

# New Note Orchestra

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## **Service Outcomes**

February 2023

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# 1 INTRODUCTION

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New Note Orchestra regularly asks members to complete questionnaires so that we may learn more about the impact we are having on people's lives, and how we might shape the way we do things in the future to ensure we are meeting their needs.

Questions are grouped into key outcome areas which align with our Theory of Change to progress against our service outcomes.

## **ARTISTIC DEVELOPMENT**

Improving musical skills and producing music of high artistic value.

## **COMMUNITY DEVELOPMENT**

Engaging with our local community, strengthening relationships, and feeling valued as part of the group.

## **HEALTH AND WELLBEING**

Sustaining recovery from addiction and improved indicators of health and wellbeing.

## **IDENTITY**

Feeling positive about life and rebuilding connections with friends and family.

In addition, we also use the survey as an opportunity to gather any feedback from Orchestra members and to understand the role New Note plays within the context of people's wider networks of support. We know that members attend a wide range of other creative groups and recovery support services, and consciously make lifestyle choices that support their recovery (dietary choices, exercise, practising mindfulness, gratitude, and kindness for example). We want to ensure that New Note Orchestra complements the impact of other support and explore how the group might strengthen areas that members feel they might benefit from additional support.

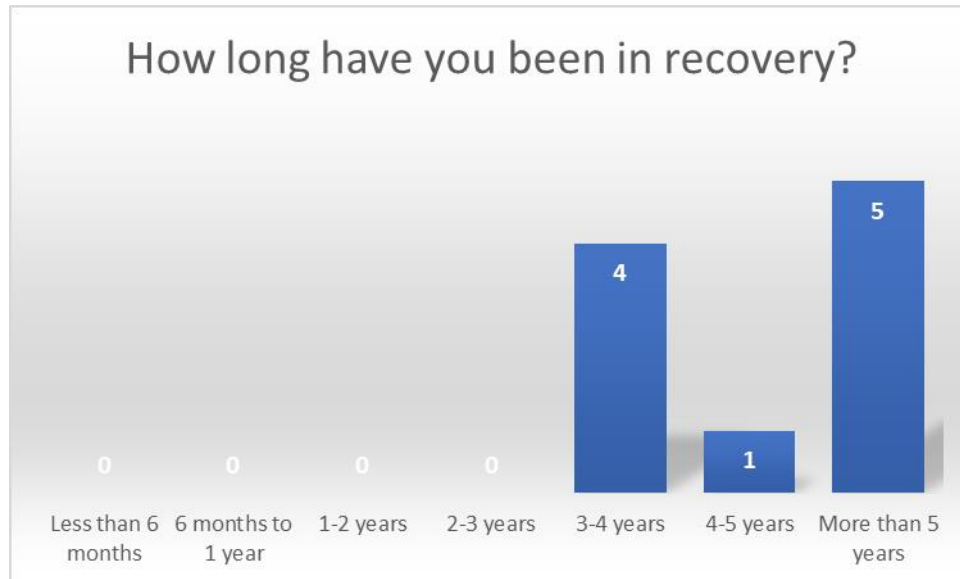
**WE RECEIVED 11 RESPONSES TO THE SURVEY, 69% OF CURRENT MEMBERS**

## 2 MEMBERSHIP PROFILE

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### 2.1 HOW LONG HAVE YOU BEEN IN RECOVERY?

