

NPO IMPACT REPORT

Community Learning Programme - Q1 23/24

Activity

Creative Community Learning Programme for Adults - a rich programme of music activities for adults that provide pro-social activities, supporting wellbeing and reducing isolation, helping people to connect with others and learn new creative skills.

Outputs

An extensive programme of learning opportunities and workshops focusing on music making, performance and production. Co-designed by participants and colleagues in the community sector, this programme builds on our experience of working with adult groups that include: Adults with Learning Difficulties/Disabilities; Adults in recovery from drug and alcohol addiction; Adults facing challenges with their Mental Health; Adults with dementia. Through open sessions and focused delivery we will work with community partners to support service users and provide clear referral pathways.

Targets

230+ workshops per year (average of 5 per week). 5 x 12 week music making programmes, repeated every quarter, average of 8 participants per programme = 150 participants per year. Using our Theory of Change and Impact Measurement Framework we will carry out evaluation through surveys, structured interviews and practitioner reflection to will measure the impact of the programme.



Q1 23/24 - Data

Programme	User Group	Details / Type of Session	Location	No. of Sessions	Participants engaged	Instances of Participation
Make Some Noise	Adults with learning and/or physical disabilities	12-sessions of music-making and sound exploration using accessible music technologies and traditional instrumentation. This is a closed programme delivered exclusively for service users of Way Ahead Day Services.	Shirley Warren Centre, SO16 6AY	12	10	110
Make Some Noise	Adults with learning and/or physical disabilities	12-sessions of music-making and sound exploration using accessible music technologies and traditional instrumentation. This is a closed programme delivered exclusively for service users of Southampton Day Services.	Planet Sounds, SO14 3FE	12	18	216
Music For The Mind: Vocal Group	Adults with mental health issues	Open access music interventions provided on a weekly basis throughout the year. This programme focuses on vocals / singing activities and social, music appreciation.	Newtown Community Centre	13	6	60
Music For The Mind: Songwriting	Adults with mental health issues	Open access music interventions provided on a weekly basis throughout the year. This programme focuses on songwriting activities and social, music appreciation.	The Pavilion, SO14 1NH	13	7	72
Music For The Mind: Beginner Music-making	Adults with mental health issues	12-sessions of open access music interventions, with a focus on vocal / singing activities and social, music appreciation.	Round About Café, SO18 2LE	6	7	42
Music For The Mind: Junk Orchestra	Adults with mental health issues	12-sessions of open access music interventions, with a focus on rhythm, performance and songwriting using accessible / homemade instrumentation.	Round About Café, SO18 2LE	12	6	60

Music For The Mind: Techtronics	Adults with mental health issues	12-sessions of open access music interventions, with a focus on performance and songwriting through technology.	Friends of St James' Park	8	6	48
Recovery Programme: Jamming Sessions	Adults in recovery from addiction	Weekly music interventions with a focus on band performance activities and social, music appreciation. This programme is provided exclusively for CGL service users year-round.	The Pavilion, SO14 1NH	13	8	88
Recovery Programme: Songwriting	Adults in recovery from addiction	Weekly music interventions with a focus on songwriting activities and social, music appreciation. This programme is provided exclusively for CGL service users year-round.	The Pavilion, SO14 1NH	13	7	78
Recovery Programme: Beginner Music-Making	Adults in recovery from addiction	Weekly music interventions with a focus on instrumental tuition and social, music appreciation. This programme is provided exclusively for CGL service users year-round.	The Pavilion, SO14 1NH	13	8	72
Recovery Programme: Vocal Group	Adults in recovery from addiction	Weekly music interventions with a focus on vocal / singing activities and social, music appreciation. This programme is provided exclusively for CGL service users year-round.	Edmund Kell Unitarian Church, SO15 2AY	13	9	91
Recovery Programme: Beginner Music-Making	Adults in recovery from addiction	12-sessions of music-making and sound exploration using accessible music technologies and traditional instrumentation. This is a closed programme delivered in partnership with Society of St James, exclusively for residents of Jordan House & Patrick House.	Jordan House, SO15 1LQ & Patrick House, SO15 0HW	6	8	36

