

SOUNDCASTLE

Quick glance...

Celebration of Achievements

2022-23



Soundcastle Ltd

Charity Registration Number: 1194955

Company Registration Number: 08210076

A demanding, ultimately successful year.

Navigating our way through the cost of living crisis and challenging fundraising climate, working hard to ensure that our music programmes **continue to support those most in need.**

2nd
year as
charity

11th
year



353

*creative music making
sessions across the
South East*



431

*people supported
through training and
consultancy*



100+

*people trained in and
qualified mental health
first aid*



920

*community members
facing challenging
circumstances and
socio-economic barriers
to music making*



The Ripple Effect

We make ripples of change in micro-communities:

We use music to create meaningful, ongoing relationships that last.

The ripple effect grows through our national impact:

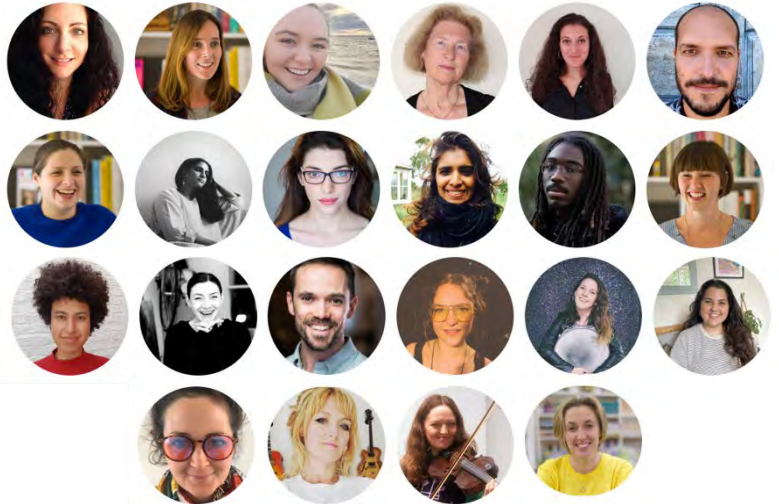
We support wellbeing and inspire positive change in other organisations.

Our Team

The charity is led by our passionate and knowledgeable **Board of Trustees** and our community and partner **Advisory Panel** which ensure community voice remains at the heart of Soundcastle.

Inclusive working is always at the core of our practice and we came *Highly*

Commended in the Culture Health and Wellbeing Alliance 'Practising Well' award 2022.



Direct Reach Projects and Social Aims

Our specialisms remain in family and mental health contexts, embedding inspirational music programmes that respond to local needs. Our programmes all work towards our social aims, to:

Increase Confidence

Reduce Isolation

Enhance Wellbeing



Musical Beacons

Our sensitive music facilitators support families to strengthen family bonds, form community friendships and explore self-expression.

For many families, **Musical Beacons is their only access to free and inclusive creative activity.** We provide high quality music making to families from a wide range of backgrounds, including:

- Families with neurodiverse and/or disabled children
- Families with English as a second language
- Families with young parents living in supported housing

'By meeting families of children with special educational needs, [my child] has integrated into a loving community where she's not singled out or left to think she's different.'
Parent, Musical Beacons

'Over several sessions, watching my daughter become more enthusiastic about not only making music, but also getting up and dancing to it has been brilliant, and has certainly helped pull me out of the post-covid gloom.' Parent, Musical Beacons



821

community
members engaged

269

creative music
sessions





Our music facilitators continue to support adults with a mental health diagnosis to step out of their comfort zones, form community friendships and remove stigma around mental health.

Alongside continued delivery of People's Music Collective and New Rhythms, **People's Music has continued to expand** and now we have successfully piloted our Singing for Wellbeing and Ukulele Crew programmes.

'I can now talk with people I don't know without the fear and anxiety I used to have and feel able to make mistakes and to try again'
Ukulele Crew member.