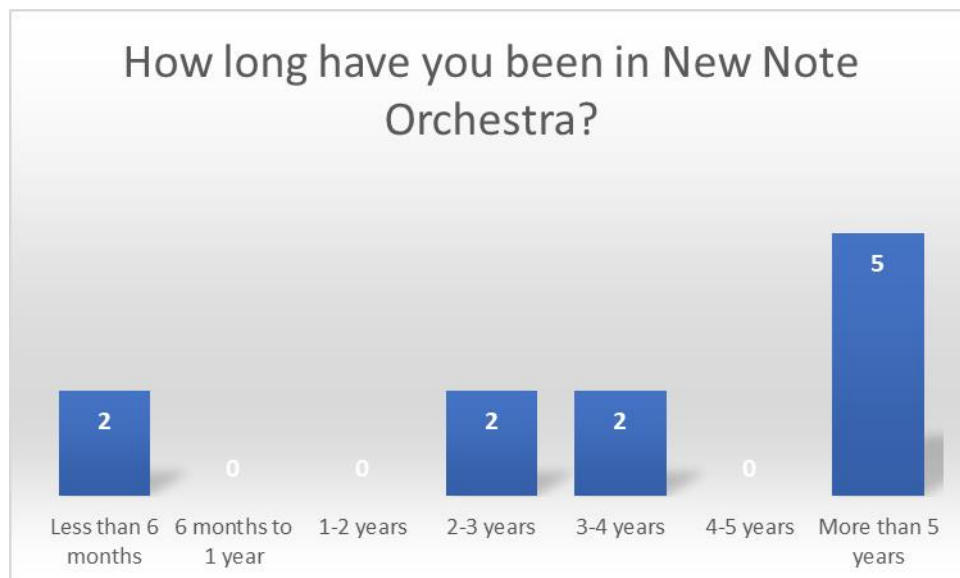
91% response rate



**50% of respondents have been in recovery for more than 5 years**, 1 person didn't answer the question or marked it as not applicable. We know that a minority of individuals' primary reason for attending the group is to support their mental wellbeing and do not identify as being in recovery from addiction. There are also individuals who play a supporting role by using their skills and experience to support the group musically, or by using their experience of technology, logistics and media.

