

Initial Outcome Proposal to the East Suffolk Community Partnership Board – FY2024/25

(Stage 1 Proposal)

1. Name of Project/activity that will deliver the outcome(s)

Participate

2. Key outcome(s)

Participate supports adults in later life and with additional needs in East Suffolk with the following outcomes, three of which are closely linked to the priorities of the Community Partnership Board:

- Reduced loneliness and feelings of isolation
- Increased wellbeing and improved mental health
- Reduction of the impact of economic inequality
- Improved quality of life for carers

Attendees regularly report to us that Participate is the highlight of their week. Not only does it improve their mood, get them out of the house and give them something to look forward to, it gives them a new social network and friendship group.

3. How has the need been identified?

Participate was originally launched in Leiston and Saxmundham as a result of a report by Age UK highlighting the 15,000 people in later life in Suffolk who are always or often lonely. The success of the programme and demand from partners has since seen it grow, now providing regular sessions in four locations: Kesgrave, Leiston, Saxmundham, and Woodbridge.

Working with local partners who know the needs in their area has been crucial to the expansion to four locations. We have a growing network of partners, including GP surgeries and social prescribers, that help to direct attendees to our sessions. They recognise the positive outcomes that we are achieving and how it benefits wider health and wellbeing outcomes for people in East Suffolk. For example, when setting up our Kesgrave location in 2023, we worked with Andy Joliffe from East Suffolk Council, who recently wrote to us after attending a session:

“I’m so pleased that Participate has come to Kesgrave. The atmosphere, welcome and the talent to facilitate the workshop in such an inclusive way was clear to see. Participants spoke to me at the break about how important the work you’re doing is to them and their wellbeing – it was very clear to see. As the session progressed you could see the confidence grow in the group, encouraged by the staff in attendance. Seeing some wonderful improvised pieces develop was exciting to see. Thanks again for providing a vital activity for our residents and long may it continue!”

Evidence of continuing need is also supplied by strong participant numbers at each of our locations. In January-March 2024, 97% of attendees came to multiple sessions, demonstrating that attendees

value the benefits of participation. Where numbers occasionally take a dip due to ill health and death, an inevitable aspect of working with this demographic, new members join and in almost every case become repeat attendees.

Strong support for the Participate model was expressed at the March 2024 Community Partnership Board meeting, with an ambition to expand the programme to other locations within the district.

4. Who will benefit from the outcomes?

Participate currently supports adults in the towns of Kesgrave, Leiston, Saxmundham, and Woodbridge, in the following categories:

- Adults in later life and at risk of isolation, living independently.
- Adults with additional needs, living in care homes.
- The family members and carers of those above.

Participate currently works with just over 100 adults on a regular basis.

Participate members also attend two one-off events during the year, a summer garden party and a winter tea dance. They are joined at these by residents of local care homes. In 2023 these events had 107 and 109 attendees respectively.

With additional trial activity as outlined in this application, and continued partnership work to direct attendees to us, we hope that these numbers will grow.

5. How will the outcomes(s) be sustained after the funding period (if appropriate)?

Britten Pears Arts are committed to Participate for the long term. Sustaining the programme relies on continued demand and continued funding.

To maintain demand, we are always working to grow our pool of partners. Current partners include GP surgeries such as Peninsula Practice, social prescribers such as IP17 Good Neighbour Scheme and local groups such as Leiston Dementia Project. We hope that trial activity as outlined in the application will help to further increase the number of partners, which in turn will support sustained attendance.

Financially, we are actively fundraising to support the programme in 2024/25 and beyond. Most funding is time-limited and we recognise the need to seek our new sources of funding on a regular basis. Where shortfalls occur, Britten Pears Arts has a capacity to support the programme through unrestricted funds such as individual giving, although this is not unlimited and the programme's continuing success will rely on active fundraising into the future.

6. Brief description of the project / activity that will deliver the outcome(s).

Participate – ongoing activity

Participate delivers inclusive, interactive music sessions aimed at combatting isolation in adults in later life and living with long term conditions. In 2023/24 we delivered 136 regular weekly sessions in

three termly blocks and 10 outreach sessions at local care homes and community groups. We anticipate a similar number of sessions taking place in 2024/25.

Sessions in all four locations follow a consistent structure. Activity is delivered by a revolving team of nine professional local musicians, who receive ongoing training and support in running musical activity successfully with this demographic. They are supported by a team of workshop assistants alongside Britten Pears Arts staff.

Sessions involve physical and musical warm up activities, followed by interactive singing and music making as well as enjoying the talents of the session leaders. Often spurred by heritage material from the Britten Pears Archive, participants suggest themes, lyrics and melodies for songs that are co-created and sung by the whole group. Participants' thoughts and memories are foregrounded throughout.

We find that the combination of interactive musical and creative elements is very effective at engaging even those who are initially very reserved. This then creates an atmosphere in which they are more willing to open up socially, share their feelings and form new connections. An essential element of this is the mid-session interval, which provides time for coffee and cake, but more importantly for socialising.

Accessibility is a vital element of Participate. All the venues we use are fully accessible, and we provide accessible transport to anyone who needs it. In Leiston and Saxmundham we have partnered with Coastal Accessible Transport Service (CATS) to provide transport; in Kesgrave and Woodbridge we currently rely on taxis. Our ambition is to develop the partnership with CATS to all locations.

Another element of accessibility is financial. We understand the impact that economic inequality often has on this demographic. This is why attendance, transport and catering are all entirely free to all, and will remain so.