Women's Gateway Programme	Women that have been through the justice system.	12-sessions of music-making and sound exploration using accessible music technologies and traditional instrumentation. This is a closed programme delivered in partnership with One Small Thing, exclusively for residents of Hope House and referrals from support agencies.	Hope Street, SO17 1XN	12	7	72
Music For Carers: Vocal Group	Adult carers	6-sessions of music-making and sound exploration with a focus on vocal / singing activities and social, music appreciation. This is an open-programme for those in a caring capacity.	Portswood Church, SO17 2FY	6	3	18
Studio Based Progression Sessions	Any adult within Community Learning Programmes	Recording opportunities for current and former Community Learning participants.	Hightown Studios, SO19 6AA	1	9	9
Monty's Community Choir	Adults and young people living in or around Sholing	Open access, intergenerational music interventions for the local community. This programme focuses on vocals / singing activities and social, music appreciation.	Monty's Community Hub, SO19 0QB	9	6	45
Abri Community Choir (Melody Makers)	Adults living in or around Mansbridge	Open access music interventions for the local community. This programme focuses on vocals / singing activities and social, music appreciation.	Round About Café, SO18 2LE	6	7	35
			Totals =	168	132	1152

Q1 23/24 Narrative

Summary of Activity

Throughout the first quarter of 23/24, we have delivered 17 different engagement programmes for a variety of vulnerable adult groups as part of our Community Learning Programme. Several of these are established programmes, with key partners remaining in place and many of the core participants having engaged for a number of years. Several of those participants engaged in our *Music For The Mind* and/or *Recovery Programme* have been attending more than one delivery programme on a regular basis - enabling them to build up their recovery capital and to become active participants in their own wellbeing.

In addition to our established music interventions, we have also piloted several new programmes, such as *Music For Carers*, *Monty's Community Choir*, *Abri Community Choir* and *Music For The Mind: Junk Orchestra*, developing new partnerships with local support services/organisations and recruiting 3 new Community Music Practitioners to support the delivery of these. One of our groups, *Abri Community Choir*, has performed at a local care home.

Partnership Activity

We have been working closely with our partners, local health services and community support groups in order to reach communities across Southampton and to ensure our interventions remain fun, exciting and relevant.

Our *Recovery Programme* is delivered in partnership with CGL, the leading drug and alcohol support service in Southampton, and Society of St James, who have a number of supported housing and homeless shelters across the city.

Our *Music For The Mind* programmes have been delivered in partnership with Abri Housing Association and Friends of St James' Park, in addition to the year-round open provision which receives referrals from Solent Mind, Creative Options and the Specialist Community Forensic Team, who support people transitioning from secure inpatient services back into the community, as well as those in supported living or individuals wishing to self-refer onto a programme.

Our *Women's Gateway Programme* has been delivered in partnership with One Small Thing's Hope Street, a pioneering residential community for women and their children. The programme also receives referrals from local support agencies.

We have developed our *Monty's Community Choir* alongside Monty's Community Hub, a collaborative, community space where local people offer their skills, time and energy to creatively address local needs and develop local solutions.

Our *Music For Carers* was developed in partnership with Carers in Southampton.

Unexpected Outcomes

As part of our *Recovery Programme: Beginner Music Making*, we have provided 6 drop-in taster sessions at Society of St James' Patrick House, an intensive support hostel for those affected by homelessness. This has been hugely successful and there is a real appetite for us to continue this provision in order to bridge the gap between the hostel and our music interventions that can be accessed in the community once residents' stay at Patrick House has come to an end.

Media



Specific reporting on ACE Investment Principles

- 1. Knowledge-exchange with key partners to support the development of skills, confidence and practice, growing the credibility of our work and supporting the sector. (A&Q SD1)**

SoCo staff have undertaken training in how to utilise Soundbeam as a tool for music-making. We have shared this knowledge with our partner organisation, R Community.

- 2. Skills development and reflection opportunities for music leaders and artists with inspirational practitioners in the fields relevant to our programmes. (A&Q SD2)**

Trainee Programme: Trainees supporting Music Leaders and gaining experience and relevant training. Volunteers supporting sessions. Supporting Katy and Hayley.

- 3. Commit to diversity within our board and music leaders, ensuring that we are representative of the communities and artists that we support. (A&Q P&R3)**

Recruited 2 new female practitioners (Katy & Hayley) to deliver a Women's Music Making group in partnership with One Small Thing.

- 4. Build on our Impact Measurement Framework to develop quality indicators to test and monitor progress, and embed a process of review within the team and across the Board. (A&Q T&M1)**

We have been working with SCC to adapt/develop reporting to be more relevant to those we support.

- 5. Creation of safer and supportive progression pathways that develop the talent of all the people that we support - ensuring this is implemented by all staff. (I&R SD1)**

Tiered learning for adults in recovery from addiction.

- 6. Collaboration with partner organisations to build meaningful relationships with underrepresented communities, ensuring equitable access to creative opportunities (I&R P&R2)**

Our work in partnership with Abri has been particularly successful in recent months. After initially piloting a Vocal Group, we were able to develop this into a peer-support music group and have also delivered new programmes, such as Junk Orchestra, which has enabled service users to engage in a rich creative programme.