### 2.2 HOW LONG HAVE YOU BEEN IN NEW NOTE ORCHESTRA?

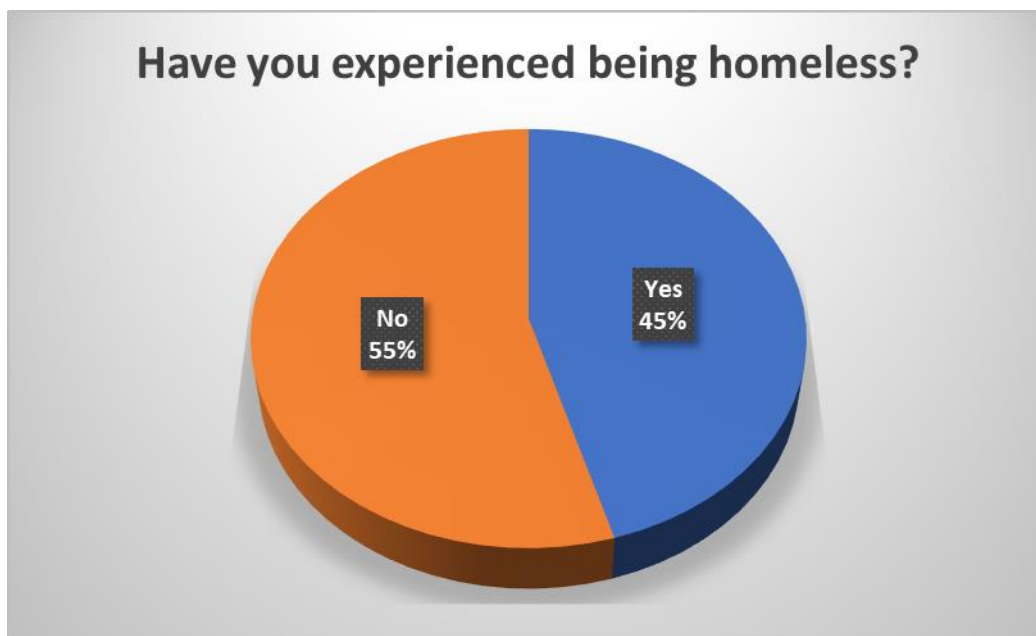
100% response rate



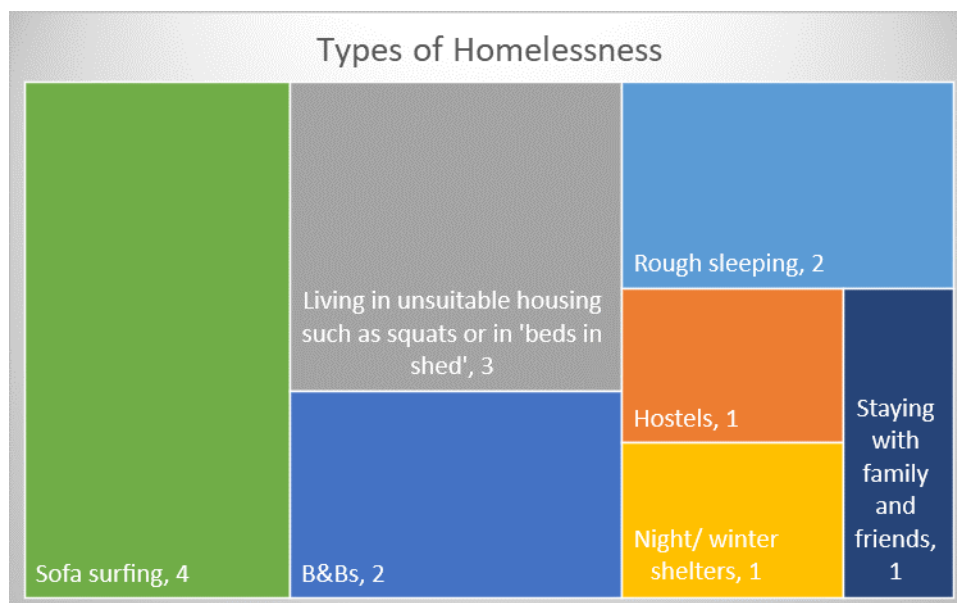
**82% have been a member of NNO for at least 2 years**, with 45% of respondents having attended for over 5 years. This fits with the data we already have from our weekly attendance registers which shows that 88% of members attending in 2022 also attended in 2023 (retention rate).

### 2.3 HOMELESSNESS

100% response rate



**45% of members have experienced homelessness at some point in their lives**, (down from 70% in the 2019 survey), nobody said they were currently homeless. The graphic below shows the range of homeless circumstances members have experienced.

