing a project.

Make sure to include parents and carers too.



Artists should take part in the design of a project also.

Make sure the local community has been included.

You need to know who can help connect and get a project started in the local area.



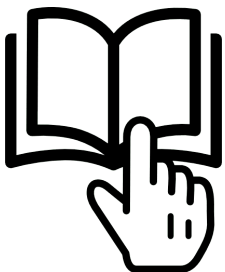
Get lots of information about access needs.

Set a date to have got all of the access information by.

This will make sure that plans and money are in place for access.



Make sure that consent forms and emergency contacts have been collected.



Produce easy read guidelines for **participants**.

This will help **participants** make choices about taking part and keep them coming.



Have digital taster sessions at the start of the project.

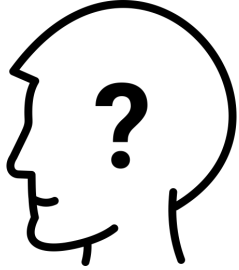
This will help reach more people and help access.



Recommendations

A suggestion about what should be done.

Have a team and try to make it the same people.



Make sure people the team knows what their jobs are.

Check the team know when jobs need to be done by.



Recruit Dance Leaders from different backgrounds.

Offer **meaningful** chances to progress.

Share important dates to the right people.



Share these dates as early as you can.

Think about using other artists to lead.

Sharing the work can lower stress and pressure.



Having different leads can also make the project different.

Make time to introduce everyone to one another.

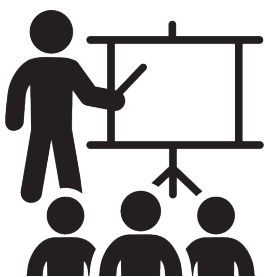


**disability
confident**

Staff and partners should be **Disability Confident**.

Disability Confident is a government scheme

It encourages employers to recruit people with a disability or health conditions.



Have a person whose job it is to oversee access.

Meet the team often and check how the project is going.



Recommendations

A suggestion about what should be done.

Make sure to check the quality of sessions.

This is important if sessions are in different places.

Be clear on what people can do and what you expect.

Spend time with the artistic team to understand what they are doing.

Make sure the artistic team spends time with people who are helping from outside the project.

Give **participants** the chance to create with Dance Leaders.

Make sure that anyone telling others about the project does so in the right way

Take film and photos of activity and share them as they happen.

Use captions on videos.

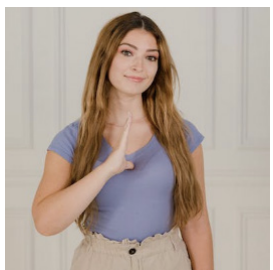
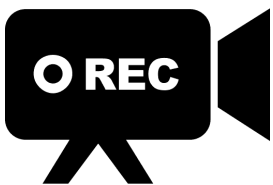
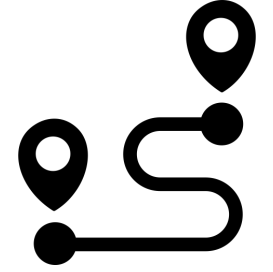
Use easy read and make sure other languages are available.

Use a British Sign Language interpreter.

This will help make the project more **inclusive**.

When the project is ending think about how this might affect **participants**.

Speak to people who may be doing similar work so that the projects effects can last.





Recommendations

A suggestion about what should be done.

Be sure to think about what happens after the project end when looking at how it went.



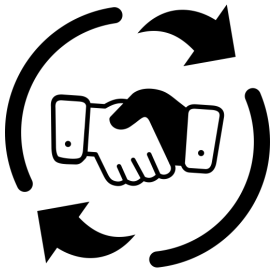
Include participants and the team when thinking about what can happen after the project ends.



Working in an **inclusive** way needs to be more understood.

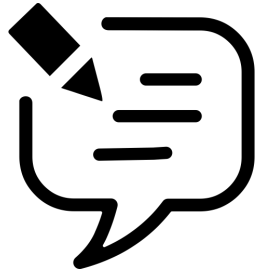
It takes more than one project to do this.

If doing a mega event everyone should be working at the same time, to the same date.



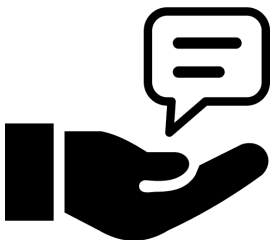
Staff who are paid should be happy to be led by **volunteers**.

People with disabilities should be shown in the right way.



This area still needs lots of work.

Staff who are writing stories for the press or on social media should know about this.



Be sure to share things you learn with others.

Make sure that you are happy to learn from others.

Have respect for what volunteers offer.



There are plans for a book that will share our recommendations.

This book will be for others to use and learn from.



Conclusion

The end result.



Mental barriers are often made by us.

We all need to think differently to change this.



Critical Mass helped people to meet one another.

It helped participants find out who they are.



It helped participants to know what they could do.

It changed the views of others towards participants.



Everyone was equal

and

worked towards the same aims.



Critical Mass helped to change views

and behaviour.

People felt free from things that stopped them before.



The **mass event** celebrated **participants**

and the **values** of **Critical Mass**.



Conclusion

The end result.



Critical Mass was different.

Everyone worked together.



People looked to one another.

Critical Mass brought people together.



People were helping each other.

People were themselves.



People could share their ideas and be creative.

No one was on their own.

Critical Mass was **inclusive**.



It brought participants and artists together.

It let people tell their own story through dance.



This is an easy to read summary version of

Critical Mass

Learnings and Evaluation For Critical Mass

An Inclusive Dance Project
As Part Of Birmingham 2022 Festival

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