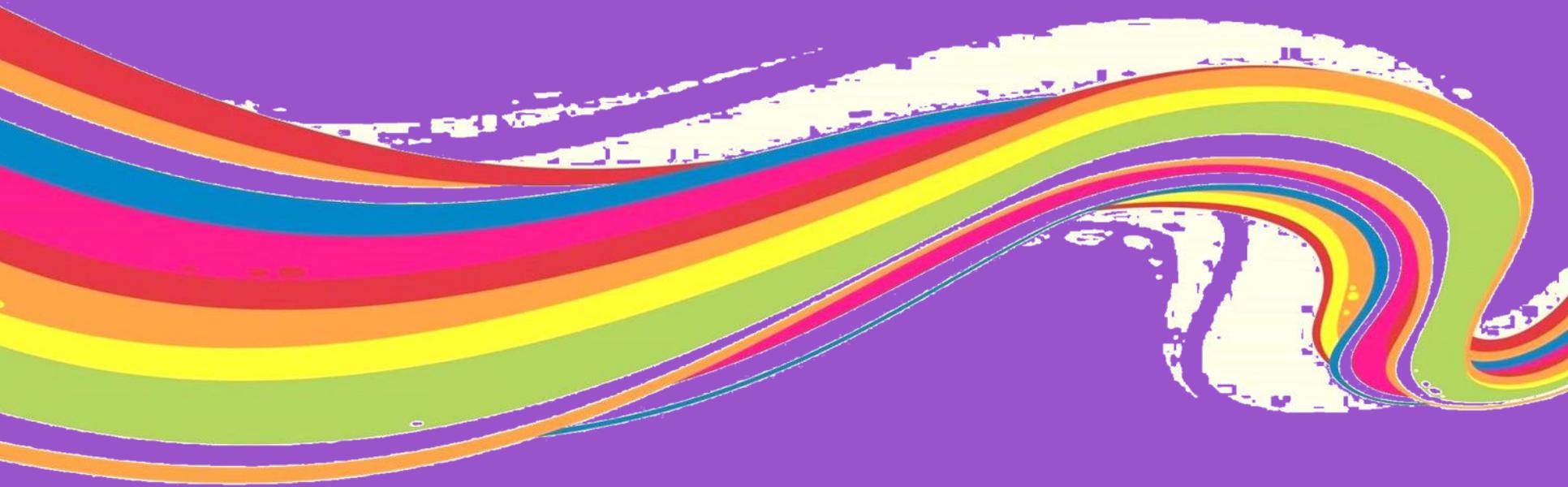


MUSICAL CONNECTIONS



LOTTERY FUNDED



Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust



**MUSICAL CONNECTIONS IS A
SUPPORT NETWORK FOR ISOLATED
AND VULNERABLE ADULTS WITH
SPECIFIC NEEDS.**

**THE PROJECT HAS
BEEN RUNNING FOR 21
YEARS!**

**WE CURRENTLY HAVE 124 MEMBERS.
OVER 232 PEOPLE HAVE BENEFITTED**

**33 VOLUNTEERS HAVE GIVEN THEIR
TIME TO SUPPORT THE PROJECT**

MUSICAL CONNECTIONS

Musical Connections is a community music project which provides a network for socially disadvantaged, isolated and vulnerable adults, using music as a tool to create positive change.

Members access a combination of one-to-one and group music making sessions, encouraging both individual development and engagement in social activities, thereby promoting positive mental health and wellbeing.

MUSIC CREATED IS **ENTIRELY ORIGINAL** MATERIAL
WRITTEN PROJECT MEMBERS WORKING IN COLLABORATION.

Artwork by member Victoria Stead

MORE ABOUT MUSICAL CONNECTIONS

Musical Connections takes on 12 new members each year, offering:

- One-to-one sessions with professional musicians to create original songs and music using a variety of instruments
- Group music sessions and the chance to connect with other participants
- Performance opportunities
- The chance to record their original music on a compilation CD
- Special interest sessions
- Social events

Ongoing members benefit from access to all group sessions, socials, performance opportunities, volunteering opportunities, a regular newsletter and access to our Music Support Worker. The project recruits and trains 3 volunteers to support this project each year.

INTERESTED IN BECOMING A MEMBER?

INTERESTED IN VOLUNTEERING ON THE PROJECT?

Pick up a referral form/volunteer application from Quench Arts' stall!

WHY MUSIC?