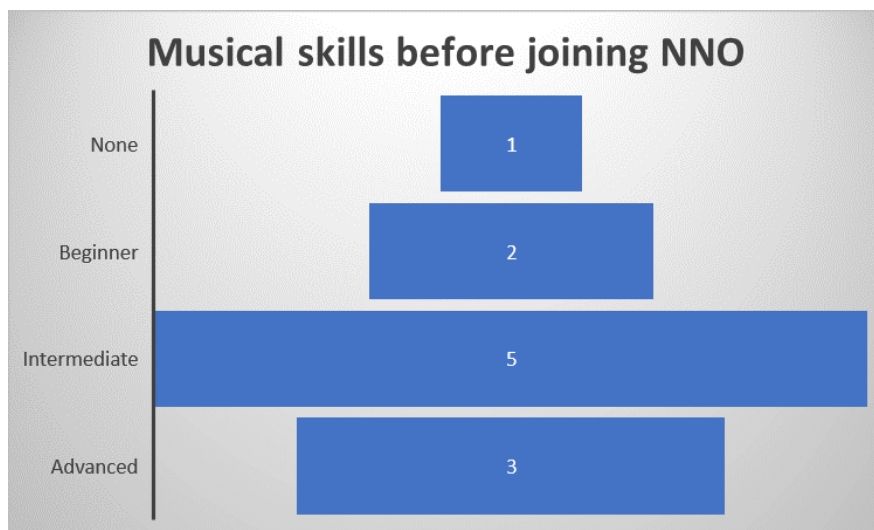


### 3 OUTCOMES

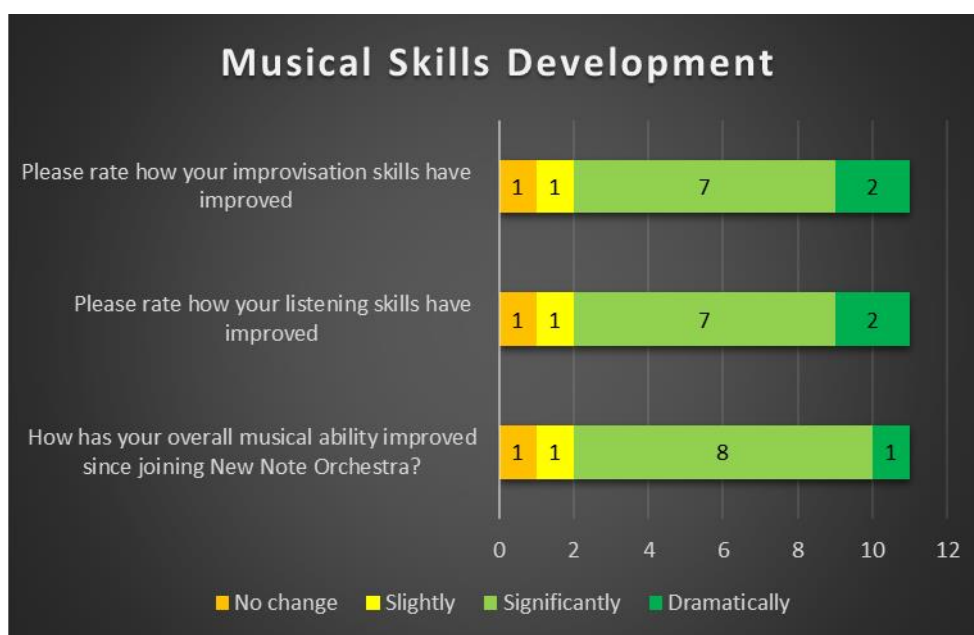
#### 3.1 ARTISTIC DEVELOPMENT

##### 3.1.1 Musical Ability

100% response rate



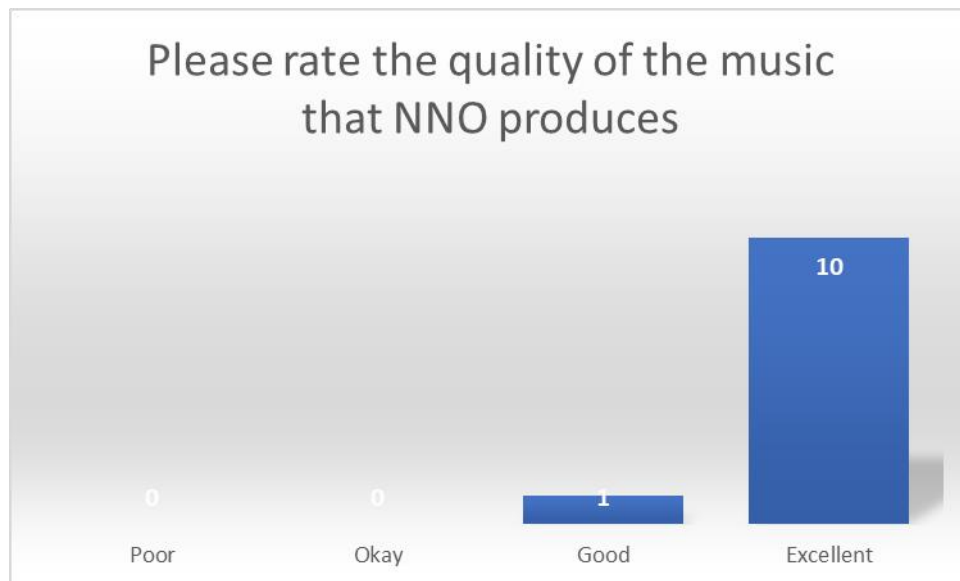
The profile above matches previous surveys in that most people said they had intermediate skills before joining the orchestra (45%). However, we have a higher proportion of people saying they had advanced skills (27% up from 11% in 2019), and a lower proportion saying they had none or were a beginner (27% down from 42% in 2019). Comparing percentages over time with low response rates can be misleading, but it would be interesting to monitor if the orchestra is beginning to attract more experienced musicians, and what the implications of that would be for those with little previous experience performing music.



