

THE TIME TO SHINE PROJECT

Working with The Seaview Project, January to April 2018

Overview and Summary

The Time to Shine Project has spent the spring 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 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

- 21 service users from Seaview participated in weekly half-day sessions with Time to Shine with an average of 11 participants per session
- 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
- Participants from Seaview who had taken part in the previous project in 2016 were encouraged to take on mentoring roles for new participants. In general, there was a great advance in musical skill with much more time given to details in songs - particularly participants learning to sing the backing vocals for each other's solo performances
- As well as the preparatory weekly rehearsals, the course included a small preparatory performance on Hastings Pier before the gala performance night

Gala Performance - 6th April 2018 at the Masonic Hall, East Ascent, St Leonard's on Sea

- The finale performance sold out, with more than 250 members of the public in attendance, including Mayor Judy Rogers. Articles for the event were published in Hastings Online Times, Hastings Independent Press as well as radio interviews on More Radio and Conquest Radio
- 15 performers successfully took part in the finale performance
- 11 volunteers helped Time to Shine Project from back-stage and front-of-house staff, preparing the performance space and marketing, professional video recording on the night, professional Stage Management and Compere/ Host and professional hair and makeup artists
- Four professional musicians and a sound engineer were employed by The Time to Shine Project to support the participants for the performance

Continuing the relationship with Seaview

- Seaview have asked The Time to Shine Project to support the Seaview choir at two further events in September 2018
- Profits raised from the Gala Performance (£800) were split equally between The Time to Shine Project and Seaview. Seaview have ring-fenced their share of the profits to continue our work with the choir
- Participants from Seaview have been challenged by us to come up with new and innovative ways in which we could make another project a bit different. They have formed a focus group to discuss ideas and to look at making funding bids themselves. One of our Trustees has volunteered to help them with any funding applications

Funding

We are very grateful for the support of Hastings Borough Council Foreshore Trust for sponsoring the project and event.

Impact on individual participants of the project

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

"A bit of confidence came back and I feel more connected with Seaview."

"Now clean from addiction which is well [sic] positive."

"I'm more open to trying new things and feel better mentally."

"I feel more settled in Hastings."

"I'm not so nervous about being in front of other people."

"I would like to try a solo next time."

What was the finale night like for you?

"Very exciting. I loved the camaraderie."

"I have been recognised in public from audience members!"

Would you be interested in doing more musical activities?

Unanimous "yes" from all participants!



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

- All participants were focused and attentive when others were practising solos. One new participant was politely requested by a mentor not to speak when someone else was singing
- A participant was mature enough to recognise their own stress after choosing a particular solo song and pulled out so as not to jeopardise their current substance recovery
- Participants took the initiative to find their own ways of practising and working on vocal exercises between the sessions
- All participants remained focused and professional on the night of the Gala performance
- Constructive feedback between participants was encouraged and greatly increased from our previous project; the participants took an active role and shared responsibility for the entire project
- Although one very dedicated participant in the project was unable to complete the course due to current mental health issues, they remained in contact with The Time to Shine Project and even came along to the finale night to enthusiastically support the rest of the group



Other progress made by the participants of The Time to Shine Project

To monitor the progress of our participants, we asked them to score their confidence levels in various aspects of the performance and their well-being at the beginning of the project. We then asked them the same questions again at the end to look for improvements. Not only are we delighted with the significant improvements that they made, we are also thrilled that we generally made a greater impact on their well-being this time compared to the previous project that we undertook with Seaview. While we believe this is in part due to improvements in our practise gained from experience since the first project, this also supports our belief that a recurring programme is very worthwhile rather than one-off projects.

