

THE TIME TO SHINE PROJECT

Summer project with Seaview from July - September 2016

The Time to Shine Project has spent the summer working with service users from Seaview, a centre based in St Leonard's in East Sussex who work with marginalised members within the local community. The twelve week course was designed to prepare the service users for a CD recording and a public performance with a live professional band with the aim of improving their confidence levels, self-awareness, group engagement, self-respect and responsibility through weekly music sessions.

12-week Time to Shine Project Course

- 17 service users from Seaview participated in weekly half-day sessions with Time to Shine
- Sessions were tailored to develop musical awareness and transferable confidence through songs chosen by the participants, vocal and performance exercises and developing the existing Seaview Choir
- All sessions included discussions with the group and individuals to identify strengths and monitor progress
- As well as the preparatory weekly rehearsals, the course included a small performance at a local market, a full-day recording session and a gala performance night

Gala Performance - 23rd September 2016 at the Masonic Hall, East Ascent, St Leonard's on Sea

- More than 150 people in the audience, including the Mayor and Deputy Mayor of Hastings and the High Sheriff of East Sussex (please see below). Articles for the event were published in Hastings Online Times
- 16 performers successfully took part in the finale performance (only one participant could not take part due to a pre-arranged trip away for the weekend)
- 11 volunteers helped Time to Shine Project from back-stage and front-of-house staff to preparing the performance space and marketing, video recording on the night and selling of Seaview merchandise
- Four professional musicians and a sound engineer were employed to support the participants for the performance

Recording session - 9th September 2016 at The Roomz, St Leonard's on Sea

- 10 participants took part in an all-day recording session in a professional studio
- Professional recording engineer and mastering technician were employed to produce a top-quality CD
- 75 units sold on and since the Gala Performance on 23rd September (profits to Seaview - see below)
- All proceeds from CD sales have been agreed by Seaview to continue to support the choir and related musical projects for their service users

Continuing the relationship with Seaview

- Time to Shine volunteered to support the Seaview choir at three extra events: at St Leonard's Market in preparation for the Gala Night as well as The Big Sleep and Movement for Root 1066 the following weekend
- Seaview have asked Time to Shine to support their clients in preparing for their Christmas concerts
- Profits from the sale of CDs have been granted to supporting ongoing work with the choir - so far raised £375
- A local performer who attended the Gala Night has offered to put on a special performance to raise funds to help continue the partnership

Funding

We are grateful to have received funding for the project from: Magdalen & Lasher (£1500); Seaview funds from ESCC (£700); Private donations (£550); Police Property Act Fund (£500); Hastings Rotary (£250); Hastings Lions Club (£250).



PARTICIPANT FEEDBACK

Do you feel that you have developed musically or in other ways during the course?

"Have released my inner voice and to work with a team."

"Lots of confidence and better bonding with friends and family."

"Confidence and closer with my daughter."

"I feel I can perform in front of a crowd more comfortably."

"Becoming part of the Seaview group."

"Given me confidence, something to look forward to and a time to forget my other problems. Good for building friendships."

What was the finale night like for you?

"Amazing. Absolutely amazing. A million times better than expected."

"Nerve-wracking but brill in the end."

"Amazing! Proud of myself and everyone involved."

"An experience I will never forget."

Would you be interested in doing more musical activities?

Unanimous "yes" from all participants!

Time to Shine and Seaview staff also noted a number of significant personal growth developments in a some of the participants:

- One participant abstaining from having his habitual lunchtime alcoholic drink so as not to negatively impact on the session
- A number of participants who were initially adamant to only sing in the choir gave great solo performances in the final concert
- Our youngest participant (who was performing solo and a duet with her mum) asked to be announced with her mother's surname on the night of the performance, rather than the one she had previously given to us
- One participant discussed with us that her mental health had improved significantly and she is generally feeling much more positive and upbeat

Two participants have been offered part-time employment by Seaview after staff noted their improved reliability and enthusiastic engagement with the Time to Shine Project

Three participants have expressed a desire to join a local public community choir outside of Seaview

Generally, a significant improvement gradually through the course in punctuality and in dress and appearance as well as encouraging and helping others as an integrated group; they really took pride in themselves and each other in a way that we didn't see right at the start of the course





AUDIENCE FEEDBACK

How do you think that the community gains from projects like this?

“Everybody gains. The individual gains and thereby increases the resonance as a whole.”

“Positive interaction with people normally seen in a negative light.”

“It bonds, builds, supports, motivates—love.”

“An understanding that 'everyone' has ability to contribute positively and make a difference.”

“A true example of celebrating community...performed with joy, confidence and generosity.”

Do you think it is worth funders supporting events like this?

A unanimous yes from all completed questionnaires!

Has this event made you want to start singing or sing more?

68% answered “Yes”.

IMPROVEMENTS IN CONFIDENCE ON COMPLETION OF THE PROJECT

All participants were asked to complete a questionnaire to ascertain their confidence levels in a number of areas that Time to Shine intended to focus on. The same questionnaire was taken again at the end of the project to gauge improvement in their confidence levels.

How confident do you feel about...	BEFORE	AFTER	INCREASE
1. The strength of your voice	5.33	7.92	2.58
2. The control over your voice	5.42	7.83	2.42
3. The Sound of your voice	5.42	7.58	2.17
4. Understanding of how the body works to create singing	6.42	7.83	1.42
5. The control of breath when singing	5.67	7.33	1.67
6. Harmonising	5.58	8.17	2.58
7. Singing in time with the music/when to come in	5.33	8.25	2.92
8. Singing in a group/choir	6.92	9.17	2.25
9. Singing in groups of 2/3 people	6.25	8.42	2.17
10. Singing a solo	4.92	7.00	2.08
11. Remembering parts in a song	5.17	8.08	2.92
12. Remembering words to a song	5.75	8.17	2.42
13. Singing without a song sheet	5.17	6.83	1.67
14. Singing on stage	5.00	8.00	3.00
15. Singing with a live band	5.92	8.50	2.58
16. Singing in a recording studio	4.92	8.25	3.33
17. How relaxed do you feel in the group?	7.58	8.67	1.08
18. How supported do you feel by the group?	8.00	8.92	0.92
19. How supported do you feel by the course facilitators?	8.50	8.83	0.33
20. How important do you feel as part of the group?	7.83	8.58	0.75
21. How confident do you feel about completing the course?	8.75	NA	NA



"Such an amazing night. An incredibly authentic display of courage and talent." Audience member

"People with complex needs are often ignored and so feel shy in performing to a group, this was not obvious and was to their and 'Time to Shine's' praise. Meeting with the performers and staff after I found them all elated which says more than I can ever say. Well done to...those that performed so well that their audience stood and clapped for so long. Same time next year?" Councillor Nigel Sinden - Deputy Mayor for Hastings

"I cannot describe how well the Seaview Choir did at their gala performance yesterday. The audience were dancing in the aisles and more than a tear was shed. Thank you to the Time to Shine Project for bringing out the best in them and helping them realise the full potential they have inside. That's what it is all about. It has exceeded all my expectations." Maggie Hawthorne - Seaview Wellbeing Coordinator

"I was really impressed by the way in which the 'Time to Shine' team encouraged and inspired your service users to such heights of performance. It was clear to me that 'Time to Shine' is not only 'fun' but a confidence building exercise that was demonstrably there in all that we experienced." Michael Foster - High Sheriff of East Sussex



If you would like to see a video of some project highlights, please visit our website at

www.timetoshineproject.org