

LEARNING VISIT REPORT
London Symphony Orchestra Limited 12181

<p>1.1 Date of visit: 3rd October 2016</p>	<p>1.2 Name of visiting Grants Officer: Shegufta Rahman Alderman Alison Gowman (Chairman)</p>	<p>1.3 People met with: Alison Thomson (Trusts & Foundations Coordinator); Philip Chandler (Trusts & Foundations Manager); Natasha Kricheski (Project Manager)</p>
<p>1.4 Programme Area & Outcomes: Making London More Inclusive\Disabled people reporting increased well-being as a result of taking part in the arts or sport</p>		
<p>1.5 Purpose of the award: £172,000 over three years (£54,000; £58,000; £60,000) towards the delivery and evaluation of LSO Create: creative music making activity for adults with learning disabilities at LSO St Luke's, the Barbican and in residential/day care centres.</p>		
<p>MONITORING INFORMATION</p>		
<p>2.1 Project Outcome 1: Adults with learning disabilities feel more able to access and participate in high quality music making activity at LSO St Luke's and the Barbican. Progress made: In 2015 the organisation engaged 310 new individuals through the LSO Create Programme's second year of delivery. Through the Monday Club, the organisation has built a committed group of participants who feel a high degree of ownership and empowerment through the creative process. The involvement of the Guildhall School of Music and Drama orchestral students in the Outreach Projects has allowed them the opportunity to undertake effective training in this area of work.</p>		
<p>2.2 Project Outcome 2: LSO Create has engaged increased numbers of adults with profound and multiple learning disabilities (PMLD) in tailored and appropriate music making activity. Progress made: For 2016 the organisation is on track to engage between 60 – 80 adults with PMLD. The activities have included those of the Monday Club, whereby participants take part in creative composition with a completed piece of music by the end of the session. There is an annual performance with an initial 150 invitees and a further 100 individuals from the public. Through the Outreach Projects: Full of Life, Tower Project, Daylight Centre and Bede House – engagement with centre staff at each location has identified the needs of individual participants and thereby tailored activities accordingly.</p>		
<p>2.3 Project Outcome 3: Participants in LSO Create are happier and have better listening skills and ability to</p>		

focus.

Progress made:

Individual participants and their carers have reported benefits in both musical and social aspects of the programme, both of which has increased levels of happiness, and developed both listening skills and focus. One example of the improvements in listening skills, participants that attend the LSO Open Rehearsals now sit in the Barbican Stalls rather than the Gallery – putting them much closer to the action on stage.

2.4 Project Outcome 4:

Carers of participants on LSO Create are better able to engage adults with learning disabilities in musical activity for their enjoyment and improved sense of wellbeing.

Progress made:

Staff in the day-centres were not previously offered involvement in the programme. This year these staff members have reported an improvement in their ability to engage adults with PMLD in musical activities. Previously centre staff were not confident in their own musical abilities but this has improved throughout engagement in the programme. Equally, their level of engagement with participants has improved. Family members have highlighted the positive ‘bonding’ theme that has come out of the programme.

2.5 Project Outcome 5:

Engagement of adults with disabilities in the LSO's wider programme - 3 open rehearsals per year with opportunity for adults with learning disabilities to meet the musicians before the rehearsal and sit on stage with the Orchestra. (9 over 3 years).

Progress made:

For 2016 there have been 4 open rehearsals with the opportunity for adults with PMLD to meet with the musicians. This element of the programme has been very popular and successful.

GRANT OFFICER COMMENTS

LSO Create has been generally successful in meeting its intended outcomes. 604 adults with PMLD have engaged with the programme, and a further 339 carers and support workers, following two years of delivery.

The Outreach Workshops were delivered below target – 16 against a target of 24. Across the four day centres, there were four workshops at each, rather than the targeted six. This is primarily due to increased pressures on the capacity of the team, a decision to focus on quality over quantity, and an additional three events that came out of these workshops; two showcase performances by participants to friends and family, and an ensemble recording of a piece of music created by participants.

The Monday Club has been consistently oversubscribed. The capacity within the LSO Create team has been limited and therefore not been able to deliver this every week and meet the demand for the club. The oversubscription has been made up of a mix of both those individuals that regularly attend and new-comers. New participants are mainly fed into the Create Programme through the Monday Club,

and in order to deal with this pipeline, the Monday Club has been restricted whereby some places are allocated to regular participants that have been attending over an extended period of time, and new attendees are allocated on a rota system to attend two out of three sessions. One of the issues identified and discussed with the Create staff members is the lack of appropriate follow-on support available to those that complete the programmes of support – those that have engaged over an extended period of time. There are a number of regular participants that are self-selecting to stay on the programme, and could be viewed as blocking places for new-comers. This is something that the Create team are aware of and will be looking to address over the next 12 months, with a view to securing additional funding (outside of CBT) to expand the programme.

These learnings coming out of the delivery of both Outreach Workshops and the Monday Club have been successfully applied to other areas of the programme. The variety of support on offer has been a strong element of the wider programme. The range of activities from: in-depth Outreach Workshops; regular Monday Clubs; Friday Lunchtime Concerts offering accessible listening experiences; Open Rehearsals; collaboration with Heart 'n' Soul; and the three-day Intensive Project have all allowed participants to engage at varying levels. This has allowed them to engage at a level they are comfortable with, whilst enabling the on-going development that is the basis of the LSO Create programme.

During the visit, your Chairman and Officer were given the opportunity to sit in on several group sessions, including the Monday Club. It was clear that there was a strong level of engagement from the participants, carers and workshop leaders.

Finally your funding includes an element for the evaluation of the LSO Create Programme. Although your Chairman and Officer were unable to meet with a representative of Lemos & Crane who are leading the evaluation, the Create team was able to outline the progress of the evaluation. The first and second years' activities have included a number of focus groups, with the second year's dialogues being more conversational, with reflections on internal processes. The final year will focus on the specific outcomes, and the work is expected to be completed in the expected three-year timeframe.

LSO Create has been able to provide both qualitative and quantitative evidence of delivering the targeted outcomes as identified in its original application. Although they have fallen short of the target for Outreach Workshops, they have been able to identify a natural shift in quality over quantity, and the benefits that come with more intense, less frequent activities. However, they have also identified the need to develop the programme further to ensure suitable support for those participants that have been attending over extended periods of time, and don't have a clear path to follow-on from the existing programmes of support, thus freeing up space for new-comers to LSO Create.