

PROJECT REPORT

project delivered by
SUNRISE
STUDIOS

proudly part of
access
Your Community Your Trust

Strike 2023/ ^A CHORD 2024

YOUTH
MUSIC



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



SUFFOLK
Community
Foundation



About Sunrise Studios & Access

Sunrise Studios

Sunrise Studios is a community production company operated by and for young people based in Lowestoft, East Suffolk. Established within regional charity Access Community Trust in 2021 by Joshua Freemantle when he was just 18.

Before he was supported by the charity, Joshua himself struggled to be taken seriously at such a young age and have his voice heard, and now he continues to support other young people in his community.

All profits made through Sunrise' services are reinvested to provide accessible opportunities within media, music and the arts for under-25s. Among other projects like Strike A Chord it has also successfully organised two editions of Lowestoft's very own film festival which supports and promotes work predominately from under 30s.

We also successfully partnered with Festival Republic in 2021 that produces Latitude Festival (this praetorship continues year on year), and currently facilitate interactive youth led silent discos and accessible neurodivergent activities 6 hours a day through out their festival.

Access Community Trust

From humble beginnings as a homeless night shelter in Lowestoft, Access Community Trust has grown significantly in scale and reach for nearly half a century.

Today, the charity champions homelessness support across East Anglia, alongside providing a range of mental health and wellbeing assistance that helps vulnerable individuals of all ages, families, and wider communities that find themselves socially isolated.

Access also have a focus on supporting vulnerable or at-risk young people through a number of services and groups listed below, as well as primarily supporting this demographic in Lowestoft through two key services - The Junction & Sunrise Studios (both focus on young people).



Available for young people aged 18-25 years old



Service for young people & families in East Suffolk (excluding Lowestoft)



LGBTQ+ Group for 11-17 Year olds

Sheltered Accommodation: BEACONSFIELD & HAVEN

Available for young people aged 16-25 years old



Project Overview

Strike A Chord (SAC) was an exciting new pilot project for young people aged between 12-19 years old living in East Suffolk (previously Waveney).

SAC gave young people the opportunity to create, produce, learn and go on to record their own music both individually, and as a group for our end of project.

We've also worked to continually support young people's wellbeing throughout the course of the grant (both in sessions and during the week). Our support has massively helped grow participants confidence and self-esteem, enabling them to make their voice heard, by performing live, co-producing sessions and also leading on the creation of our very own Youth Forum (Lowestoft Youth Collective).

Throughout the project we were able to deliver educational sessions on how music can benefit our mental health. This included how listening to music, writing songs, poems or journaling can help to support our wellbeing.

Guitars, a drum kit, keyboards, percussion instruments and professional recording/performance has also freely been available throughout SAC.

SAC was an opportunity for us to learn, adapt and gain on knowledge on how we can directly shape future projects, and also develop youth voice within and outside of our organisation.

Joshua Freemantle

Development Producer



53

Group Sessions

91

Young People Worked With



12

Training Sessions

294

1:1 Sessions



Raising Aspirations Building Confidence Creating Youth Voice

Strike A Chord (SAC) aimed to foster a transformative impact, nurturing young people's aspirations, bolstering their confidence, and amplifying their voices within our organisation. By providing a platform for stigma free expression and engagement with other individuals, we endeavoured to inspire young participants to reach their goals, envisioning brighter futures for themselves.

Through tailored initiatives and meaningful interactions, we strived to create a sense of self-assurance, empowering our participants to navigate challenges with resilience and determination.

SAC created an inclusive environment where every voice is valued and heard, fostering a culture of collaboration and mutual respect. By actively involving young people throughout in decision-making processes and providing opportunities for leadership, we created a safe space where co-production was at the forefront.

Enabling young people to feel a sense of ownership and belonging within our project and organisation. Through workshops, mentoring, 1:1s and various opportunities to perform at community events, we nurtured the talents and passion of our youth; equipping them with the skills and confidence needed to shape their own pathways.

