



**MADE BY
MORTALS**

Impact Report

2022 - 2023

This report covers November 2022 to October 2023

Made By Mortals 'bring lived experience to life' through audio stories, film, theatre, music, and interactive workshops.



Bringing Lived Experience to



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The Big Picture

Workshops and events

110

Engagements with health and social care practitioners

513

People we have worked with

3297

Live shows

16

Number of engagements

4237

Podcasts or audio stories made

24

Community participants we have worked with

1492

Films

2

In-person
Audience

515

Digital
Audience

548,226

Made By Mortals have worked with **16 different freelancers** this year, with **40%** of our expenditure invested in them and other small organisations in Greater Manchester.

Made By Mortals run two community groups:

THE JOHNNY BARLOW THEATRE COMPANY

Community Adults Group

17 people with a total of **395** attends.

HEARTS AND MINDS

Over 60s group

21 people with a total of **545** attends.

TOTAL FIGURES FOR OUR GROUPS:

38 people, **940** attends.

During the period Made By Mortals also worked with the following underrepresented communities: people who have learning disabilities, autistic people, people from South Asian backgrounds, veterans of the armed forces, parents with children with respiratory difficulties, young people with lived experience of mental ill-health, and adults with lived experience including mental ill-health, and domestic abuse.

“I felt part of something bigger than myself, and that made me feel good about myself”

Katie, aged 40, member of The Johnny Barlow Theatre Company



Made By Mortals in Research:

Made By Mortals understand that **researchers** and **research teams** can feel frustrated and, in some cases, even ashamed that far too often research and the research process excludes people that it is designed to help. Made By Mortals help researchers to make their research more inclusive, accessible and beneficial to the people that matter to them. This year Made By Mortals' work in research has won The Royal Society of Public Health Award 2022 for our contribution to Arts in Health and Best Audio in Manchester Publicity Association Awards 2023.

You can experience some of our work by visiting the 'Hidden' programme page of our website:

www.madebymortals.org/hidden

Research Partners over the last year:

- Social Care and Society Manchester
- Manchester City Council
- Lancaster University Health and Research Division
- Applied Research Collaboration North West Coast
- Applied Research Collaboration Greater Manchester
- Clinical Research Network North West Coast
- Clinical Research Network Greater Manchester
- Pennine Care NHS Foundation Trust
- Torus Homes
- Oldham Safeguarding Adults Board.
- BollyFit CIC
- Awakening Minds (Punjabi Mental Health Support)
- British Science Association



“Creating the audio story itself and working with people with similar experiences really benefited us in itself...it was like ‘indirect therapy’.”

Ashgan, 21, research/project participant in Adam’s Story (audio story and theatre show exploring mental health.)

“Made By Mortals delivers an innovative, creative and novel approach to aid in the design of healthcare research, as well as training programmes in a healthcare setting.”

Dr Stephanie Gillibrand, Research Associate at The University of Manchester

Made By Mortals also support researchers by co-authoring papers and articles:

Journal: Child and Adolescent Mental Health.

Title: Narrative Matters: Hidden LIVE – Adam's story.

A mental health theatre production as an example of participatory principles and practices

Authors: Andrew C. Grundy, Paul Hine, Aneela McAvoy, Karina Lovell

Read the article [here](#).

Journal: Research Involvement and Engagement.

Title: “Take a walk in someone else’s shoes”: the role of participatory arts for health research development and training.

Authors: Dr Stephanie Gillibrand, Paul Hine, and other stakeholders.

Read the article [here](#).

or as a PDF [here](#).



Participatory Arts in Health and Care Research (PAIR)

This year The National Institute for Health and Care Research (NIHR) has provided £125000 to Made By Mortals and partners to test new ideas and build partnerships ready for a larger-scale project in 2025.

PAIR will provide innovative arts approaches within the Public and Person Involvement and Engagement process, also known as PPIE. The team behind PAIR believe this new approach to PPIE will make research more accessible for communities currently underrepresented within health and social care and will ultimately lead to better-informed research and a healthier society for all.

Find out more [here](#).

“This project will help ensure that there is a direct benefit to people and their communities from being involved in research.”

Dr Paul Clarkson, Lead Researcher on the PAIR project

Made By Mortals

Training and Events:

We use the immersive audio stories, films, music and theatre pieces we co-produce in training sessions and events for the health and care sector. We understand that health and care leaders are terrified of causing 'death by PowerPoint' in the training sessions they offer, so we support them by providing a creative and interactive alternative. Through our training sessions and events, managers can help staff reconnect to their roles and gain a deep understanding of lived experience knowledge and how it relates to their practice.

"After the last training, we walked back into the office and we were like, that was amazing, we've never had anything like that, everybody needs to do it!"

Domestic Abuse Engagement Worker



Training and event partners over the last year:

- MacIntyre.
- GM Community and Person-Centred Approaches Team (NHS)
- Bolton University.
- The University of York and York Festival of Ideas.
- GMCA Foundational Economy Fund.
- Manchester Metropolitan University.
- Kings College London.
- Oldham Safeguarding Adults Board.



