

Part A - General Information

Charity Name

Find Your Voice CIC

Charity Type/Structure

Community Interest Company (CIC)

If 'Other' please specify

Find Your Voice CIC

Charity Registration Number

10776677

Project Name (if same as Charity Name, please leave this blank)

Find Your Voice - Everyday People

Lead Contact

Emma Baines

Email

enquiries@findyourvoice.org.uk

Website

<http://www.findyourvoice.org.uk/>

Social media handles (Twitter, Facebook, LinkedIn, Instagram etc):

@findyourvoiceuk

Part B - Project Proposal

Project Mission: A snapshot of the project's intention (50 words max)

Adults with learning disability are the most likely to live with health inequalities and to have been disproportionately affected by the pandemic and isolation.

Delivered throughout England our programme uses singing, movement and colourful conversation to explore fitness, health and body autonomy, empowering groups with joy, mess, culture and wellbeing.

Situation (250 words)

When the pandemic started in 2020, we saw singing classed as a restricted and high risk activity within our vulnerable co-horts, so we felt faced with no choice but to furlough our core team and hunker down for what looked like a turbulent year. However In 2020 Public Health England estimated that 6.3 times more deaths during the pandemic occurred among people with learning disabilities than the general population, this led our community partners, Mencap to launch its campaign raising awareness of the shortage of learning disability healthcare support across the UK. As we continued to communicate with our community partners and commissioners it became apparent that the health and wellbeing of our learning disabled beneficiaries was falling and that the need for inventive, creative solutions was growing.

Together we identified:

- The wellbeing of social care service users falling, since outside activities stopped
- Lockdowns resulted in 67% digital exclusion (92% within the south west)
- There were few musical resources within centres
- Support workers being eager to build their own skills in music delivery
- Engagement of learning disabled adults in education was falling
- community groups needed to gain support from training opportunities upskilling volunteers
- There were fewer accessible cultural activities, reflected by our community partners, who despite recognising that singing greatly support the fitness co-ordination and wellbeing of their communities, lacked the skills in house to deliver something with Impact.
- Musical Interventions often come at a higher cost and with more formality

Complication (250 words)

So often we see adults living with disability faced with two types of activity. Medical interventions that can focus users on their illness or disability, or reminiscence interventions that focus users towards the past or loss. This has been exacerbated by the pandemic, where engaging online has been challenging for social

service users and partner organisations.

The pandemic shone a light into societal areas of inequity. Digital exclusion, overcrowded living and the government advice to shield made it difficult for us to reach learners living in difficult circumstances. We saw low resilience in users who felt intimidated or afraid of technology and we were simply unable to reach the people most in need with meaningful, targeted and responsive provision. Our community partners at Mencap were losing contact with their service users and reporting spiralling mental health concerns.

We used singing activities to explore health and wellbeing. All activities could be done seated, stood up, with verbal and non-verbal learners, together we explored:

- What is meant by good health
- Important aspects of keeping healthy
- Progress towards independent living
- Illness and how to identify ill-health

We recognise that talent is equally spread throughout the country, however cultural health and wellbeing opportunities are not. The programme's designed to engage, energise and encourage, addressing the inequity that exists for individuals with complex needs in engaging with cultural activities and the inequality that exists when making community connections. This forward-facing activity focussed users towards themselves, towards the now and enabled new skills.

Solution (250 words)

Together with The Design Council, Mencap and Harrow adult learning we identified a solution that used singing to create a community that:

- Enabled people to feel confident, safe and inspired to make new connections
- Used creative ways to connect people with one another
- Reflected what's current and what's possible for each individual

We created "Everyday People" a series of music and movement sessions, for adults living with learning disability, delivered directly into the heart of an adult social care service. Embedding fitness, mess and self empowerment whilst providing the opportunity to signpost to further services. The pilot programmes with 200 adults, during lockdown lead:

- 93% to feel more at ease within a group
 - 88% to feel more at ease speaking with others
 - 70% to feel closer to their social care cohort
 - 76% to want to get more involved in their community
 - 49% to feel more equipped to support themselves
 - 93% to feel treated with respect
- 100% of learners hadn't engaged in structured creative activity during the pandemic

The programme combines fitness and creative activities into one weekly session for adults with learning disability to enjoy as a community, exploring how to be creative with voices, bodies and minds, in a structured way. We bring together a community to shine a light on an individual's own culture, needs, wants and personality.