Ultimately, SAC cultivated a collective of empowered, inspired, and vocal young individuals who are poised to make meaningful contributions to both our organisation through other projects (inc. Lowestoft Youth Collective) and their own future progression.

3 Main Outcomes:

- **Formation of organisation Youth Forum**
- **Supported Individuals Wellbeing & Aspirations**
- **Boosted Self Esteem & Confidence**



"Strike A Chord has been such a fantastic service. We are proud to be able to host such a beneficial and positive project within the hub, which is supporting 15 young people in weekly sessions with their wellbeing, self-esteem, and confidence with performing and learning in music."

Emma Ratzer

CEO · Access Community Trust





Lowestoft Youth Collective

Acting on feedback given to Sunrise Studios and seeing an increase in youth voice and decision making surrounding the shaping of the provision in The Junction, by young people increasingly wanting to further co-produce the service by making it unique to them and ensuring it appeals to all young people; we decided to create an action group, called The Junction Youth Action Group (JYAG).

With growing success of JYAG and the impactful positive changes it made to the provision, we decided to create a fresh new collective and open it up to even more young people. In late-2023 our new youth forum came with a fresh new look and a fresh new name, now known as Lowestoft Youth Collective (LYC) and for ages 11-25.

We held our first meeting under this new look in January 2023, with the sessions focused on a co-designing a logo to go with the project. The 'closed' collective meet-ups take place every 4-6 weeks, however anyone from the East Suffolk area can still apply to join our collective.

We're accessible for any young people in our community to join in-person and/or virtually. The LYC gives young people the opportunity to have their voice heard, views taken seriously, make impactful changes and champion new ideas and create exciting opportunities for other young people and themselves within our community and across Lowestoft.



Shaping services



Making voices heard



Directly informing working





Case Studies & Learning

Key Learning

- We've learnt that having a longer term project such as ours with weekly sessions across a period of a year may have affected productivity due to a sense of limiting our time with sessions being shorter over such a longer period. Where actually, for future planning and by taking on making a more intensive project across 6-8 weeks would contribute to less distractions affecting some absences, life events, exams etc coming into place and would help to boost productivity even more.
- Open access opportunities to other project outputs that were not a closed project session like our weekly program, we held 12 music cafes through half terms and school holidays where all of our resources and equipment were available for anyone to use alongside light refreshments, as well as any young people being able to access our trusted safe space 5 days a week.
- Outreach at local education providers, on social media and at local events showed us the continued need for our provisions locally. This included our youth forum, and showed the need to adapt and make changes, to continue growth of young people's voices and the vital need for projects like this.
- The lived experience and support needs from our young people was wide ranging, and in order to support them we integrated our existing mental health youth worker from within The Junction to assist with giving further direct support and guidance beyond weekly sessions.

"Rhianna was our eldest participant at 18 years old when she started, it has been clear since the start of our project that with her passion and commitment to Strike A Chord she will continue to flourish and succeed in music. She aspires to create a career path as a singer/songwriter and music tutor, and it's fair to say if she continues to make her voice heard and continues to showcase her talent, we're sure it won't be the last we hear of her and we hope to work with her down the line when shaping future projects."

Rhianna - 18 Success Story

"Poppy was our youngest member of the project and lived in around the Norwich and Lowestoft area, due to split parent responsibility. Poppy comes from a domestic violence background and has struggled with her mental health. When we first met Poppy she was quiet, shy, and lacked self-esteem and confidence. With some support and guidance from our vocal coach and other members of staff, Poppy became more confident and started to open up. She had made friends and enjoyed working with other members of the project. We supported mum and Poppy with check in's when things at home became challenging. We signposted mum to support networks for herself and Poppy and kept checking in during sessions when we saw Poppy. Poppy has throughout the project been a positive, kind and enthusiastic young person and has contributed in the creation of the Christmas song and the mental health song."

