



Music in Mind

Making Music & Staying Healthy in
Wester Hailes

Context

- Wester Hailes in (depressing) statistics
- Neighbourhoods in 5% most deprived areas in Scotland
- Anti depressants prescribed at twice city average
- 55% of GP appointments relate to mental health
- 85% of these are dealt with by primary health care including local community organisations

Context

- Wester Hailes *challenging* the statistics
- Loads of creativity and talent
- Musical heritage – jazz, punk, hip-hop
- Community resilience
- Increasing collaboration between local people, community organisations and public bodies to design integrated public (health) services







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Tommy Smith

BOSTON AT LAST!

...The Remarkable Story of How Your Community Raised £6,000 In Just Four Months And Sent Tommy Smith To Jazz College In America

Well, Tommy Smith has finally made it to the world's top jazz college in Boston, U.S.A..

And from what we hear, he's already settled in and he's doing fine.

It seems years ago, since Jean Allison the Principal Music teacher at the Wester Hailes Education Centre contacted the Sentinel to put forward her ambitious plan.

One of her young pupils, Tommy Smith was already reaching the very top in British jazz circles. He was so good no musical school in Britain could really teach him anymore about the saxophone. Then he was

committed to his future. A campaign committee was formed to discuss methods of fund-raising. Letter writing and personal contact was co-ordinated by WHEC's Assistant Principal Ron Beasley. Jean Allison handled musical contacts and the Sentinel controlled publicity. The whole committee organised sponsored events and benefit concerts.

Donations began to roll in, but not quickly enough. £6,000 was a massive amount of money and it had to be raised by January when the college term started.

Tommy's old school, Dumbyden Primary donated an incredible £602 which the pupils raised through a sponsored silence. Dumbyden's effort was quite remarkable but summed up the commitment of the community.

£6,909

The target was finally reached in early January when a special benefit concert in the Queens Hall, featuring



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Special Edition print run of YOUR local news site for Wester Hailes.



April 2015

Your Community Your Future Act Now!

Wester Hailes residents are being asked **"what future do you want for Wester Hailes, and how can you make it happen?"**

Come and take part in the Wester Hailes 'Open Space' event on Saturday 25th April, 10.00am - 4.00pm at 75a Harvesters Way (Open Heavens Church/the old 'Greenway'). Bring the issues that are important to you, share your views, hear what others think, agree actions and a way forward.

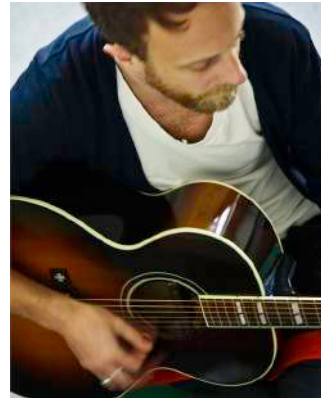
The event will offer free childcare, food, language support and assisted transport to support as many local people to take part as possible.



community conversation in action

Project Origins

- 2010 – 2012 South West Sounds, artist residency designed to support progression into music education and industry



- Successfully engaged 59 participants
- Established WHALE as a hub for community music
- Unexpected outcomes...

Project Structure

- Creative Futures 2012 – 2015
- 3 sessions per week for 40 weeks to write, rehearse, perform and record
- 26 people took part in the project
- Develop and document methodology
- External evaluation



Evaluation Approach

- Process Evaluation: Narrative Approach – Recording the process of developing and implementing ‘the method’ was undertaken by Rod Jones through diaries and reflection.
- Outcome Evaluation: Participants Experience evaluation – This was undertaken by researchers at the Mental Health Foundation.
- In depth interviews and focus groups

Evaluation: Musical Improvement

- A major benefit identified by participants was gaining and increasing their musical skills, in particular in composing their own music rather than learning to play existing songs.

“...with this project you’re getting better in my opinion as a musician, you’re getting better in a social sense, you’re getting better as a songwriter, everything, even your rhythm gets better. The small things add up and it tends to be the small things that turn you into a better musician... now I can pick up a guitar, totally improvise something and be proud of it.”

Evaluation: Increased confidence & overcoming fears

“WHALE has been really good to give me a sort of a focus. I’m doing my stuff anyway but it’s helped my confidence as a musician because I had problems that took me a while to get over with drink and various things.”

“Me I was absolutely petrified to sing in front of people, actually petrified. Now I’m coming out of my shell a lot more.”

“Makes something you thought was impossible, seem possible.”

Evaluation: Mental Health Benefits

- Participants specifically mentioned the benefits they gained to their mental health. Their improved musical skills and commitment to the project were perceived as having a positive effect on their mental wellbeing, as was simply having a weekly meeting which provided structure to their week.
“It’s a regular thing so I find it useful to be doing a regular thing once a week at set times so I can know that’s challenging. That is useful for me.”

Evaluation: Working with others

- Many participants identified working together towards a common goal as one of the most positive and rewarding aspects of the project:

“I think it’s working with other people to an end. That’s one of my real pleasures out of it. We’re actually making music together. That’s pretty good. It makes you feel good.”

Evaluation: Continuity

- *The open-ended nature of the project allowed participants to experience the entire process of creating a piece of music, from writing a song to recording it and playing it live.*

“To see a song that you’ve had input on it and then to go through the recording and be able to learn it and then to play it live, nerve wracking as it is, it’s a fabulous opportunity”

Future Developments

- What we want to do...
- Continue development & delivery of sessions
- Train participants in delivery “method”
- Build our evaluation and evidence base
- Wester Hailes...then the world!

Next Steps

- Secure funding for core project delivery
- PhD or other in depth research element
- Retain involvement of current musicians
- Develop genuine social prescribing



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