

AN EXPLORATION AND EVALUATION OF PARTICIPATORY COMMUNITY MUSIC TO ENHANCE WELLBEING IN PEOPLE FACING CHALLENGING CIRCUMSTANCES

Andrew Fletcher, postgraduate researcher, Northumbria University

Dr Simon Hackett, Arts Therapies Team Lead, NTW NHS Foundation Trust



FERNDENE YOUTH MUSIC PROJECT

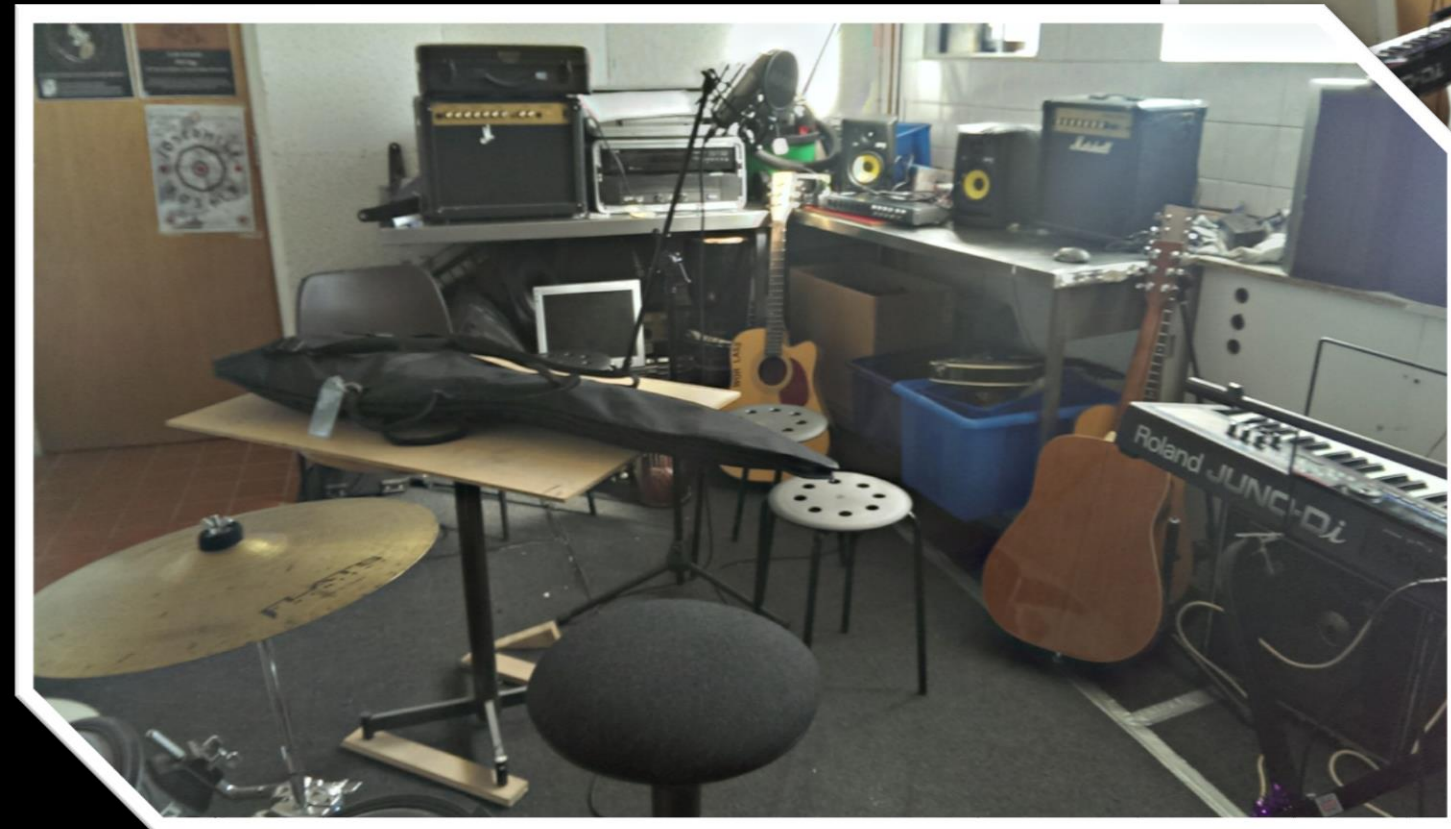
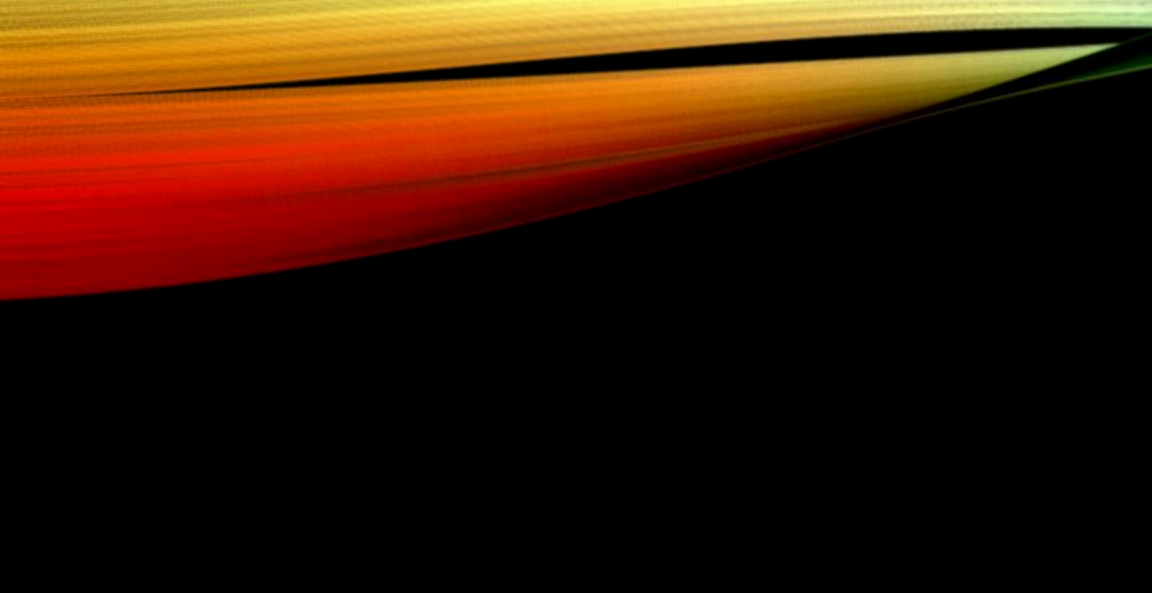
- Two-year programme
- Based at an inpatient unit for CYPs aged 4-18
- Funded by the National Council for Youth Music
- Collaboration between Health, Education and Cultural sectors
- Various outcomes in addition to wellbeing