Audio Stories, Films, Music and Theatre Shows delivered to support Health and Care Research and Training this year:

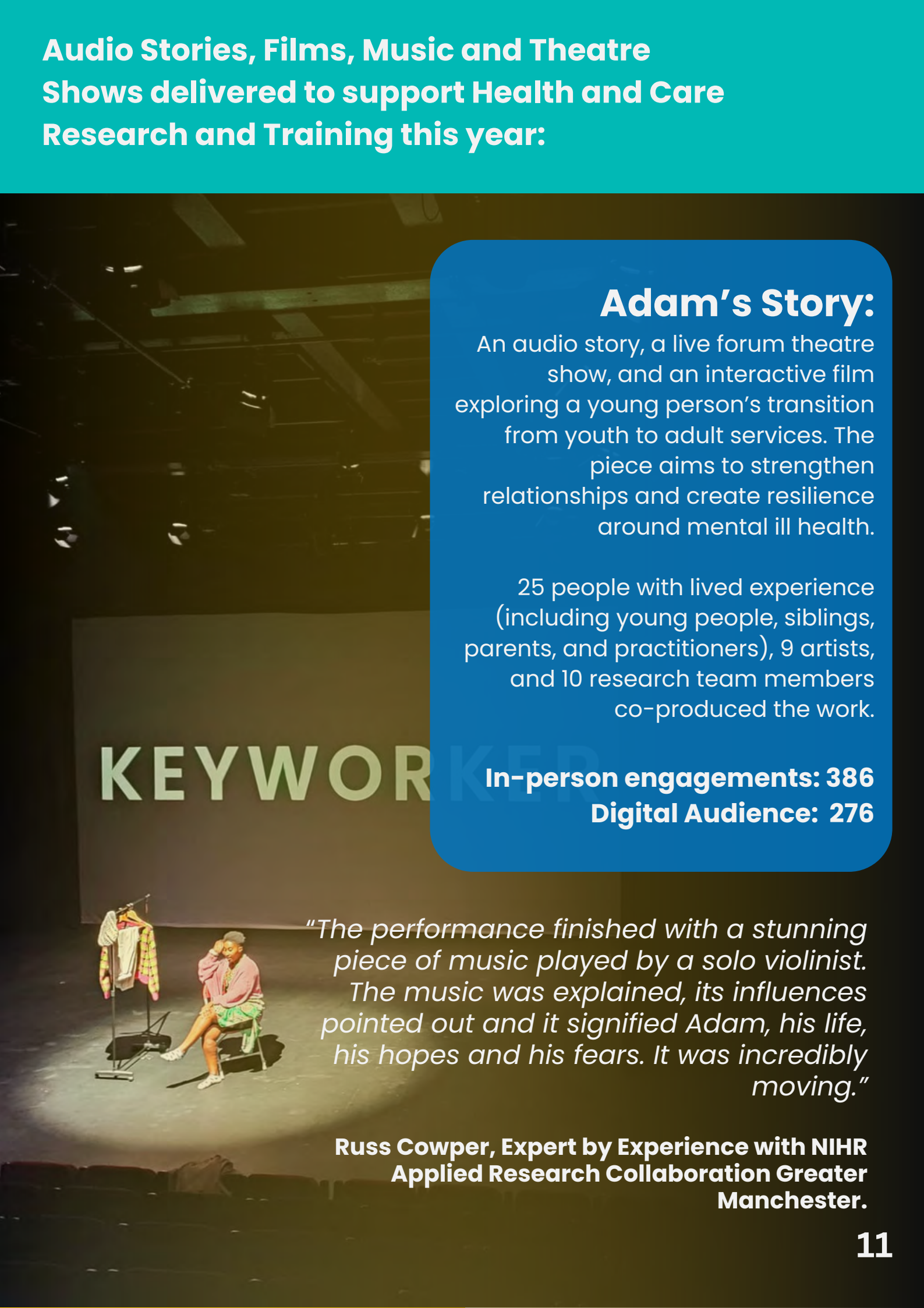
Adam's Story:

An audio story, a live forum theatre show, and an interactive film exploring a young person's transition from youth to adult services. The piece aims to strengthen relationships and create resilience around mental ill health.

25 people with lived experience (including young people, siblings, parents, and practitioners), 9 artists, and 10 research team members co-produced the work.

In-person engagements: 386

Digital Audience: 276



"The performance finished with a stunning piece of music played by a solo violinist. The music was explained, its influences pointed out and it signified Adam, his life, his hopes and his fears. It was incredibly moving."

Russ Cowper, Expert by Experience with NIHR Applied Research Collaboration Greater Manchester.

Domestic Abuse

A series of multimedia resources (film, workshops and audio) made by women with lived experience of domestic abuse for other women in a similar situation.

Kerri's Story

A audio story about Kerri. She is 37 years old. She's a mother to 3 young boys and lives in a 2 bedroom council house. She is a victim of domestic abuse

Sadiqa's Story

An audio story about Sadiqa, a woman who has left her husband after experiencing domestic abuse. Co-produced by women from the South Asian community.

