

Lowestoft Town Council Funding Application – Additional Notes

What does your organisation do? (100 words max)

We deliver music and creative activities to people who have been disadvantaged through disability, poverty, addiction or personal circumstance. It has been proven that active participation in music has multiple benefits on emotional well-being and physical and mental health.

Music Prescription workshops and sessions can help empower disadvantaged people, giving them the chance to gain new skills, express themselves and enjoy the creative experience. We're able to guide participants on their creative journeys to help them realise their full potential. Whether it's simply having fun, performing or looking for opportunities in the music and creative industries.

Please provide details of the project and how the project will benefit the people of Lowestoft (250 words max).

Following the success of the workshops delivered in Lowestoft and also the monthly open mic sessions run by Suffolk Sober Spaces, Music Prescription would like to continue delivering support to the recovery community in Lowestoft. Music Prescription would like to offer support at 8 of the monthly open mic sessions over a 12-month period, by providing a workshop leader who will support and or perform with participants at the open mic sessions. In addition, we will offer technical and general advice on the running and management of the event and in particular support those who may not have the confidence to perform without the relevant support and help. We will also help set up and break down the equipment as necessary. In addition to the open mic sessions, we would also like to offer support to Suffolk Sober Spaces to both prepare for and perform at up to 5 x community events in the local area, such as Sparrows Nest Gardens. We will run a workshop to develop performance pieces giving relevant tuition to prepare the pieces for performance as appropriate for up to 5 community events. adjustments improving pieces of work, potentially to a performance standard. These activities will help build self-sustaining recovery routines, grow their self-confidence and sense of self-worth.

Workshop Leader – Open Mic support (x 8 @ £200)	1,600
Workshop Leader Community Event Preparation@ £325 per day x 5 = £1,625	1,625
Volunteers x2 @ £20 each per day x 5 = £160	200
Planning/Operational £100 per session x 5 = £400	500
Equipment £75 per session x 5 = £300	375
Sundries and Participants travel and food £100 per session x 5 = £500	500

TOTAL £4,800

What specifically would the grant from the Council fund?

We will prepare and support participants at regular service user led open mic sessions, in community performances, local radio appearances and festivals. We have a steering group of members of the recovery community. Positive creative activity and performance will

improve wellbeing & confidence. It will also help break down barriers within the community, promote reintegration and reduce the stigma attached with being in recovery and those suffering with mental health issues. Engaging in performing will boost self-esteem and reduce substances misuse and crime. Participants will access tuition on a range of instruments and be guided through developing pieces to performance standard, lyric writing and composition. The project will offer support in a safe community environment, community networks essential for ongoing recovery, especially abstinence-based activities.