CHILLI STUDIOS MUSIC PROGRAMME

- Charity providing creative-based services for adults in the community
- Ongoing 'drop-in' style facilitated music programme
- Less prescribed; activities more service-user driven
- Has a wellbeing agenda, but not evaluated as thoroughly
- Is a potential 'end point' for service users



FYMP
Autumn 2015:
**Drumming
workshops**



Chilli Studios:
Music Room

REALIST EVALUATION

Seeks to establish:

*What works, for whom, in
what respects, to what extent,
in what contexts, and how?*

- Pawson and Tilley (1997)



DATA COLLECTION METHODS

- Participant-observer
- Interviews
 - Visual elicitation



- Analysed in NVivo



PROGRAMME THEORIES

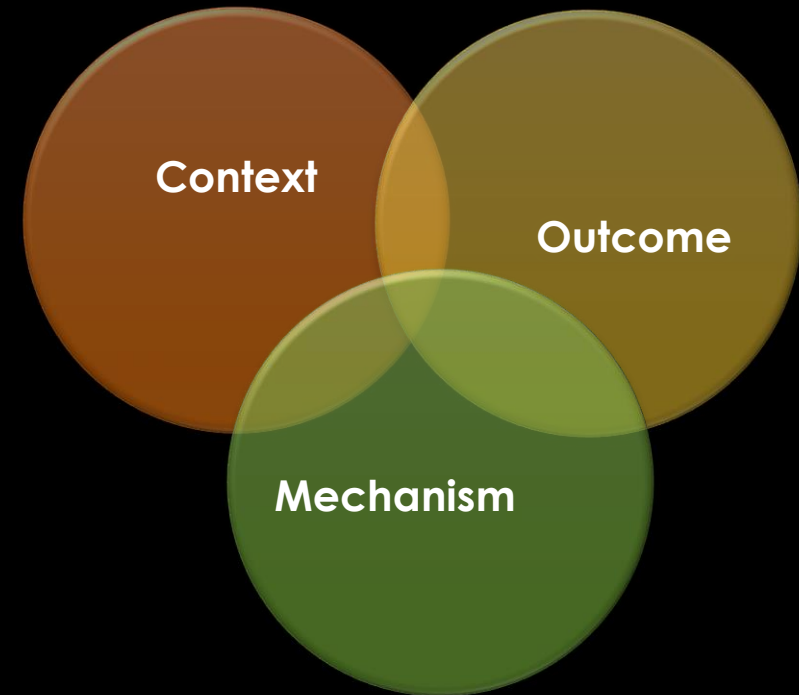
- Opportunity to express narrative through song
- Collaborative learning
- Spiritual connection
- Emotional catharsis
- Sense of collective achievement
- Changes perspectives of the world
- Musical subcultures – sense of identity/belonging
- Physical development
- Acoustically calming
- Raises energy levels
- Etc...
- **These are filtered down and refined**