Poppy 13 Success Story

"Since the inception of our project, we've had regular 1:1 check ins with Evie and found out through our first 1:1 that she wears headphones most of the time. She told us she uses these to help with sound, as she finds that loud noisy environments can become overwhelming. As an organisation we were able to make reasonable adjustments by making sure there was some areas that were quieter for her to go if she needed some space, as well as checking in with her to see if there was anything else she needed during the sessions. Compared to May 2023 she has massively gained her confidence and her tolerance to loud noises has massively improved."

Evie 13 Success Story



Key Stats & Feedback

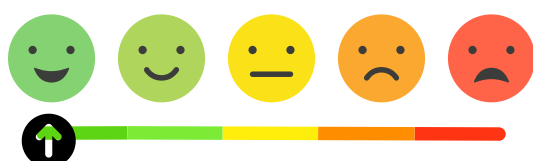
Average mood at start of project



Average music ability at start of project



Average mood at end of project



Average music ability at end of project



Confidence at start of project



I feel well connected to others in my community (at start of project)



Confidence at end of project



I feel well connected to others in my community (at end of project)



Feedback from young people across sessions:

"Really enjoyed working with other people who aren't my age."

"Loved my instrumental 1:1s and learning how to play the guitar."

"I've really enjoyed meeting other musicians and passionate people."

"How to fuse verses together and learning to write a chorus."

"Producing and making a podcast was so fun."

"I am really excited to make music with different people who are part of the project."

:"Being able to put all of our voices together and have a laugh in a safe space."

"I really enjoyed making the mental health song and it was a really important thing for me."

"Amy Winehouse was 19 when she wrote her first album and I want to be like her."

"I am very excited to finally be part of a publicly released song and make a song with the gang."

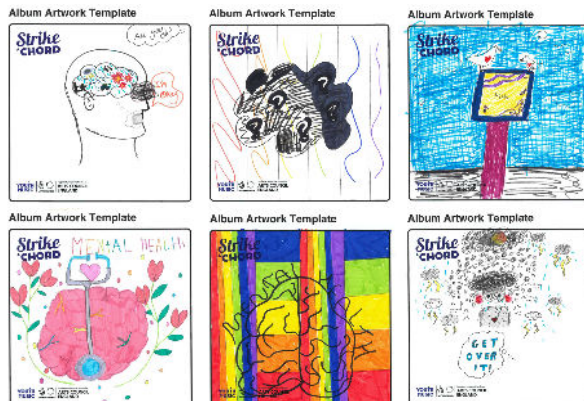
It's the most exciting but scary opportunity I will ever have, and I am blessed to be given it.

SAC has improved my skill and confidence and I'm so grateful for this."



Highlights

Album artwork making



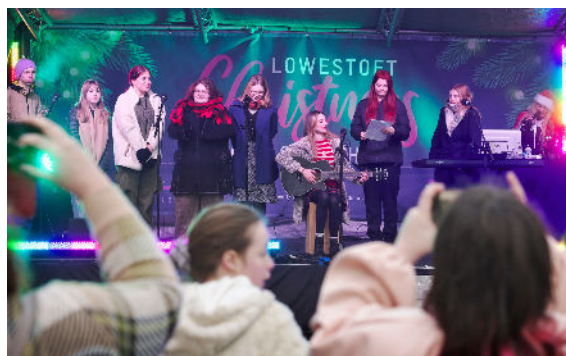
Project focuses:

- Instrument loan scheme
- 1:1 sessions
- Skills development
- Songwriting
- Personal portfolios are created
- Young people co-producing sessions

Podcast made and produced by our young people



Major public performances



Launch of Christmas Song



Gig opportunities at the East Point Pavilion



For more project highlights, pictures and our songs please scan here.

Strike ^A CHORD

SUNRISE **access**
STUDIOS Your Community Your Trust

Promoting social inclusion for the community's benefit by preventing people from becoming socially excluded across Suffolk & Norfolk.

sunriselowestoft.com accessct.org

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Access Community Trust