"..Music in itself is healing...It's something we are all touched by. No matter what culture we're from, everyone loves music." (Billy Joel)

Artwork by member Victoria Stead



Build shared experience
Keep in touch Make friends **Take notice**
Connect Reduce anxiety **Accept who you are**
Express emotions constructively **Be inspired**
Talk about your feelings **Mutual goal** **Build self identity**
Address loneliness Develop trust **Be creative** Gain emotional literacy
Develop social life **Gain self discipline** **Do something you are good at**
Have shared interest Get sense of worth **Be active** **Keep active**
Have fun Develop empathy **Keep well** **Gain success** Be challenged Give peer support
Listen **Build self esteem** Gain confidence **Be reliable**
Keep learning Express feelings Offer ideas
Support others **Care for others**
Ask for help Get feedback Be organised **Give** Open up
Build independence **Develop skills** Mentor others **Compromise**
Manage wellbeing **Build resilience** **Improve social skills** **Share experience**

MUSICAL CONNECTIONS HELPS ACHIEVE:

The Five Ways to Wellbeing:

KEEP LEARNING

CONNECT

TAKE NOTICE

BE ACTIVE

GIVE



MUSICAL CONNECTIONS HELPS ACHIEVE:

And at least 7 of the 10 Ways to Look After Your Mental Health from 'Surviving or Thriving?'

KEEP IN TOUCH

KEEP ACTIVE

TALK ABOUT YOUR FEELINGS

CARE FOR OTHERS

ASK FOR HELP

DO SOMETHING YOU ARE GOOD AT

ACCEPT WHO YOU ARE

From 'Surviving or Thriving? The State of the UK's Mental Health. Mental Health Foundation, 2017

PROJECT OUTCOMES

1) Vulnerable, isolated and disabled participants will have better chances in life through developing personal, social, artistic and life skills.

Of members taken on through our recent BIG grant, evaluation showed:



97% said Musical Connections has given them new personal/ social/ artistic/ life skills

84% state 'It has made me realise what I am capable of achieving'

95% also said Musical Connections has given them better chances in life



PROJECT OUTCOMES

2) Participants will feel less isolated, having improved health & wellbeing through music-making, encouraging active engagement in group & social activity.

Of members taken on through our recent BIG grant, evaluation showed:

95% said Musical Connections has made them feel less isolated

92% state 'It has enabled me to make new friends through music'

95% said Musical Connections has improved their mental wellbeing

81% said Musical Connections has improved their health



Artwork by member Victoria Stead

PROJECT OUTCOMES

3) Participants will develop transferable personal skills enabling them to be signposted to further accessible training/ development opportunities, giving better life-chances.

Of members taken on through our recent BIG grant, evaluation showed:

84% said that the project has helped them to progress to other new things



65% state 'It has helped me become more independent'

86% state 'It has opened up new opportunities'

89% state 'It has made me feel more confident'

PROJECT OUTCOMES

4) Workforce development for emerging artists, through volunteering roles and training, will increase participation opportunities for vulnerable adults with specific needs.

12 have progressed to related music work

14 new volunteers were recruited and trained through the project, with 5 existing volunteers

5 have progressed to related higher education

9 continue to volunteer for the project

"I totally underestimated the hold the project would have over me ...Everyone is treated as an individual in their own right, not as a label. We are just all involved for the same reason: we are passionate about music and believe in the healing power of music and songwriting."

Michelle Holloway, Musical Connections Volunteer

Artwork by member Victoria Stead

WHAT MEMBERS SAY:



"The best thing to have happened to me in a long time."

"No matter what problems I've got, music takes them away"

"It's really helped me, lifted my mood, helped with my anxiety, my levels of stress came down just by being involved and achieving something."

"Musical Connections is a real social lifeline for me..."

"There is a real sense of belonging."

"Music is a great form of communication....there is great empathy between the members. We really do feel part of a group."

"Happy, positive and upbeat"

"It has given me a new lease of life. I've got new friends, and the opportunity to meet new people."

WHAT HEALTH PROFESSIONALS SAY:

“Musical Connections gives people a voice that is often hidden or buried until they discover the power of music (and the arts as a whole). The passion that goes into the project by its organisers, staff and volunteers is wholly reflected by the individuals who benefit from its service, who grow so significantly during this 12 month period that the benefits are almost immeasurable. Seeing [participant] come to life through music has been a privilege and a pleasure, and I am so grateful that Musical Connections is there to help those most in need.”

Jordanna Holton, former Support Worker at Creative Support

“The performance was absolutely amazing, she [participant] would never have been able to even contemplate that before. It’s like seeing [her] come to life. If I never achieve anything else in my professional career, it’s ok. Seeing [participant] perform like that is a peak in my career. It feels amazing to know that I have had some part of the creation of that.”

Lorraine Rodgers, Aspects Care

WHAT STAKEHOLDERS SAY:

“ [Musical Connections] come to perform at our events - it’s a mutually beneficial relationship because they are so reliable and also they know they are coming to perform to a receptive audience. I have confidence in them. The showcase is astounding: the range of people and the range of music too.”

Cathy Crossley, Arts All Over The Place

“An organisation that offers a vital creative outlet to vulnerable people, offering them, at the simplest level, the joy of music, building their confidence along the way...A nurturing and long-lasting approach, MC [Musical Connections] always spend an amazing amount of time with people.”