**91% have seen in improvement in a range of musical skills since joining the orchestra.**

### 3.1.2 Quality of Output

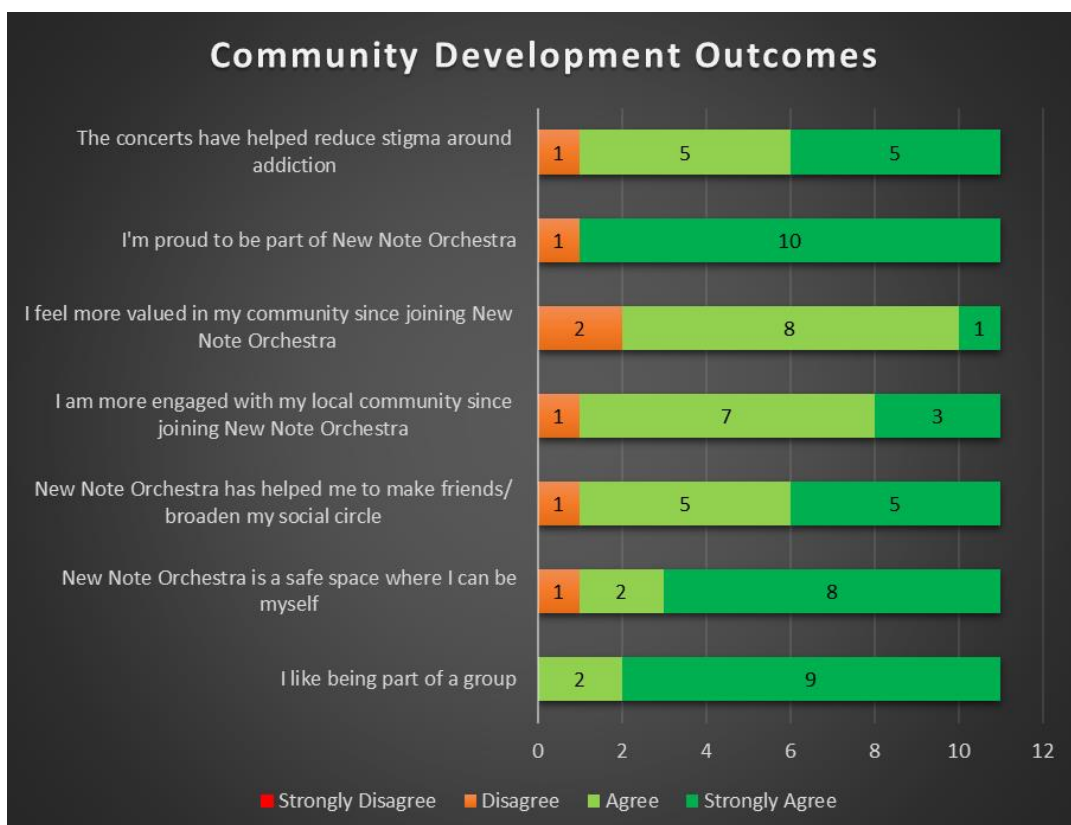
100% response rate



As in previous years, members are happy with the quality of work that the orchestra produces.

