

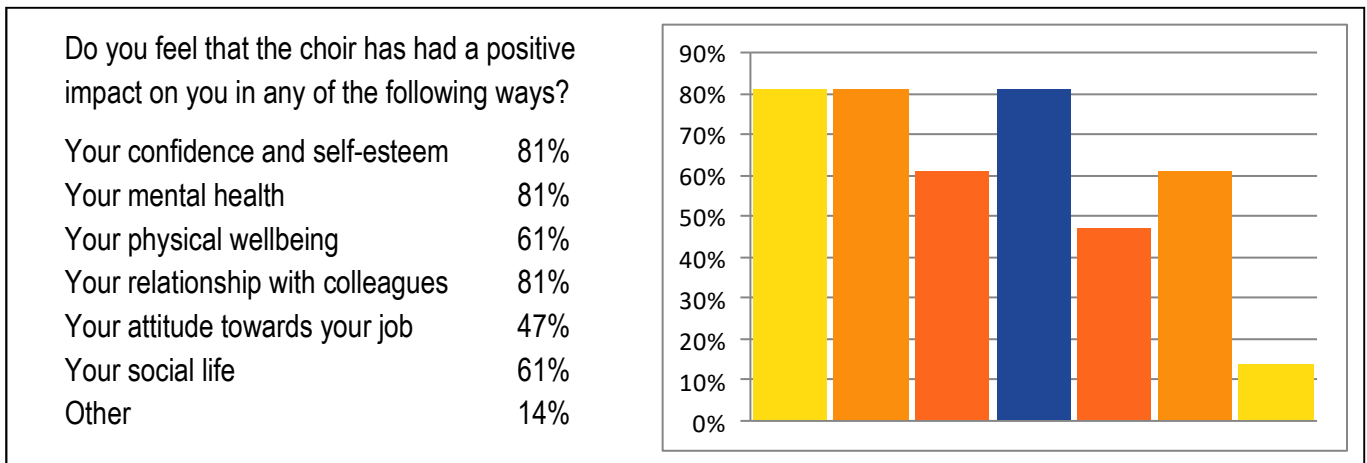
THE TIME TO SHINE PROJECT

Kent Community Health NHS Foundation Trust Staff Choir Year Review: 2018-2019

Since its inception in January 2018, the choir has been accessed by over one hundred members of staff. There have been 7 public performances, including the KCH Staff Awards in June and the AGM in September as well as a number of shopping outlets raising money for the KCH charity, I Care.

A number of videos of the choir have been posted on social media, many of them attracting over a thousand views. Also of note is that the Hastings branch have pledged to use the alternate weeks to form a walking group, further improving their health and wellbeing.

It is clear that the choir has had a huge positive impact on the mental health and general wellbeing of the staff who come regularly. The graph below was compiled after polling current members anonymously on 20th January 2019.



In the same poll, members were asked about other ways in which the service could be improved:

- 95% have requested more regular sessions throughout the year
- A number of members suggested occasional sessions in further locations to encourage new members to make the journey to one of the regular locations
- The choir currently consists mostly of administration/management and nursing staff. I would be keen to explore how to encourage other departments within the Trust to access the service.



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"At work my job has become stressful, but I look forward to choir each fortnight, as this releases the stress and I go home feeling happy. I use the "feel good" factor in my daily work as I sing in my head. I feel the choir is such a worthwhile cause that the trust has funded, and shows that their employees do matter. Extending the choir times would be more beneficial in both learning the songs and mental health wellness. It is always a joy to go to choir on a Monday and I always look forward to the next session. If there is a gap in sessions for half term or holidays etc, it always feels like a long time, and I cannot wait for it to return."



"I have looked forward to each session and have loved every minute of it. Micky has been a fantastic motivator, full of energy that is infectious and an inspiration. He made us sound good at the staff awards night, what more can I say!"

"I strongly believe the social element has strengthened relationships with some practitioners. The working day is so busy and few opportunities arise to have a conversation and 'check in' with colleagues. We have so much fun and are able to see our colleagues in a different light and

remember we are all human beings in a busy professional role. This provides me with an opportunity to submerge myself in singing and uplifts my mood. Thank you Micky! Long may the choir continue!"

"Before I joined the choir, I was very nervous and unsure. All I cared for was my job because I was very happy in it. Since joining the choir I realise I had forgotten music and was in a time warp. The choir has brought me out and with Micky being so fantastic a choir master in his attitude to people handling he made me feel good about myself. Jan is always charming and helpful and nothing is too much. Micky and Jan have a good calming approach."

"I look forward to the Choir and I feel very buoyant after each session. The choir also leaves me with a great sense of achievement and pride. The choir has enhanced my relationship with my colleagues as we all have a common aim and sense of purpose. The choir has improved my emotional wellbeing, which in turn has had a positive impact on my attitude to my job as I feel better placed to manage challenges more effectively."

"Micky always makes it a fun environment! He manages to cajole, encourage and guide us in such a positive way that we want to put the work in - we almost believe we can sing sometimes :-D In fact we often surprise ourselves with what he manages to produce from us. More than anything though, it is always a tonic and a lot of fun and there's always lots of laughs to be shared with work colleagues!"

