



CODA

Name of Organisation

CODA Music Trust

Title of project/programme

Music for Health and Wellbeing

Dates of project/programme

2010-11

Summary

CODA, Music for Health and Well-being Programme was developed in response to a need for services for individuals who are taking up personal budgets as part of the roll out of self-directed support in health and social care. The programme advocated for and delivered music development activities which impact on:

- Health and well-being; Self esteem and confidence
- Social and communication skills; aspiration and motivation
- Emotional and mental health

CODA is a unique resource on the Dorset/Hampshire border providing music tuition, creative music workshops and music for health and wellbeing for people of all ages and all abilities (www.coda.org.uk). The Music for Health and Wellbeing programme was funded by the Dorset Social Care Innovation Fund, which was created to support the development of new and innovative services to help meet the increasing needs of service users who are taking up personal budgets.

Following a period of research and consultation CODA developed:

- Start the Week with a Song, a vocal exercise group with Parkinson and stroke sufferers
- The Beautiful Sound, a rock school for adults with learning disabilities
- Golden Moments, a singing group with Dementia sufferers
- Sparks, a workshop using music and movement for relaxation aimed at people experiencing mental health problems

They also offered a visiting workshop to residential care homes and promoted their existing music therapy service as part of the programme.

Overview

CODA is a unique resource on the Dorset/Hampshire border providing music tuition, creative music workshops and music for health and wellbeing for people of all ages and all abilities. Their innovative programme of music for health and well being is delivered alongside their longstanding music therapy service. Current work includes a weekly music therapy service to Linwood School in Bournemouth and with Christchurch Hospital Stroke Rehabilitation Unit, weekly music workshops and instrumental tuition for children and young people with severe behavioural and learning difficulties from Coxlease School in the New Forest. (www.coda.org.uk).

In 2010 CODA applied for a Dorset Social Care Innovation Fund. The Dorset Social Care Innovation Fund was created to support the development of new and innovative social care and support services across the Dorset County Council area, in order to help meet the increasing needs of service users who are taking up personal budgets as part of the roll out of self-directed support.

The Music for Health and Well Being Programme was a new programme at CODA Music Trust but one that built on a history of strong work over a number of years.

CODA aimed to:

Encompass some specific music therapy work but reflected a broader approach, which recognised, advocated for and delivered music development activities which impact on:

- Health and well-being; Self esteem and confidence
- Social and communication skills; aspiration and motivation
- Emotional and mental health

In the Autumn of 2010 CODA ran a series of taster sessions for target groups at day centres and with support groups, including the Juniper Centre in Christchurch, Alzheimer's Society and Mind.

Following this period of research and consultation CODA developed four different weekly workshops in a range of venues easily accessible by car and public transport and targeting specific clients groups. They also offered a visiting workshop to residential care homes and promoted their existing music therapy service as part of the programme. The workshops were:

- Start the Week with a Song, a vocal exercise group with Parkinson and stroke sufferers
- The beautiful Sound, a rock school for adults with learning disabilities
- Golden Moments, a singing group with Dementia sufferers
- Sparks, a workshop using music and movement for relaxation aimed at people experiencing mental health problems

There was strong evidence of the need for the service. In 2008 over 160 people attended a week-long series of workshops as part of a Music for Health and Well-Being Week. Sessions were attended by participants from the following centres:

- Woodlands View Day Care Centre, Christchurch
- Juniper Day Care Centre, Christchurch
- Christchurch Day Care Centre
- Hazelgrove Day Centre, New Milton
- Wallisdown Heights Day Care Centre, Bournemouth

CODA led drum workshops as part of the Smile Festival of Well-Being at Bournemouth University with participants drawn from a range of Centres across Bournemouth and Poole including Uthink, Rethink, the Boscombe Centre and The Crisis Team.

As part of their research into the service CODA took part in two local consultation events in Dorset (co-ordinated by LINK in Poole and DOTS in Bournemouth) to promote their 'offer' to potential users, health professionals, including the PCT, mental health teams and support groups. From September 2010 the project coordinator began to build a network of contacts and CODA made a concerted effort to engage with those professionals who could inform participants about the choices available to them, from individuals within the social care and health service to private and voluntary support groups.

The Key People were:

Project co-ordinator was recruited to plan and deliver a campaign of market research with potential clients in order to develop the new service in response to people's needs and desires; to develop marketing materials and to distribute; to help recruit music leaders and a trainee to deliver the service; to co-ordinate a programme of taster sessions in autumn 2010 and to start up the new service from January 2011.

Music leaders were recruited to lead creative music workshops that addressed the specific needs and abilities of participants.

Music Therapists were recruited to deliver a one to one sessions of music therapy and to liaise with music leaders to support their work with specific users.

Volunteers involved in delivering workshops

Volunteers were selected based on the following criteria: they enjoy music, they are sociable, they are physically capable of lifting and moving chairs and they are able to handle money ensuring people are given the correct change etc.

Innovation

CODA Music for Health and Well-Being was created to support the development of new and innovative services to help meet the increasing

needs of service users who are taking up personal budgets. The project enabled them to expand their services, to include disabled people, including those with:

- Autistic spectrum disorders; multiple physical and learning disabilities
- Neurological damage due to illness/accident; Chronic and terminal conditions
- Degenerative conditions; Sensory and physical impairment
- Dementia; Mental health and emotional and behavioural challenges

As a result, in February 2011, CODA was able to develop four new workshops.

