

2020 OVERVIEW

SOUNDUP ROUND-UP

The SoundUp Arts Yearly Summary



What the Round-Up Contains

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- 2021- Looking Forward

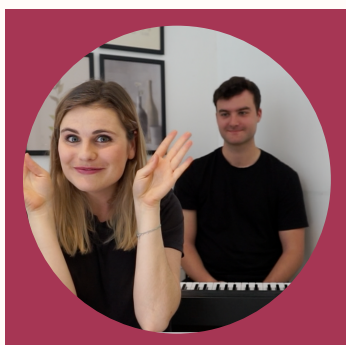
DIRECTOR'S MESSAGE

Written by Lucy Temby

In March 2020 it felt like a light had suddenly gone out. Engines stopped, chatter faded and doors were closed and locked. What followed has undoubtedly been a dark and difficult year, a year marked by loss, isolation and anxiety for so many of us. Working in the field of arts and health, we have seen and felt the devastating effects Covid-19 has wreaked on both these sectors. It was as if overnight the darkness had crept across theatres, museums and galleries, whilst simultaneously spelling the end to in-person interactions and art therapies with our elderly and vulnerable. End of year reports from the Alzheimer's Society confirm that people affected by dementia have been the hardest hit by Corona Virus. Their research found that over a quarter of people who died of Corona Virus between March and June had Dementia, that 46% of people living with dementia said lockdown had a negative effect on their mental health, and that 82% of people living with dementia reported a worsening of their symptoms over the course of the pandemic. These figures mirror the devastation to the lives, livelihoods and wellbeing of people living with dementia and their carers that we have seen first-hand.

However, amidst the lingering darkness that has stretched across 2020, SoundUp Arts has felt overwhelmingly fortunate to have seen so much light. Light in the positivity, support, encouragement, gratitude and goodwill of our community. A light that has shone from people we have worked with, for and alongside throughout this year. We are grateful to have had the support of local and national funding bodies over the past 9 months, enabling us to develop and share musical projects for people living with dementia and their carers. We have had immense backing from individuals, whose goodwill and generosity accounted for almost a quarter of our income in 2020, enabling us to reach so many more individuals affected by dementia. And most inspiringly, we have been buoyed by the hard work of our Associate Artists, and the spirit of our beneficiaries; people living with dementia and their carers who have made all we have done this year meaningful.

2020 managed to shine a light for many of us on what really matters. For us, it was this light that sparked our creativity, fuelled our resilience and ignited renewed drive and clarity. In turn, we have seen the light that music and art offer in times of darkness and adversity. The arts in their myriad of forms continued to bring light to all of us, no matter our background, health, ability or circumstance. The power of music and art is that it can sooth, distract, comfort, engage, stimulate, calm, excite and connect us. Music and art have made this dark year lighter, more bearable and at times joyful. So, as 2020 draws to a close, I personally wanted to thank you for valuing the creative arts as a light, and for playing an integral role in letting it shine upon communities that need it most.



“WHEN SHE DOES YOUR SESSIONS, IT CHANGES HER PERSONALITY. SHE BECOMES ALMOST THE PERSON WE USED KNOW... IT GIVES ME 30 MINUTES TO GO AND GET THINGS DONE, KNOWING SHE IS HAPPY AND REALLY ENGAGED. BASED ON THE ONE WE’VE SEEN THERE WAS DEFINITELY A DIFFERENCE FOR THE BETTER.”





NUMBERS IN A NUTSHELL

6,323 musical and creative engagements in person and online

64 employment opportunities for early-career and students

72 trained through our Music Made Well workshop

22 early-career musicians joined us as SoundUp Associate Artists

13 successful arts-health project grant bids

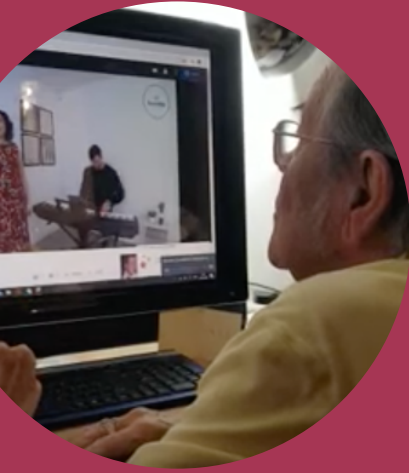
62 Musical Sessions, Concerts, Workshops and Resources created and shared

350 Music Resource packs delivered to community members and care homes

460 individual donations from community supporters

OVERVIEW OF PROJECTS

2020



Creative Casts

A series of 8 interactive musical sessions and a pack of accompanying creative resources designed to engage people living with dementia in care homes and the community. To date this resource has reached 175 people living with dementia in care homes and the community, and a further 209 people online.