CMOCs

Nuggets of explanatory potential – the currency units of Realist Evaluation

- **C**ontext – musical and other resources
- **M**echanism – reasoning used by participants
- **O**utcome – increase in wellbeing
- **C**onfiguration



EXAMPLE FROM FERNDENE

C: Inpatients; behavioural problems

M: Music activity (esp. song writing) engaged young people; they received praise

O: YP see music as not only fun, but an 'easy win' for +ve feedback, which they associate with recovery...



Ferndene: **Music Room**

EXAMPLE FROM CHILLI STUDIOS

C: Community-based sessions for adults recovering from MH problems

- 'Jim' has bipolar disorder...

M: Improvised jamming helps Jim increase his energy levels in a controlled and safe way

O: This allows him to pursue other wellbeing objectives, e.g. socialising

REALIST EVALUATION...

- Combines a flexible range of evidence sources
- Acknowledges and examines complexity of 'real life'
- Enables and enhances transferability

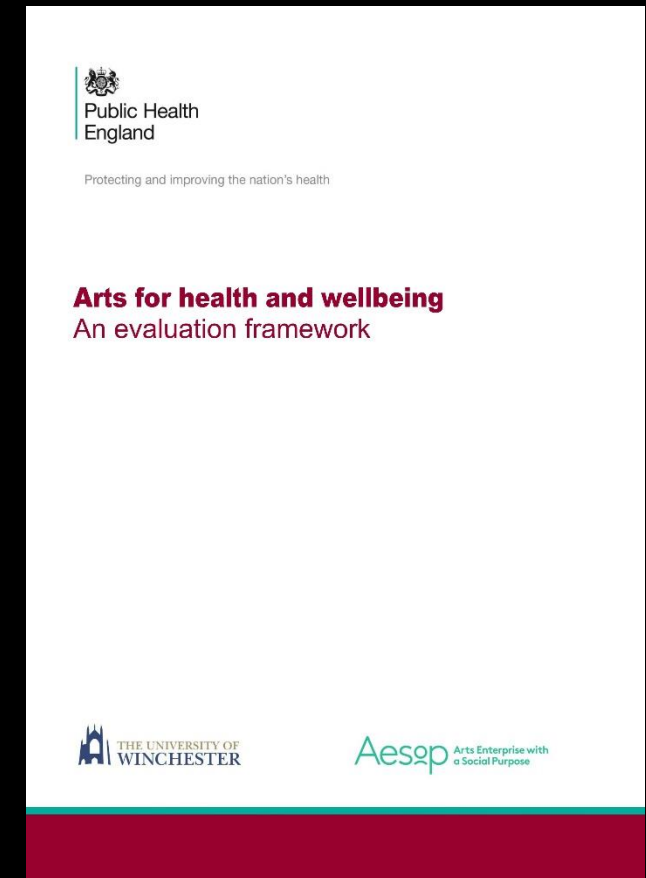
Benefits [of music participation] aren't delivered; they are enabled

- François Matarasso, Sage Gateshead, 2014

- I.e. different benefits are inherent in different contexts

KNOWLEDGE TRANSFER

- In response to a call for better evaluation methods
- Realist Evaluation allows us to ask better questions
- This study is a formative and process evaluation
- Which identifies more specific targets
- To spend money more wisely





