



Transforming lives through
the power of music

CODA MUSIC TRUST

Coda Music Trust

Coda Music Trust is a unique, award-winning local charity that uses music as a tool for personal and social change.

Believing in the power of music to transform lives, Coda offers help and support through participation, learning and therapy.

Over two decades, Coda has developed music activities and programmes for everyone, including some of the most vulnerable people across Dorset, Hampshire and the New Forest.

530

people participate in music activities on-site at Coda Music Centre each week

This work takes place in a variety of settings: from our own music centre and dedicated music therapy facilities to residential care homes, community and youth centres, special and mainstream schools and hospitals.

This community outreach programme is created in response to local need, using music as a tool to tackle issues of social deprivation or crime, isolation, ill-health or disability.

Coda's work with music reaches over 800 people each week, eliciting positive change and improving wellbeing.



Coda has developed a range of programmes, reaching some of the most vulnerable people across Dorset

Music Therapy

By the skilful use of music, Coda's music therapists can help individuals to promote and restore aspects of their health and the emotional and structural qualities of music can help clients to benefit from enhanced communication, personal development, learning, self-awareness and interaction.

Robust research has been carried out into the effectiveness of Music Therapy and there is strong scientific evidence that it can improve health outcomes across a wide spectrum of conditions.

Music Therapy is delivered one-to-one both at Coda's dedicated Music Therapy Centre and in other clinical settings and increases participants' emotional, physical, emotional and psychological health and wellbeing through engagement with music.

240

Music Therapy sessions are provided by Coda each year to people with profound and multiple learning disabilities



“Our experience with Coda’s Music Therapist was an amazing one. My boy is severely Autistic and to find ways to get to him, to communicate with him, is not an easy task. Rachel, with her charming personality, managed to get him to interact and engaged with her so enthusiastically and spontaneously through music and sound. His joy and excitement during his sessions is the best gift a mum of an Autistic child can have. I am confident that music therapy will be a real key in my son’s development and interaction”

Tally (mum of Raz, age 8)

Music For Wellbeing

‘Beautiful Sounds’ sessions promote health and happiness through music for adults with learning difficulties.

These regular music workshops are fun and sociable for both adults with learning disabilities and their carers.

Participants sing, play instruments and enjoy simple musical games, all of which encourage participation. As well as playing and singing along with favourite pop and rock songs, participants have the opportunity to write and record songs.

As well as being enjoyable, these sessions encourage cooperation, participation and memorisation and help to both stimulate and focus attention.

53

adults with learning disabilities play music with Coda each week

“Just brilliant”

Barrie, a carer

“We throw a dice to get everyone in the group to have a go, then you pick a picture and we play a song. Everyone is motivated. We all get to contribute. It is interesting. I am happy in that session and I am focused.”

Khaled, a participant



Creative Music Projects

Music is a strong motivator for children and young people with special needs and benefits them in many ways.

The use of instruments encourages the development of motor skills and, being non-verbal, music allows those with limited speech to be able to connect and express themselves without words or spoken language.

Coda works with special schools across Dorset and Hampshire delivering bespoke, creative, curriculum-linked music projects.

214

children and young people in special educational needs schools play music with Coda each week

“This is the only opportunity some pupils get to experience live music and it’s so nice for them to be able to hear a variety of instruments and participate with props, percussion and blowers! I have had some lovely feedback from everyone that it really was the highlight of the week.”

Nicole Billing, Linwood Special School



“This was an excellent experience for the pupils. The project had a great impact on all the pupils who took part and helped develop listening, turn taking and social skills as well as musical and physical manipulation skills. Parents and other staff in the school were very complementary.”

Montacute School, Poole

Music with people with dementia

Coda's award-winning work with older people in residential care continues to make a profound impact on the lives of local people, tackling isolation, anxiety and loss of identity through music.

Coda delivers an inspirational programme of activities across Dorset and Hampshire, using music to address the health and wellbeing of older people in care. This programme, which provides a rich breadth of participatory music offers to residential care homes across the community, won Coda an Arts Health South West Award in March of 2015.

As a way of helping to care for and support the elderly and those with dementia, music has been shown to have a dramatic effect with soothing, stimulating and bringing to mind long-forgotten memories. In individuals who can no longer talk, music can become an avenue for communication and engagement.

The power of music, especially singing, to unlock memories is an increasingly key feature of dementia care, reaching parts of the brain in ways other forms of communication cannot.