Rebecca Nolan Wellbeing & Recovery Service Manager, Birmingham Mind

WHAT MUSICAL CONNECTIONS MEANS TO MEMBERS:



*"Everything!
It's a magical,
musical world
😊." Jon L*

*"It allows you to
be creative and
put your
thoughts into
practice!"*

*"Friendship, fun,
and a sense of
achievement but
mainly fantastic
fun!" Helen*

*"A lot. It helps me to
socialise." Simon*

*"An opportunity to express
myself and meet new like-
minded people who don't
judge me but take me for
who I am not what I've got
or what I look like or my
mental state."*

*"Musical
Connections means a
lot to me. It has
helped me to relate
to others, become
more confident in life
and enjoy my life
with the help of
music..."*

*"Everything.
Warm from
the music to
the people..."*

*"It provides mental
health through music,
a service that is
proven to help above
and beyond the
medical model." Oliver*

WHAT MUSICAL CONNECTIONS MEANS TO MEMBERS CONTINUED:

"It means a lot to me, as I like to socialise and the music is really good and therapeutic." Yvette

"Musical Connections helps me to meet friends, write songs and perform them before a group."

"Freedom to express my feelings and myself!"

"Fun, fun and more fun. 😊"

"I love MC, it's really cool. I always look forward to MC, it's a really good thing. Thanks to everyone involved. So happy to be a part of it." Jason

"It means a place to feel freedom of expression as regards to music."

"It's a place where you can meet up with other people of similar or diverse musical interests."

"Everything: freedom; making new friends; the best place ever. Makes me feel home."



HOW THE PROJECT HAS HELPED MEMBERS:



"Gets me out, gets me talking, gets me playing all kinds of diverse, fun tunes!" Jon L

"It has helped me to play instruments and learn different instruments and to play in a group when performing..."

*"I can now play/sing instruments with confidence!"
Victoria S.*

"Tremendously confident and I feel a part of a family." Robert M.



"It's given me the opportunity to meet different kinds of people and gain confidence." Paul L

"It's relaxing. I learn new things."

*"It helped me to express my moods."
P.N.*

"It's an important outlet, if you feel down it can help you feel better. Better than staying at home."

HOW THE PROJECT HAS HELPED MEMBERS CONTINUED:

"Words can't say. It's helped me a lot, a good thing!" Jason



"It's improved my singing. The team has helped me to express my feelings by means of songs and music..."

"It has helped my sense of wellbeing. It provides a social group where people bond not on issues of mental illness rather on a shared love of music." Oliver

It has helped me to write my own song from my own poems. Helped me to push myself to sing more." A.S.

"It has helped by having musicians to put my songs together."



"It's helped me by giving me confidence and belief in myself." Yvette

"In every way."



HOW MUSICAL CONNECTIONS HAS HELPED MEMBERS CONTINUED:

*"Helps me to get out the house."
Simon B*



"It has helped me to see how others live life with music."

"Having confidence and learning new skills. Making my own music 😊" Denise

"Made me work better in a group, helped with interacting with people. No one judges. Helped me create my music ideas." Helen

"It's improved my singing. The team has helped me to express my feelings by means of songs and music..."

"It's made me confident to write music and perform before others."

"It's helped me to play, perform and get involved with people. Me, being quite isolated normally."

HUGE THANKS TO OUR AMAZING VOLUNTEERS THIS YEAR:



KATIE
MICHELLE
STEVE
JAMEELA
WAYNE
JAKE



AND.....

HUGE THANKS TO OUR AMAZING VOLUNTEERS THIS YEAR:



WIN, PETER, & MIRIAM

WE REALLY APPRECIATE ALL THEIR
TIME, ENERGY AND SUPPORT

THE MUSICAL CONNECTIONS SUPER TALENTED MUSIC LEADERS



**PETE
CHURCHILL**



**STEVE
ISON**



**PAUL
CARROLL**



**NICOLA
McATEER**

THE M.C. TEAM:

Artistic Director:	Pete Churchill
Artist/Coordinator:	Paul Carroll
Artist/Music Support Worker:	Steve Ison
Artist:	Nicola McAteer
Evaluation Consultant:	Kate Buttolph
Project Management:	Quench Arts: Nic Briggs; Liz Viggers BSMHFT: Lakhvir Rellon; Caroline Mitcham
Volunteer Coordinators:	Michelle Holloway; Katie Stevens
Current Volunteers:	Peter Burgess; Jake Cross; Steve Draper; Win Halls; Wayne Hands; Michelle Holloway; Miriam Marquez; Andy Porteous; Jameela Rose; Katie Stevens
Members' Advisory Group:	Ernon Campbell, Kieran Hall, Gary Morris, Paul Nicholls, Helen Quiller, Fred Samuels, Yvette Scott, Victoria Stead.



**Plus all our
AMAZING
members!!**

MASSIVE THANKS TO OUR FUNDERS

MUSICAL CONNECTIONS WOULDN'T BE POSSIBLE WITHOUT SUPPORT FROM OUR FANTASTIC FUNDERS. WE ARE HUGEY GRATEFUL TO THE BIG LOTTERY FUND REACHING COMMUNITIES PROGRAMME AND BIRMINGHAM AND SOLIHULL MENTAL HEALTH NHS FOUNDATION TRUST FOR BELIEVING IN WHAT WE DO.



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