



Nurturing Creative Freedom

Company number 12194058

www.resonate.world

Resonate Music for Well-being in Forensic Mental Health

Report to The Beer Harris Memorial Fund – March 2023

- **A brief history of the organisation**

Resonate delivers Community Music for Well-being projects. We launched in 2019 to sustain an existing music project at The Hellingly Centre Medium Secure Forensic Mental Health Unit.

Our director Marina Perryman led the music project at Hellingly from 2017 as a musician employed by former charity Rhythmix, whom BHMT supported. Participants were showing considerable well-being benefits. Marina was determined for this to continue despite Rhythmix closing in 2019. Private donations and match funding from Sussex Partnership NHS Trust secured a reduced version the project until 2021. A 2022 grant from BHMT enabled weekly sessions to recommence for a further year.

- **Details of the project supported by the BHMT grant**

The Resonate music project at Hellingly includes; collaborative song writing; record production; jamming sessions; group singing and karaoke; 1:1 support for playing guitar, drums, piano or singing. We offer taster activities then support participants to direct their own music making.

Resonate work closely with the Occupational Therapy team; who brief us around participant needs.

The project supports individuals with particular interests in music and those not engaging in other groups or therapeutic interventions; inclusive of patients with minimal music making experience through to those accomplished as musicians prior to residing at Hellingly. Sessions are flexible and responsive; supporting participants to work towards their own identified musical goals.

- **Areas of mental health addressed and profile of the recipients**

The centre supports people aged 18 to 65 within the criminal justice system, with acute mental health conditions that cannot safely be treated other than in secure, supervised environments.

The male wards include; a treatment recovery ward; an assessment and high dependency ward; a Low Secure Unit. The female ward supports women at all levels of mental health and security needs.

- **Impact of the project**

This year we supported 15 residents; around 8 participating each week.

All participants:

- Showed increased mood and well-being.
- Experienced music making as route to well-being and connectedness.
- Made music for the first time or reconnected with making music.
- Had opportunities to submit their music for a Koestler Award.

Music making was reported by staff to be the one thing each week observed to bring some joy and meaning to the lives of some residents; also helping build positive social bonds and social harmony.

“The sessions make a real difference for residents and staff. Working with residents through something they enjoy means building better relationships with them. Music making boosts the mood of all of us at the centre, making it a better feeling place to be”.

“Once you start to build engagement through music, it opens the door for further engagement, showing you’re not just someone who makes them take pills every day.” Dylan Hibbert, OT Instructor

- **Personal anonymised beneficiary example**

T is bipolar and typically very low or very high. She was missing singing at church and had never played instruments before. T attended, sang her favourite songs with us and explored songwriting, piano and drums. She enjoyed freely exploring the instruments and learning the basics. She is proud of writing her first song to be entered for a Koestler Award. On days when T was very high, she said music gave ways to use her energies for good things. When T was very low she still consistently made it out of bed to join us for music.

- Supporting pictures, photographs, illustrations



Taking part



Resonate and the Occupational Therapy team



The Hellingly Centre