SoundArt

An 8-part music and visual arts digital concert series, aimed to promote creativity and wellbeing. The music is performed by SoundUp Artist Celia Denore López, with all artworks created by Angela Denore López. To date this resource has been shared with 600 beneficiaries.



Mini Movies

A series of 4 interactive sing-a-long shows from Opera to Music Theatre, created and performed by SoundUp Artists Edward Robinson and Rhiannon Doogan, accompanied by Rachel Fright. 634 people have engaged with this resource online since October.

Music Made Well

This year we have run 10 online training sessions, developing the skills of 72 early career musicians, care workers, family carers and volunteers.



Socially Distanced Live Concerts and Workshops

In 2020 we have run 13 live concerts and workshops for people living with dementia in care homes, with a further 20 live online music workshops already planned to commence in January 2021 for people living with dementia in the community areas of Manchester City and Salford.

The '12 Days of SoundUp'

A musical advent calendar, sharing a free musical gift each day for 12 days leading up to Christmas. We delivered 175 hardcopies of the programme to individuals and care homes across our community. We launched this digital concert with an online Christmas Carol Concert titled 'Sing Song Merrily At Home' which had a viewership of over 1700 people. Across the '12 Days of SoundUp' we had 2700 viewers engaging with the content through our online platforms and those of our project partner Together Dementia Support.



FUNDERS AND SUPPORTERS

Our Sincere Thanks To:

Together Dementia Support
Arts Council England
One Manchester Catalyst Fund
We Love Manchester
The Charity Service
Tesco Bags of Help
Salford Crisis Fund
GMCVO

The Royal Northern College of Music
Forever Manchester
Warburtons Community Fund
National Lottery25
Neighbourly Micro Fund
Manchester Wellbeing Fund
The Buzz Age Friendly Manchester
Salford CVS

We especially wanted to thank our community patrons and the individual donors who have made a huge contribution this year, and without which we would not have been able to achieve half of what we did in 2020. We counted up every donor from 2020 and were staggered to see that 462 individuals had supported our cause this year. We are overwhelmed by this community support and buoyed by the generosity of each individual that collectively underpins all our work. Thank you for your crucial and valued support.

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"I CANNOT THANK YOU ENOUGH FOR PUTTING THEM (CREATIVECASTS) TOGETHER YOU DESERVE NOTHING BUT SUCCESS AND RECOGNITION FOR ALL YOU DO AND YOUR INCREDIBLE UNDERSTANDING OF HOW TO TOUCH THOSE WITH DEMENTIA. WE HAVE A NEW LADY, VERY UNSETTLED AND SUFFERING FROM DEEP ANXIETY. THIS LADY WILL SIT AND INTERACT WITH YOU FOR THE DURATION."

"THANK YOU ALL SO MUCH, YOUR SUPPORT AT THIS TIME IS IMMEASURABLE. WE CAN'T WAIT TO GET BACK TO NORMAL SESSIONS, BUT IN THE MEANTIME JUST HEARING THE SONGS HAS REALLY RAISED OUR GAME."

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SPENDING SUMMARY



You can see all our projects in more detail on our website:
www.sounduparts.com

Or watch our resources by searching 'Sound Up Arts' on Youtube

Sign up to our mailing list on our website to get our news and keep up
to date with all things SoundUp



Coming Soon in 2021

'Music Made Well' Training Sessions Throughout the year we will be running more of our workshop sessions, aimed to increase the confidence and skills in using music as a tool for wellbeing with people living with dementia. **Email us to find out more: sounduparts@gmail.com**

'Well Singing' (Jan 2021) a recorded music resource, enabling any person in a care role to facilitate meaningful musical sessions for groups of people living with dementia to promote wellbeing, connection and expression. Available as a CD and facilitator guide for purchase.

'TuneUp' (Jan 2021) short daily Musical resources aimed at promoting the 5 steps to wellbeing through participatory music and song. These will be available for free online.

'Create&Connect' Zoom sessions (From February 2021) 20 funded small group sessions online, designed to stimulate musical memory, connection and new creative experiences in the moment.

A very special 'SoundUp ChorUS' In 2021 we will aim to start up a new community choir inclusive to people living with dementia, and accessible in a variety of ways.... stay tuned!

And much much more- we can't wait to create and share with you!

LOOKING
FORWARD TO
2021