In the Summer and Winter of 2022, the People's Music Collective gave their **first live performances since the Covid lockdowns**. A film made of their December 'Winter Warmer' performance has gained great engagement on our social channels.



91
creative
music
sessions



<https://www.youtube.com/watch?v=-fr6sAnqiVI>

Mental Health First Aid training

In 2022 we launched our Mental Health First Aid training, enabling us to widely promote positive mental health in the sector and also offering a valuable source of funds to reinvest into the charity.

A mission to improve wellbeing, resilience and understanding of mental health across the sector.

'This course was really rewarding, and it's so imperative that we all work to better educate ourselves on how to support others with their mental health. I would recommend this course to all employers and employees!' MHFA Attendee



<https://youtu.be/lVqjza5aQZO?si=ZCXEnf6-o-O7VUuF>



100+

people trained and qualified in mental health first aid



Train with us!



@SoundcastleTeam



in association with
nuco training

Some feedback from our Mental Health First Aid training:

 **Rebecca P**
2023-03-18



Mental Health First Aid training was great. Lovely environment and people. Deffo recommend!
Thanks again ❤️

[Read more](#)



 **Cat Jackson**
2023-03-24



I attended a one day mental health first aid course with Soundcastle. It was absolutely fantastic. The trainers created an open and supportive environment in which to discu...

[Read more](#)



 **Isabelle Adams**
2023-03-24



This course was really rewarding, and it's so imperative that we all work to better educate ourselves on how to support others with their mental health. I would...

[Read more](#)

Google rating score: 5 of 5, based on 14 reviews

Sparking Change training

Our first Sparking Change programme was so successful it will run again for next 3 years having received renewed funding from Youth Music.

Training and wellbeing
for community musicians
aged 18-25.



**SPARKING
CHANGE**


SOUNDCASTLE
Community

6 months **£600**
6 Creatives **bursaries**

A training and wellbeing programme for musicians aged 18-25 who are excited to explore community music!
Find out more: soundcastle.co.uk/recruitment



300+

training hours through
Sparking Change

'The variety of all the training opportunities and events, including the 1-1 mentoring sessions, has been extremely inspiring and important during these months, as they have opened my eyes to many different aspects of community music and made me reflect on them and increase my self-awareness.'
Sparking Change Member

Consultancy

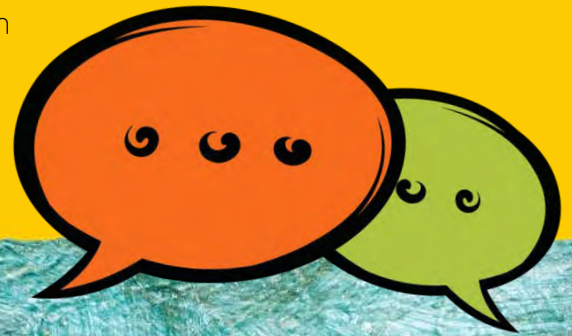
Sharing our coaching conversations and inspiring change across the sector.

Through our consultancy, we use the coaching approach that we use across the charity with other organisations to enable positive change across the sector.

This year we were commissioned by Every Copy Counts to use group coaching to support reflective practice in creative professionals to help them to improve their personal and professional practice.

With the South West music hubs, our team also ran a youth voice consultation on young people's relationship and engagement with digital technology for their learning.

EVERY
COPY
COUNTS



Future Plans (2023-24)

We are proud of everything we have achieved together this year and look forward to keeping this momentum moving forward to the next!



We will:

- Keep co-producing Musical Beacons and People's Music, further embedding them in community spaces where they are most needed.
- Grow our training and consultancy offer to meet demand, in particular introducing opportunities to follow our Mental Health First Aid training, such as co-designing staff wellbeing policies.
- Develop our training partnerships and keep finding creative opportunities for our wonderful team of practitioners. Further embed our Wellbeing Agenda and model this in the sector and beyond!
- Be open to new partnerships and possibilities across the South East, always keeping creativity and wellbeing at our core.