We will develop this pilot into a full length, 10 week programme, supporting learning disabled adults virtually or in person, as they reconvene together. Drawing on our local adult education trading relationships built over a decade of operations, we will develop new trading opportunities, ripping up the rule book of how music should be engaged with in care settings. Mencap Harrow Manager said "It gives fresh vigour and motivation. It gives space to sing and let out the emotions they may have been feeling through sounds or actions. The sessions welcome everybody celebrating each person's uniqueness."

Part C - Wider Support

How would the Stephen Lloyd Award network of partners' support be beneficial to your project? (250 words max)

We work in partnership and collaboration daily and welcome the opportunity to gain insight and support from the partnership network as we navigate the new funding climate post pandemic.

- We are unable to regularly communicate our success stories and impact to funders, stakeholders and beneficiaries,
- We have been unable to dedicate the resources to fully exploring funding options in order to create a resilient funding strategy for this new programme, in a post pandemic recovery.
- We have been unable to fully hone our theory of change.
- We are overdue a legal health check

Support and insight into how to approach these issues as a growing organisation would be hugely beneficial to the organisation.

Part D - Financial Justification

In general terms, please explain how the funding would be used to carry out your project. (50 words max)

We will deliver 11 programmes to 165 adults with learning disability and 22 community carers.
The project has a total cost of £19585:
Multisensory equipment £805
Facilitation £6600
Administration £2650.
Partnership management £3750.
Curriculum development + impact £2000.
5% cost recovery £3780

Part E - Supporting Information

Governing Documents: Where relevant, please upload any recent charity accounts and governing documents as attachments.

- [FIND-YOUR-VOICE-Articles-of-association.pdf](#)

Team: We would like to learn a little more about the individual or team invested into the project. What are your individual credentials? Is there a story behind how you or your team all came together to support the project? (75 words max)

A fellow of the School for Social entrepreneurs scale-up programme, the organisations is featured on the Nat West 100 list, the Wise 100 list, shortlisted for social business leader of the year and named as one of "the big issue's changemakers 2020".

In 2010 Find Your Voice founder Emma, was happy successful and enjoying life in London, however in 2011 Emma was made redundant and found herself, living with poor mental health and social isolation, a taboo for someone otherwise fit and healthy. What Emma did have, was the ability to teach singing, so scroll forward to now and Find Your Voice is a team of 35 singing facilitators delivering programmes around the UK.

YouTube Video

<https://youtu.be/1FloA8wdPIQ>

Additional References: You are welcome to provide a list of up to 5 links with relevant supporting material as further reference.

https://fyvorguk.sharepoint.com/:f:/s/FindYourVoiceCIC/EhKV3H3ozItNjBRTrAO_fOMBSmSZYmY9s31LjvjlLUM1Iq?email=info%40stephenlloydawards.org&e=jHjyB4 - Sharepoint containing our impact report, accounts and testimonials. Access granted to info@stephenlloydawards.org

https://www.unltd.org.uk/uploads/general_uploads/UnLtd_Impact_report_2019.pdf (PAGE 14/15)

<https://www.designcouncil.org.uk/resources/case-study/transform-ageing-case-study-find-your-voice>

<https://www.independent.co.uk/happylist/independent-happy-list-2019-gofundme-a9076616.html>

<https://www.bigissue.com/magazines/top-100-changemakers-2020/> (full interview in print)