### 3.2 COMMUNITY DEVELOPMENT

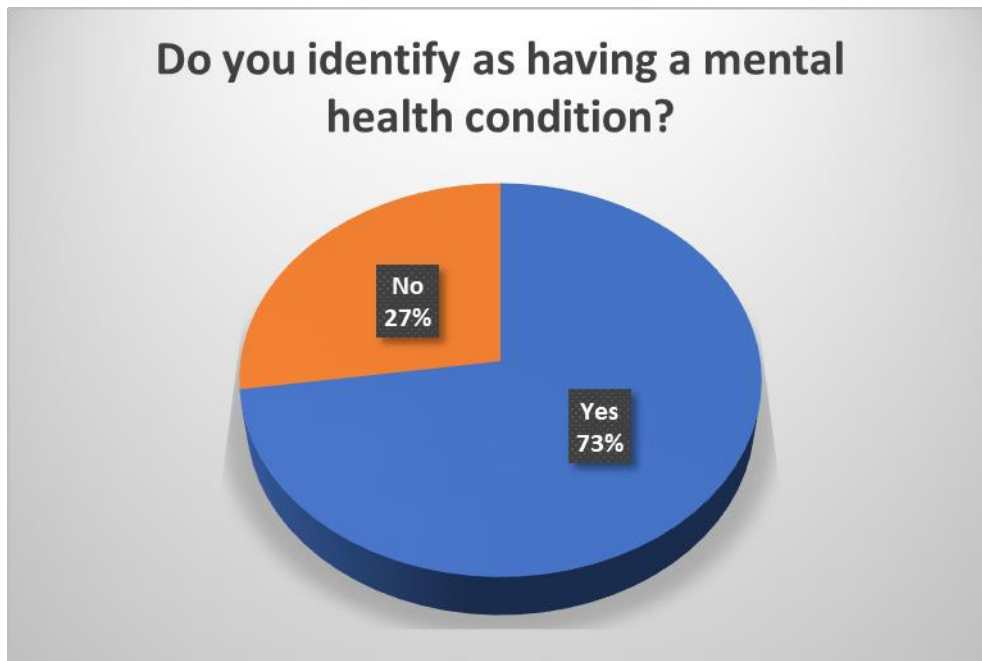
100% response rate



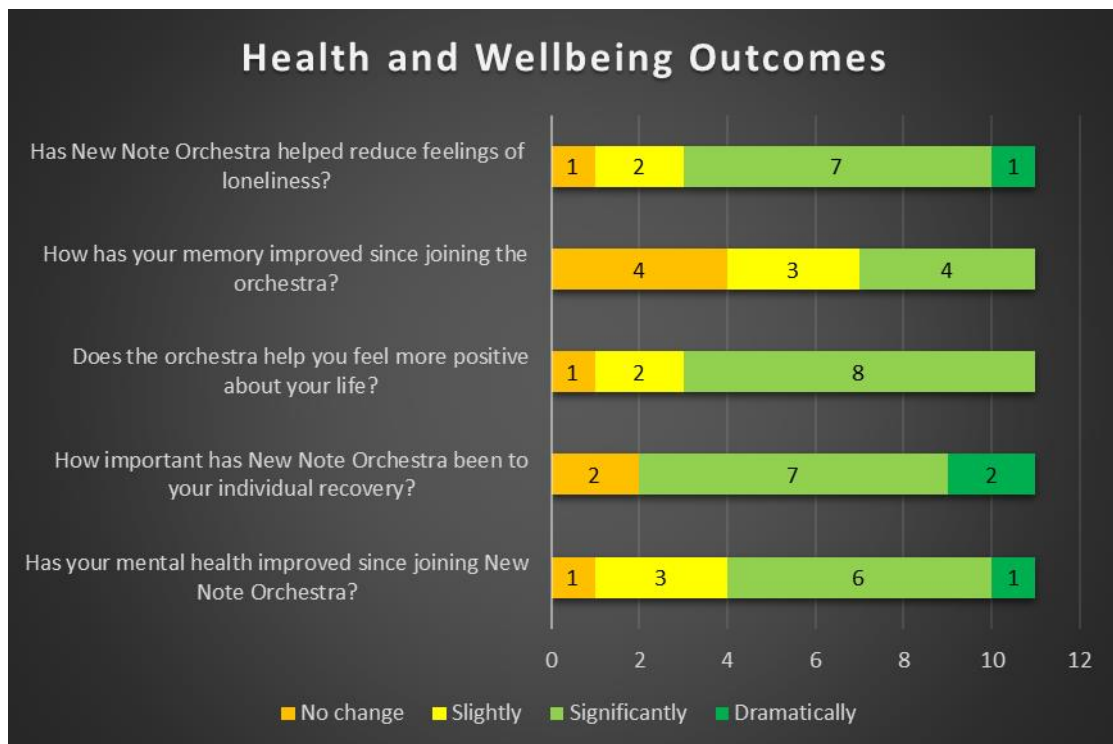
Community development outcomes are positive across all questions, although there are some members that disagree with the above statements.