Coda also provides expert support to care staff with ongoing professional development opportunities and training, providing staff with practical techniques to use with even the most vulnerable or challenging individuals.

56

older people in residential care play music with Coda each week

“They are always asking when the music is starting and the difference is clear to see. Their energy levels are up and you can see the excitement in their faces when they know it's going to be on. They are much happier afterwards and they continue to sing when it's finished. The staff enjoy it too and the relationship it allows the staff to build with the residents makes a big difference”

Milton Grange Care Home



"We need specially trained staff like Coda to deliver work with the residents. They have dementia and it's really hard now."

Linkfield House Care Home

"The residents are far more alert leading up to the sessions when they know it's going to be starting. It gives them something to look forward to and they communicate a lot more - before and after. Their energy levels are better and the atmosphere is much nicer as they tend to talk more and the energy in the home is more positive."

White Lodge and St Helens Care Home

In The Community

The Coda Fiddle Orchestra (CFO) is a community-based ensemble of 40 or so young musicians from a truly diverse range of nationalities, which breaks down cultural barriers, provides inspiration and creates aspiration.

The CFO works with children and young people aged 5 to 16 in Boscombe (a deprived area of Bournemouth). It nurtures young people through opportunity and learning and achieves musical excellence!

Over the past 8 years the project has reached hundreds of children, young people and their families, providing weekly, free music opportunities and numerous performances across the town.

Children in Boscombe are the most affected by income deprivation in Bournemouth (2015 Index of Multiple Deprivation) with 32% of children in the ward living in poverty.

The area is known to be the worst pocket of deprivation in the South West of England with overcrowded homes, broken families, high levels of unemployment, crime, drug and alcohol dependency and low levels of education attainment and life expectancy rates.

Within this landscape, the Coda Fiddle Orchestra creates an environment of achievement and great pride.

The Coda Fiddle Orchestra participates at the heart of the community and is supported through volunteers, young mentors, local funders and champions. It provides a unique opportunity for children and young people to learn an instrument and play as part of a high quality ensemble, but its impact is far greater.

46

children play in the Coda Fiddle Orchestra every Saturday

"It's about the people, playing together and enjoying ourselves. We get lots of opportunities to play and we have a lot of fun together."

Star Chong, age 13



"At Josephs school, they don't provide violin lessons and this is the only chance he has to play violin. It's such a good opportunity for the kids. It's amazing to provide free lessons, especially on a Saturday. It's a real community."

Mum of Joseph Zhang, age 6

"The teaching here is very different from a school where things tend to be far more restrictive. This is fun. There's a very relaxed, friendly atmosphere and that's why I chose it for Bernadette. She loves it and has made really good friends all the way through. The children have done so many good concerts and they're always encouraged to contribute to them."

Jenny Lanham

"The Fiddle Orchestra has been a wonderful thing to come to. It's been amazing, the best thing that's happened in our lives."

Rebecca Davies

In Mainstream Schools

The decline in music education is becoming increasingly noticeable, with the focus on core subjects hitting music provision in schools.

Many primary schools no longer have access to a specialist music teacher, which means a large number of children have no music provision at all and while some may have a music coordinator, the time they have to devote to music in the school is very limited, so schools need to become more creative about how they offer music lessons and instrumental tuition.

In research published in 2016, Professor Sue Hallam, professor of education and music psychology at the University College London Institute of Education, found “compelling evidence” for the benefits of music education, recommending that every child and young person should have access to quality music opportunities.

Coda specialises in curriculum-linked projects, offering bespoke, creative learning opportunities specifically linked to the National Curriculum’s statutory requirements.

Coda’s team of qualified, experienced music educators also provide instrumental teaching, teacher training and consultancy advice to support schools looking for creative ways to bridge their gap in music provision.

320

children play music with Coda in regular schools each week

“The work your tutor has done with us this year has been amazing! The children have been enthusiastic about their lessons and quite a few have purchased their own ukulele. They have really enjoyed the process of writing, recording and performing their own composition and we really appreciate the time and effort.”

Pokesdown School, Bournemouth



“The benefits of music include listening skills which support the development of language skills, awareness of phonics and enhanced literacy; spatial reasoning which supports the development of some mathematical skills; and where musical activities involve working in groups, a wide range of personal and social skills which also serve to enhance overall academic attainment even when measures of intelligence are taken into account.”