Principal Investigator:
Dr Eva Elliott

Representing Communities: Developing the creative power of people to improve health and well being

Dr Pete Seaman (Co-I)
Dr Claire McKechnie



Dr Roiyah Saltus (Co-I)
Dr Adeola Dewis



Dr Sarah –Anne Munoz (Co-I)
Dr Issie MacPhail



Dr Qulsom Fasil (Co-I)
Dr Clare Barker (Co-I)
Dr Joanna Skelt



Dr Eva Elliott (Co-I)
Dr Ellie Byrne



Government statistics: Merthyr

- 3rd lowest employment rate;
- Lower than average life expectancy;
- Joint 9th lowest GVA per head;
- 4th lowest weekly earnings;
- 3rd highest rate of children living in workless households;
- Higher than average rates of obesity
- Higher than average rates of under 18 conception;
- Poorer mental health and wellbeing.
- Rate of children living in workless households has fallen since 2004 and 2011;
- Smoking rates have reduced significantly since 2007-8;
- Substantial fall in the rate of under 18 conception since 2005;
- % of looked after children with 3+placements in the year was the lowest in Wales in 2013-14;
- Rate of MMR coverage is above average and Merthyr has seen the biggest % point increase in Wales since 2012-13;
- % of adults with NQF Level 4+ qualifications has risen since 2001;
- % of pupils achieving core KS2 subjects has risen since 1999;
- 5th lowest rate of homelessness in Wales;
- Crime rate has fallen by 50% since 2002-3;

"a desperate place"

**Generation jobless reveal their stories from
the hardest place in Britain**

to get a job

**The primary school puffers: The
town where the average age to
start smoking is NINE**

"work-shy feral youths"

**Curfew call: Teens face being
locked indoors after 9pm to
reduce crime**

capital of Wales - sicknote

"A grey town full of aimless grey
people with nothing to do"

"stubbornly dependent on welfare"

in Britain

named as the unhealthiest town

Olympic spoof angers Labour

"where hard
work has been
replaced by hard
drugs and crime"

Male and living on

? You'd be better off in Haiti

"stench of decay"

Gymslip mums make it

"shameless about their lifestyles"

**Benefits Street TV producers target Wales in hunt for the next hit
reality show**

"lost the will to
work"

"full of crime"

"bleak
nihilism"

'Future? What 'f*** future?'
The British estate where
'healthy' life expectancy is just
58.8 years**



Think different.



There is no such thing as society:
there are individual men and
women, and there are families.

— Margaret Thatcher —

AZ QUOTES

Why fit in
when you were born to
STAND OUT!
--Dr. Seuss

TRUST YOURSELF, THINK
FOR YOURSELF, ACT FOR
YOURSELF, SPEAK FOR
YOURSELF. BE YOURSELF.
MADE BY
THEGOODVIBE.CO



Individuality

What a dull place the world would be if everybody looked the same, or 'was' the same for that matter. Yes, a very dull place indeed...

Everyday at HSBC, we deal with millions of people all over the world, offering them a wide range of tailor-made banking facilities to suit their needs. And one thing we have learned from this is that the more you look at difference as potential, the less it looks like a problem.

Individuality surely does make our world quite an interesting place to live in.

Visit any one of our branches
Click www.hsbc.com

HSBC
The world's local bank



change
4 life

Eat well Move more Live longer

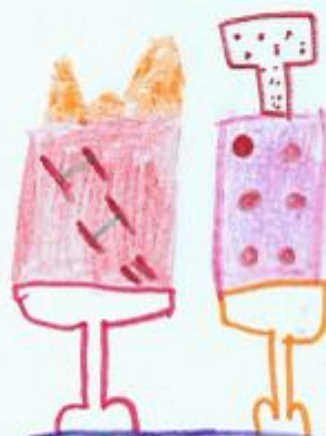
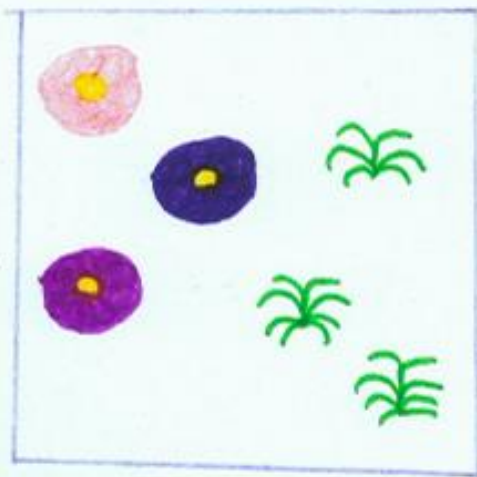
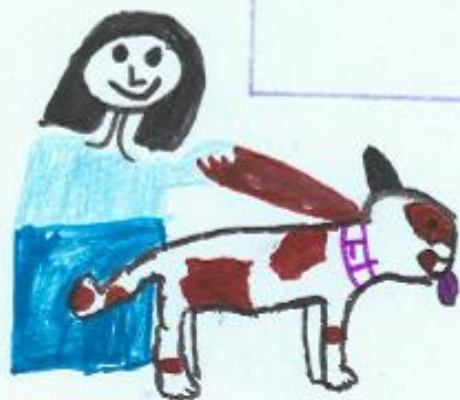