Participate attendees are also able to attend special one-off events during the year. In addition to the garden party and tea dance already mentioned, events in 2023 included: a session in April 2023 led by early career musicians from the Britten Pears young Artist Programme at the end of a week's residential training course focusing on community music making; and a workshop and open rehearsal with BBC Philharmonic Orchestra during the Aldeburgh Festival in June.

Some of those who attend Participate are carers. While they initially attend as part of their care responsibilities, they tell us that they often get as much out of it as the person for whom they are caring. In some cases they even start to come independently. As the atmosphere at Participate is inclusive and engaging, no difference is drawn between those who are there; everyone takes part and everyone is treated equally.

Further details about the programme, including information on the professional musicians leading activity can be found here: <https://brittenpearsarts.org/take-part/adults/participate>

Trial activity – Halesworth residency

We are looking to continue Participate's expansion, with a focus on northern areas of East Suffolk in which we have not previously worked. Working with local partners, we propose six trial sessions in Halesworth. If successful this could lead to it becoming a fifth regular location for the programme.

We have agreement in principle on a partnership with the Pear Tree Fund. They serve around 50,000 people in East Suffolk, predominantly in northern areas, from the Pear Tree Centre in Halesworth. They are currently running an 8-week project in Halesworth with people living with dementia and

their carers, called Hopes and Dreams. We are planning a Participate residency in Halesworth at the Pear Tree Centre, which would offer continued provision for those benefitting from the Hopes and Dreams project.

We have identified the Halesworth Volunteers group and Halesworth Area Community Transport as potential partners to provide accessible transport to the venue for these sessions. We have also identified Halesworth Day Centre as a potential partner for further recruitment.

This trial activity is in addition to current budgeted provision, and so could only take place with a grant from East Suffolk Community Partnerships. We have budgeted that these trial sessions would cost an additional £5,000.

Start and End dates: Participate is ongoing; we anticipate trial activities taking place in the autumn/winter of 2024/25.

7. Who is involved?

Who is involved in developing this outcome proposal?	Caro Barnfield, Director, Music Programme Britten Pears Arts Sophia Allen, Head of Community Britten Pears Arts
Who will deliver the project/activity?	Lucy-Eve Wright, Programme producer, Britten Pears Arts
Name of East Suffolk Community Partnerships Board Member supporting the project:	Roger Wright, CEO Britten Pears Arts

8. Give information about match funding here:

Source of match funding:	Funding confirmed?	Amount (£)
The Linbury Trust	Yes	£20,312
The Chapman Charitable Trust	Yes	£4,062
Saxmundham Town Council	No	£1,000

Total project / activity cost	£55,780
Total of confirmed match funding	£24,374
Total amount of Strategic funding required	£30,000

9. Identify where the Community Partnership Board Strategic Budget will be spent:

Description of activity or item (by who and by when where appropriate)	Cost (£)
Supporting direct delivery costs of Participate in Kesgrave, Leiston, Saxmundham and Woodbridge: Artist Fees (£18,755); Venue Hire (£2,430); Accessible transport and artist travel costs (£3,050); Catering (£765)	£25,000

Trial residency in Halesworth: Artist Fees (£3,550); Accessible transport and artist travel costs (£1,100); Promotional materials (£50); Venue hire contribution (£150); Catering (£150)	£5,000
Total	£30,000

10. How will the project / activity be monitored, and outcomes reported (including project risks)?

Our monitoring and evaluation activity takes a number of forms.

After each session, we take a debrief with the artists, and staff working during that day/session. In this, we document any challenges or successes and notes for the following week allowing anything of note from participants to be documented. Where a partner has attended to observe a session we will also ask for their thoughts to include. The debrief is taken in paper form and collated each week on a spreadsheet. We review this regularly to spot any reoccurring issues or successes.

We also take registers at each session, allowing us to track attendance figures and chart an individual's long-term engagement. We regularly ask attendees for their feedback.

We also keep track of referrals via our referral form and community inbox (used by partners such as GPs to put us in contact with participants and share key info needed to support them), which allows us to evaluate the success of different partnerships. We also seek feedback from partners to inform our evaluation of the impact we're making.

In 2024/25, we also plan to carry out an independent evaluation of the programme, funded by The Linbury Trust.

Community Partnership Board Member Declaration:

I confirm that I support this proposal:

Name: Roger Wright



Signature:

Date: 29/05/2024

Lead Organisation Declaration:

I am authorised and eligible to sign and approve this proposal on behalf of the lead organisation and declare the information included in this proposal is true and accurate.

By signing below, the information you have supplied is being collected to allow us to process your application. By completing this form, you consent to East Suffolk using your information in this way.

I understand that in the assessment of this proposal the Council may share information contained within it, with other core funders for funding programmes we have applied too, relevant Council directorates and committees. If you do not provide your consent, we will not be able to process this proposal.

Your information will not be used for any other purpose unless we obtain your consent or unless permitted by law.

Due to corporate retention requirements for financial information, your information will be retained for 7 years. You can request that your information is deleted at any time.

Data will be processed and held securely and in accordance with the UK General Data Protection Regulation and the Data Protection Act 2018 (and any updates).

Further information about data protection and the full Communities Team privacy notice can be found on the East Suffolk Website <http://www.eastsuffolk.gov.uk/assets/Your-Council/Access-to-Information/Privacy-Notices/Communities-Privacy-Notice.pdf>

Please enter your name below only if you agree to be bound by the terms set out in this form. We will treat this as your signature of the form.

Full Name: George Maude



Signature:

Date: 29/05/2024

Please submit this proposal to the Funding Team at grants@eastsuffolk.gov.uk Hard copies can be submitted and returned to: Funding Team, East Suffolk Council, East Suffolk House, Station Road, Melton, Woodbridge, IP12 1RT.