### 3.3 HEALTH AND WELLBEING

100% response rate

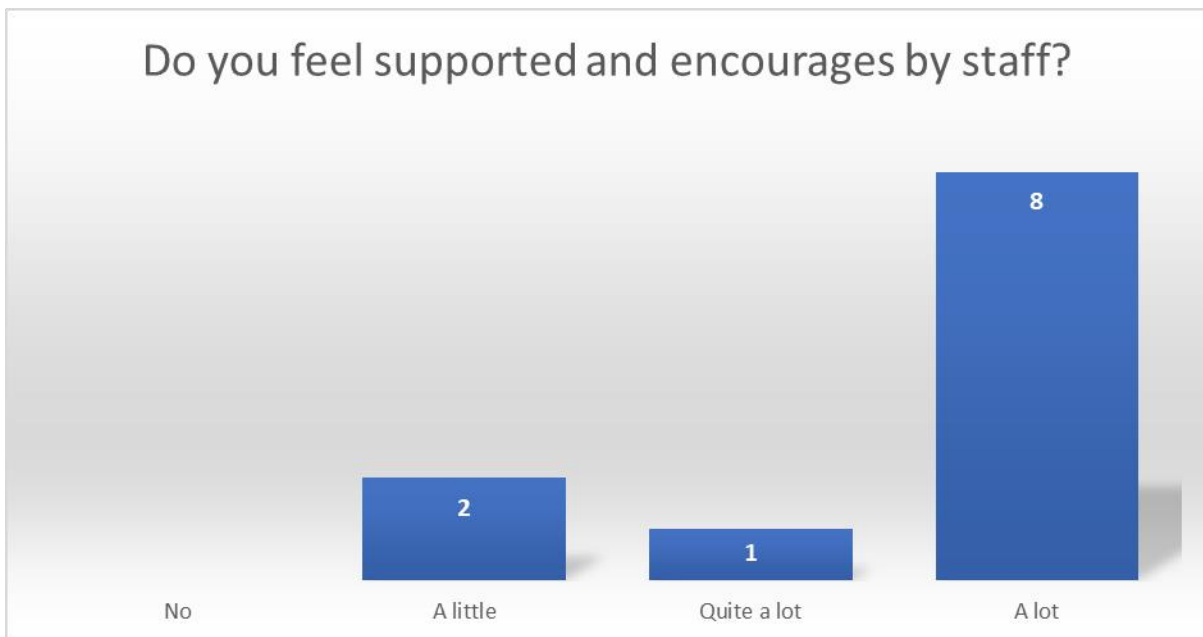


A similar people to the 2019 survey said they have a mental health condition (73% versus 80% in 2019).





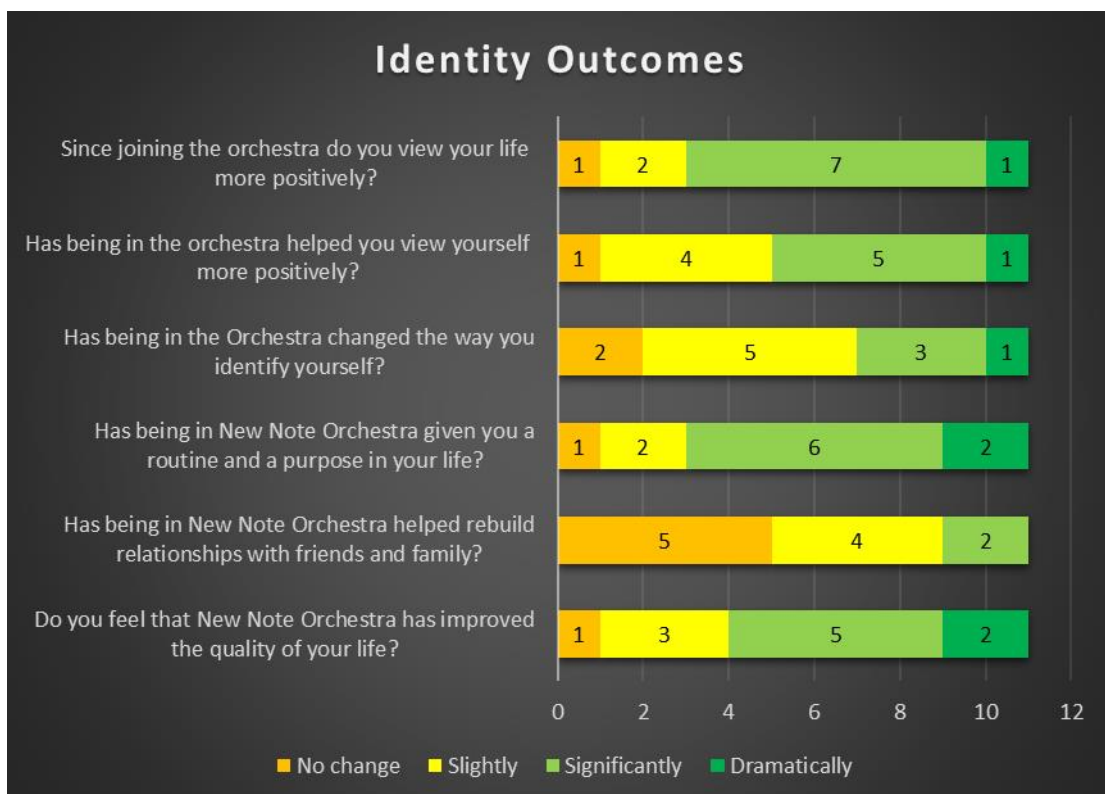
Health and Wellbeing outcomes are generally very positive with ‘importance to recovery’ being the most positive, and ‘improvements in memory’ being the least positive, but still with 64% of people noticing an improvement in memory.



All respondents felt supported and encouraged by staff, with 73% giving the highest score for this question.