- Golden Moments; a singing workshop for dementia sufferers and their carers led by Susan Nares.
- Beautiful Sounds; a music workshop for people with learning disabilities led by Stuart Jebbitt.
- Sparks; a music workshop for people experiencing mild depression and anxiety issues led by Owain Clarke.
- Melodic Memories; a song writing and music making workshop for residential based groups led by Sam Mason

<http://www.accessdorset.org.uk/coda-music-trust>

On going work includes 2 weekly workshops and a visiting music workshop to 3 care centres.

Participation

Coda developed four different weekly workshops for a period of 3 months, reducing the service in response to take up after March 2011. Ongoing work includes 2 weekly workshops and a visiting music workshop to 3 care centres in a range of venues which are easily accessible by car and public transport and targeting specific clients groups. They also offered a visiting workshop to residential care homes and promoted their existing music therapy service as part of the programme.

The programme of workshops used music to address the social care needs of participants.

During the programme, a service of up to 40 people per week was delivered.

A Marketing Action Plan was produced for each workshop and alongside the wide distribution of flyers CODA delivered:

- Drop in to Alzheimer's Society local groups, talk to organisers, attendees, leave leaflets;
- Taster sessions at major day care centres, Mencap and Stable Family Home Trust and left leaflets with those interested, to inform them about time, date of session;

- Arranged a free drop in event for Dorset Mind and advertised in free Panacea newsletter,
- Drop in to Turbury park lunch club to talk to attendees, leave leaflets;
- A presentation to Bournemouth mental health team at Dorset County Council

Outcomes

A range of information was collected each week including data, feedback and documentation.

- A Project Co-ordinator was engaged to promote and coordinate the programme between October 2010 and May 2011 and this role was then integrated into CODA's core staff team.
- Where activity proved sustainable, it has been integrated into CODA's wider programme of outreach and music for health.
- Practitioners believe the programme has been a valuable service to participants, and is meeting expectations with regards health and well-being; self esteem and confidence, social and communication skills; aspiration and motivation and mobility and emotional and mental health. For example the impact of the Start the Week with a Song workshop is that 100% of people that completed the evaluation reported maintained or improved speaking confidence, 85% reported the same or improved vocal strength and everyone told us that they felt happier. Comments have included: *"My speaking voice sounds louder – singing helps!"*; *"Very enjoyable and worthwhile."*; *"Enjoyable, the exercises are very useful."*

However, because of inconsistent numbers in some workshops and due to the nature of the participant's disability or needs CODA have been unable to gather evaluation around impact on participants across the whole programme.

Learning

Direct Payments

In the initial planning of the project there was no available information on how much individuals would be able to/ or be prepared to pay for music activities. Each individual is assessed to determine their need and the amount of direct payments they are entitled to. CODA originally planned to charge £12 per head for workshops. But following consultation with social care providers it was suggested £3 a head would be appropriate. In the event CODA charged £3- £6 a head which was the minimum they could feasibly charge.

This was considered beyond the budget of many potential users making the service unsustainable for CODA as an experienced and high quality music leader charges £30 an hour, with further venue and organizational overheads to consider too.

It was not clear to CODA how many people were actually in receipt of direct payments, or whether when they delivered the workshops the money paid was in fact from direct payments. Carers would attend the workshops with the participants and bring the money with them.

It is not certain that there is a market for this kind of creative activity through the direct payment schemes.

Numbers

It proved a great challenge to engage sufficient and consistent numbers of participants with some workshops attended by just one or two people. The nature of the participant's condition meant that independent attendance (alone or with a carer) can be unreliable and sporadic, with other activities or appointments intervening or low motivation or ill health leading to absence. Where individuals or groups were brought to workshops the institution often had its own challenges over funding or transport or conflicting activities.

Response to challenges/issues

The project coordinators were flexible in response to the take up and the problems encountered with direct payments. They adjusted their costs where necessary and subsidised delivery through their mainstream programme of music tuition.

CODA delivered the workshops to those individuals and groups who responded positively and didn't restrict it to those receiving direct payments.

What CODA would do differently in the future

- Develop partnerships with social care and health providers to ensure greater ownership.
- Develop relationships with larger support groups – their influence is greater than was realised.

Critical success factors

- CODA's network of volunteers was increased through this project
- New artists were brought in and new ways of working with music therapists were developed
- CODA has developed their network and contacts within health and social care services across Bournemouth, Poole and Christchurch
- The vocal exercise classes with Parkinsons' and Stroke sufferers are continuing as open workshops once a week
- The Rock School for adults with learning disabilities is continuing as an open workshop once a week
- The touring workshop to residential is continuing. CODA charge between £50 and £90 for a workshop depending on the client group (actual cost approx. £90)

Funding and Resources

In 2010 CODA applied for a Dorset Social Care Innovation Fund. The Dorset Social Care Innovation Fund was created to support the development of new and innovative social care and support services across the Dorset County Council area, in order to help meet the increasing needs of service users who are taking up personal budgets as part of the roll out of self-directed support.

CODA received funds of £4,900 which supported the development of a 1 year programme of workshops for people in receipt of direct payments. The funding was intended primarily to support a programme coordinator with the idea that the direct payments would pay for the delivery of the workshops.

Contact details for further information

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www.codal.org.uk