Eggshells

A short film about domestic abuse in older adults. It has been co-produced by a team of professional artists, partners in health and social care and a group of women who have courageously shared their lived experience for the benefit of other people.

443,000 views of Eggshells and 482 listens of Kerri's Story on Youtube.



30 women with lived experience, **18** artists, **2** researchers, and **90** health and social care practitioners co-produced the work.

In-Person Engagements: 76

"I think it's been the most amazing thing... for the ladies whose stories we chopped and changed and shared to create Sadiqa's story, and I'm so excited for this to go out into the public and into all these agencies and organisations."

Shamime, Director of Bollyfit Active



Joanna's Story: Digital Exclusion in People with Severe Mental Health Illness:

An audio story and workshop challenging people to be more inclusive in their health offers for digitally excluded people.

23 people with lived experience, **4** artists, **3** researchers, coproduced the work.

In-Person Engagements: 46

Jasper Pickles Climbs Everest!

A co-produced audio story, that contains the voices of people with lived experience. It explores the health inequalities of autistic people and people with learning disabilities.

10 people with lived experience, **6** artists, **9** carers co-produced the work.

In-Person Engagements: 125

"Emotional and impactful, I really felt immersed in Jasper's world."

Health Care Professional



Presentations and Talks:



Made By Mortals believe in the importance of being open about our approach and resources. We share what we know and what we have created with others so the wider sectors we work in can benefit.

Number of events: 17
Audience reached: 563

Armchair Adventures

Armchair Adventures is a children's podcast made by older people. The show is hosted by a fictional teenage travel agent called Connie, who together with her customers, all played by **over 60s** in our local area, take the listener on a journey of the imagination.

Each episode is brought to life by **join-in-at-home** music, movement, drama, and song. The programme's mission is to bring older people and children together to share their imaginations, develop storytelling skills, and improve each other's health and wellbeing, while entertaining a **global audience**.

You can experience some of our work first-hand by visiting the Armchair Adventures page of our website [here](#).

This year Armchair Adventures has won **Best Arts Project and Best of the Night** at Tameside Business Awards 2023.

Armchair Adventures is Virgin Atlantic's first inflight podcast for children, and features on YoTo Player (an audio player for children).



The older people behind Armchair Adventures are aged 60 to 95. Most participants have long-term health conditions including cancer, heart disease, dementia, and/or mental health ill-health.

We have also worked with people with protected characteristics including the Caribbean and African communities, South Asian communities, and Veterans of the Armed Forces.

Armchair Adventures is more than a podcast, this year we delivered a school's programme and an immersive art exhibition that brought the podcast to life in Stalybridge Civic Hall.

"Love these adventures! Exciting stories to not only listen to but join in too! Fabulous for expanding children's imagination and getting them moving. Must admit as an adult I joined in with all the songs and actions too!!"

Chantel FG, podcast review



Themes of Armchair Adventures Episodes This Year:

- Recycling
- Friendship
- Teamwork
- LGBTQ
- Mental health awareness
- Self-confidence
- Giving to others
- Dealing with change
- Archaeology
- Christmas
- Halloween

This Year's Project Partners:

- Dipak Dristi
- Tameside Council
- Manchester Bike Kitchen.
- Repair Café at Boiler House.
- Sow the City
- Stars and Stitches
- Greater Manchester Environment Fund
- Arts Council of England
- The National Lottery
- Sport England Together Fund supported by Greater Sport.
- The Veterans Foundation
- Guide Bridge Theatre
- Blueprint Studios.
- Mic Media
- Age UK
- Jigsaw Homes
- Bradley Green school
- Millbrook Primary School
- Arlies Primary School
- Oakfield Primary School



"Children explore the themes of the story in practical ways that enhance the messages but also support them to implement changes around them and in their own lives."

Julia Roberts, teacher at Millbrook Primary School





100,850
Podcast Listens

104,963
Total Digital Audience

- 21 podcast episodes released
- 3 downloadable activity sheets
- 49 workshops or events
- 91 older people
- 6 veterans of the armed forces
- 19 community adults with lived experience of mental ill health and/or learning disability
- 880 children through 8 schools and 15 library workshops and events.

33,616
Hours listened

Who's listening to Armchair Adventures and where in the world:

1. UK
2. USA
3. CANADA
4. IRELAND
5. NEW ZEALAND
6. GERMANY
7. AUSTRALIA
8. FRANCE
9. NETHERLANDS
10. PAKISTAN

Chart positions:

Number 6 for stories for kids in the UK Apple Podcast Charts.

Number 1 in Ireland, New Zealand, Singapore, Indonesia, Trinidad and Tobago, Democratic Republic of Congo

Number 2 in Ukraine.



“Great for the whole family. This is a lot of fun! Highly Recommend.”

Apple Podcast Listener Review.

In Other News



This year Made By Mortals are proud to:

- Have joined GMCA Cultural Portfolio, 1 of only 7 new organisations to do so across GM.
- Be supporting GM Creative Health strategy.
- Have trademarked Made by Mortals and Armchair Adventures in the UK. With Armchair Adventures trademark pending in the USA.

**Thank you for your interest and support in Made
By Mortals work!**



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