Professor Susan Hallam, MBE

At Coda Music Centre

The benefits of learning music at any age are substantial. Coda works with young people in many different settings and as a music centre and a centre of excellence for music tuition, provides learning opportunities to over 300 children and young people per week.

In addition, the number of adults learning music at Coda is increasing dramatically. Coda provides a place for adults to learn or enjoy music, either individually or in groups, providing lifelong learning resources and a place to meet and socialise.

Nobody is excluded from tuition and Coda offers a bursary scheme, which supports individuals who may have difficulty in affording the cost of music therapy sessions or lessons. The scheme provides subsidised, affordable music tuition to those in financial difficulty, making our services accessible to all.

301

**children learn music
at Coda each week**





185

adults over the age of
60 learn new skills at
Coda each week

Our home on the borders of Dorset and the New Forest

Based on a former Victorian farm, our music centre is a tranquil environment to learn and play. Old farm buildings have been transformed into music and therapy spaces since the Trust purchased the three acre site in 2005, with a vision to create a hub for music and creativity.

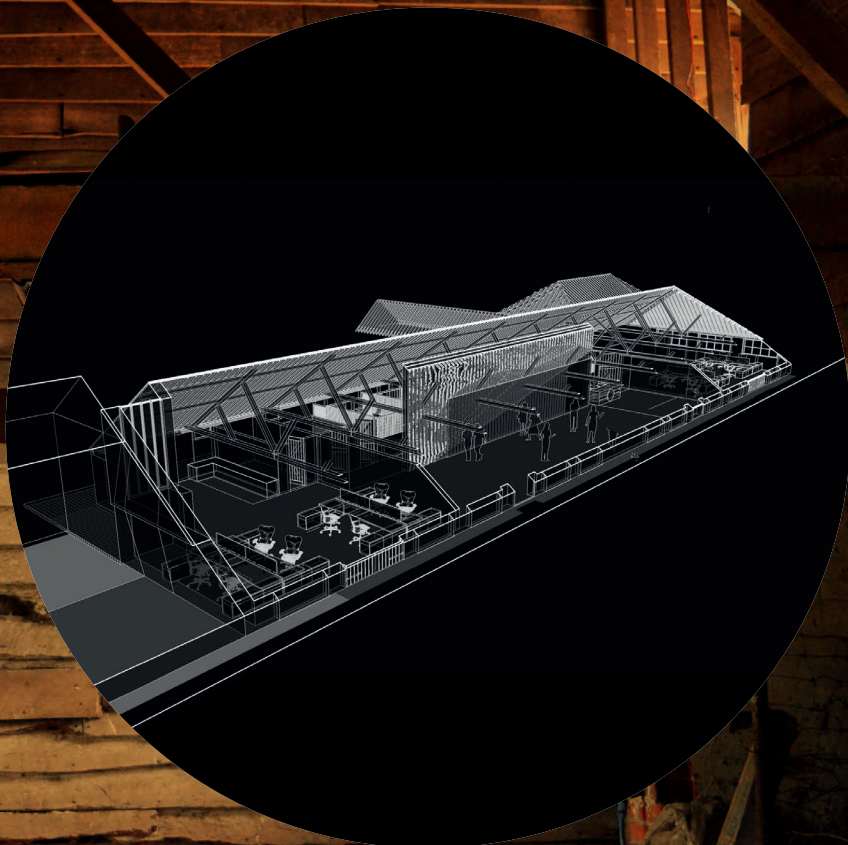
Coda currently provides twelve teaching spaces and two therapy rooms in the former dairy and piggery and, in 2011, was joined on-site by Red Triangle Productions, who built an outstanding recording studio complex in the old hay barn.

With a growing local population, our space needs to meet an ever-increasing demand for education, training, therapy and creativity - and in the coming years, we are looking to develop the remaining disused buildings on our site to create inspirational facilities for the local community.

The benefits of music making are proven and, through the creative use of our home, we aim to continue to make a positive impact on the intellectual, personal and social development of people across Dorset and Hampshire.

“We would love to complete the transformation of our home into an inspirational space for creativity”

Phil Hallett, CEO of Coda Music Trust





**"Music and rhythm find their way
into the secret places of the soul"**

Plato



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



LOTTERY FUNDED



**Passionate
about music**

Chewton Farm Road,
Christchurch, Dorset BH23 5QL
Registered Charity Number 1068710

01425 276 161
contact@coda.org.uk
www.coda.org.uk