In the future
I want to be
a cake maker
or a dog waker

Dog
waker



* cake
maker



Tasty
Cakes





Promoting Independence

<https://vimeo.com/130736601>

<http://www.breakingbarriers.org.uk/this-place-is-a-godsend-by-cynthia-pat>









Arts Based Research

“Arts based research is an effort to extend beyond the limiting constraints of discursive communication in order to express meanings that otherwise would be ineffable ... Humans have invented forms within a spectrum of sensory modalities in order to ‘say’ in that form what cannot be said in others”

Barone, T. & Eisner, E.W. (2011) *Arts Based Research*. London: Sage.







THE PEOPLE'S PLATFORM: MERTHYR

LLWYFAN Y BOBL: MERTHYR TUDFUL

16.06.16, 7pm – 9pm

Penydarren Social Club, Alexandra Avenue,
Merthyr Tydfil | Clwb Cymdeithasol Penydarren, Alexandra
Avenue, Merthyr Tudful CF47 9AF

We, the people of North Merthyr, warmly invite you to join us for an evening of performance to celebrate our community. Hear our stories, questions and hopes for the future.

We believe in the power, value and importance of discussions about matters that concern us all. The Wellbeing of Future Generations Act gives us an opportunity to have a voice and show, through theatre and live debate, how it relates to our lives.

Contact Mel Evans on EvansM6@cardiff.ac.uk or 029 2087 5389 to book a free ticket.

Ynghyd â phobl gogledd Merthyr Tudful, hoffwn eich gwahodd i ymuno â ni am noson o adloniant i ddathlu ein cymuned. Dewch i glywed ein straeon, ein cwestiynau a'n gobeithion ar gyfer y dyfodol.

Rydym yn credu yng ngrym, gwerth a phwysigrwydd trafodaethau am faterion sy'n peri pryder i bob un ohonom. Mae Deddf Llesiant Cenedlaethau'r Dyfodol yn rhoi cyfle i ni gael dweud ein dweud a dangos, drwy theatr a thrafodaeth fyw, sut mae'n berthnasol i'n bywydau.

Cysylltwch â Mel Evans: EvansM6@caerdydd.ac.uk neu 029 2087 5389 i archebu tocyn am ddim.



Well-being of Future Generations (Wales) Act 2015

The Essentials



Advise, Encourage
& Promote



Advisory Panel



Annual Report



Auditor General
for Wales



Carry out Reviews



Collaboration



Future Generations
Commissioner for
Wales



Future
Generations
Report



Future Trends
Report



Integration



Involvement



Long Term



Make
Recommendations



National
indicators &
Milestones



Prevention



Public
Services
Boards



Research



Responding to
the Future
Generations
Commissioner



Sustainable
Development



Sustainable
Development
Principle



Transparency



Well-being Duty



Well-being Goals



Well-being
Statement



National Indicators and Milestones

To help us know whether we are making progress towards achieving the well-being goals, Welsh Ministers ('Ministers') must set national indicators.

- People attending or participating in arts, culture or heritage activities at least three times a year.
- People who volunteer
- People agreeing that they belong to the area; that people from different backgrounds get on well together; and that people treat each other with respect
- People satisfied with local area as a place to live
- People who feel able to influence decisions affecting their local area



@NorthMerthyr

www.representingcommunities.co.uk

@eleanox

ByrneE@Cardiff.ac.uk

ElliottE@Cardiff.ac.uk

Adeola.dewis@southwales.ac.uk