On a scale of 1-10, for confident do you feel about...	2018 Performance			2016
	Begin	End	Improved	Improved
1. The strength of your singing voice?	4.89	7.22	2.33	2.58
2. The control you have over your singing voice?	4.67	7.22	2.56	2.42
3. The sound of your singing voice?	4.67	7.00	2.33	2.17
4. Your understanding of how the body creates sound?	5.11	7.67	2.56	1.42
5. The control of your breath while singing?	4.89	6.56	1.67	1.67
6. Singing in harmonies (not just the tune)?	5.00	7.22	2.22	2.58
7. Singing in time/when to come in?	5.22	7.67	2.44	2.92
8. Singing in a group/choir?	6.22	8.11	1.89	2.25
9. Singing in a small group (duet/trio)?	5.33	7.78	2.44	2.17
10. Singing a solo?	3.56	6.89	3.33	2.08
11. Remembering your harmonies in a song?	4.44	7.56	3.11	2.92
12. Remembering words to a song?	5.11	7.22	2.11	2.42
13. Singing without a song sheet (from memory)?	4.22	7.11	2.89	1.67
14. Using a microphone and microphone technique?	4.78	6.67	1.89	N/A
15. Speaking on stage to an audience?	4.67	6.00	1.33	N/A
16. Singing on stage in front of an audience?	5.11	7.33	2.22	3.00
17. Singing live with a band?	5.11	8.00	2.89	2.58
18. Making eye contact with your audience?	3.33	6.44	3.11	3.33
19. How relaxed do you feel in the group?	5.89	8.22	2.33	1.08
20. How supported do you feel by the group?	6.33	8.89	2.56	0.92
21. How supported do you feel by the course facilitators?	7.33	9.22	1.89	0.33
22. How important do you feel as part of the group?	6.11	8.22	2.11	0.75
23. How confident do you feel about completing the course?	7.33	N/A	N/A	N/A
Average improvement from beginning to end of project:			2.37	1.88





Seaview " Practical services for complex lives"

6 April · 🌟



The wonderful Seaview choir on stage with the Time to Shine Project Hastings. An evening of song, courage and inspiration..



You,

and 26 others

Oldest ▾



What an amazing night with Seaview Choir and Time to Shine! Thank you [Michael Grant](#) and [Alison Cooper](#) for making it possible. I feel like I have the worst emotional hangover. Lots of tears, happy tears!!



Such an amazing night! An incredibly authentic display of courage and talent. And a special shout out to the woman with a vision who didn't give up [Alison Cooper](#) xx



Loved every second of it. Tears, laughter, every word had meaning. Seriously need to stop gushing soon.



What a great atmosphere it was! Loved it...big up the Seaview Choir and all those amazing solo performances...hope they continue really.



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! What an amazingly talented bunch. Thank you 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's all about.



A true example of celebrating community and empowerment through music-making. Well done team!! [#Hastings](#) [#CommunityMusic](#)



It was fantastic. The Seaview Choir were brilliant (brought a tear to my eyes several times). You and the singers should be so proud of what you achieved. xx



It was such a brilliant evenings and so inspiring. I have been thinking about it ever since!! xx



Thanks for a wonderful night...well done all! Amazing Grace...couldn't stop crying. Don't think I was the only one either. Lovely range of songs x



It was such an inspiring night. As soon as I got there I was moved by them all. They really did shine.



www.timetoshineproject.org

"Celebrating achievement and self-worth through inspiring performances."

Impact on members of the audience at the Gala Performance

In total, 58 people responded to our question on the finale night. Here are some of their comments.

What's the best thing about this evening's event?

"Watching people's dreams come true!"

"Realising that such a wonderful charity exists and helps people!"

How does the wider community gain from a project like this?

"It challenges misconceptions and prejudice"

"[The participants] feel connected, valued and respected by the community; not an "issue" to be solved."

"Singing opens the heart and makes us all feel equal."

"It must feel great for the participants to be admired by a sold-out audience!"

Has tonight made you want to start singing or sing more yourself?

Yes - the joy expressed by the choir was infectious!

Yes - If they are brave enough why aren't I?!

A little more information about our finale night audience...							
Inspired to sing more?			How did you hear about the event?				
Total yes	Total no	N/A	Friend	Press	Web	Pier	Other
40	8	10	40	2	6	3	7
69%	14%	17%	69%	3%	10%	5%	12%
Gender		Age Group					
M	F	Under 16	17-24	25-34	35-49	50-64	65+
15	43	3	2	5	7	29	10
26%	74%	5%	4%	9%	13%	52%	18%

Wider impact on those involved in The Time to Shine Project

- The drummer from the band, who was also involved in the previous project, donated two tickets to see Sam Smith at the O2 as a raffle prize on the night. This generosity was borne from his respect for the participants from Seaview
- The bass player from the band (also involved in the previous project) cancelled another gig so that he could take part again
- The guitar player from the band (as above) has currently challenged himself to quit smoking and drinking for a month; he is raising money by doing so and will be donating half of the money he raises to The Time to Shine Project!



A short video about the project is available to view by visiting our website



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