

## Lowestoft Town Council Funding Application – Additional Notes

### What does your organisation do? (100 words max)

We deliver music and creative activities to people who have been disadvantaged through disability, poverty, addiction or personal circumstance. It has been proven that active participation in music has multiple benefits on emotional well-being and physical and mental health.

Music Prescription workshops and sessions can help empower disadvantaged people, giving them the chance to gain new skills, express themselves and enjoy the creative experience. We're able to guide participants on their creative journeys to help them realise their full potential. Whether it's simply having fun, performing or looking for opportunities in the music and creative industries.

### Please provide details of the project and how the project will benefit the people of Lowestoft (250 words max).

A series of creative workshops for people in recovery from substance misuse, providing a positive creative experience and offer performance opportunities. Activities will be at The Grit, Lowestoft. Tuition on a range of instruments Drums, guitars, keyboards, percussion and sampling equipment. We will help form lyrics, compose and arranging music. Sessions are tailored to individual needs, making continual adjustments improving pieces of work, potentially to a performance standard. It is a great opportunity to make friends, share life experiences and support each other. We will provide support in 8 workshops for up-to 15 vulnerable adults per session, developing creative interests to build self-sustaining recovery routines. Participants can try something new whilst growing their self-confidence and sense of self-worth. The project will help prepare participants to showcase their talents via the 'Recovery's Got Talent' 'Suffolk Sober Spaces' Open Mic nights and local festivals.

Venue Hire £75 per day x 4 days = £300	300
Workshop Leader @ £325 per day x 4 = £1,300	1,300
Workshop Tutor @ £250 per day x 4 = £1,000	1,000
Volunteers x2 @ £20 each per day x 4 = £160	160
Planning/Operational £100 per session x 4 = £400	400
Equipment £75 per session x 4 = £300	300
Administration/Publicity @ £75 per session x 4 = £300	300
Participants travel and food £290 per session x 4 = £1,160	1,160

TOTAL £4,920

### What specifically would the grant from the Council fund?

We will prepare and support participants in community performances, local radio appearances and service user led recovery open mic sessions. We have a steering group of members of the recovery community. Positive creative activity will improve wellbeing & confidence. This will boost self-esteem and reduce substances misuse and crime.

Participants will access tuition on a range of instruments and be guided through lyric writing and composition. The project will offer support in a safe community environment, community networks essential for ongoing recovery, especially abstinence-based activities.