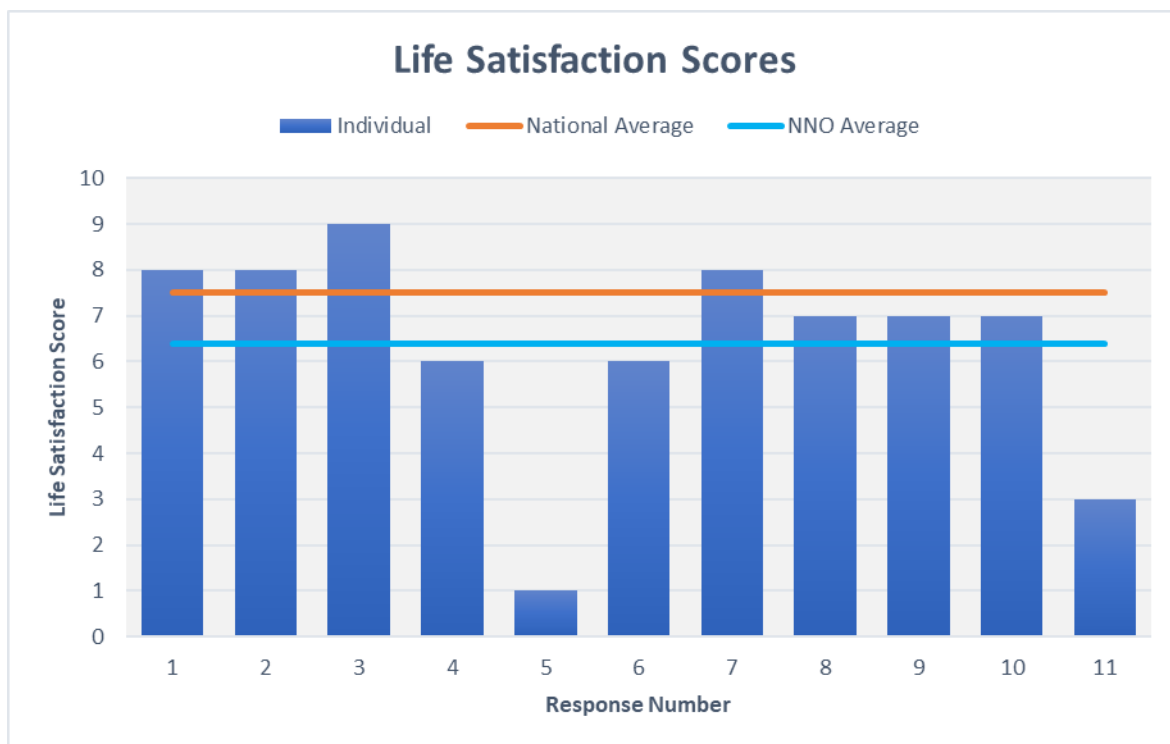
### 3.4 IDENTITY

100% response rate



**91% saw improvements in identity outcomes for 4 out of 6 questions**, 88% agreed the orchestra ‘changes the way I identify myself’, and 55% agreed that it ‘helps build relationships with friends and family’.

The Office for National Statistics (ONS) conduct an annual Personal Well-being survey which allows us to compare responses for New Note members with the UK average. The average score for New Note members is 6.4, significantly below the national average of 7.5 (2022). This is a 1.1 point decrease from the previous survey (scoring 7.5 in 2019), although the small number of responses means changes in individual scores have a large impact on the average score for the group. Individual results for this question are provided in the chart below.



## 4 RECOVERY NETWORK

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To understand NNO's role in people's wider recovery networks, members were asked to comment on the part it plays in their overall network of support. There were seven responses to this question (64%).

3 out of 7 responses mentioned NNO as **their main source of recovery support**, and people spoke about engagement in other recovery support, other creative activities, and other New Note projects with people from the orchestra.

The **long-term commitment** required to participate in practicing and performing a piece of music was seen as a positive thing: *"having something exciting to work on with long-term projects makes me more optimistic"*; *"It's good to be committed to being part of something enjoyable"*. The **routine** of weekly rehearsals was also seen as having a positive contribution to supporting their recovery.

**Regular contact and building friendships** were mentioned as benefits of orchestra participation, other benefits included improvements in physical and mental health which one member said **allowed them to participate in paid work and exercise**.

## 5 OTHER FEEDBACK

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Some members offered additional feedback on their experiences of the orchestra.

"On reflection NNO has been a bigger part of my life the last 8/9 years than I realised, and I am really happy about that, long may it continue..."

"I am very proud to be a member of the Orchestra"

"The orchestra has had a dramatic impact on my life in terms of giving me the opportunity to work with other musicians in a safe environment on exciting original projects"

"Really enjoy the orchestra, and at times is challenging"

"A great place to learn how to listen and contribute to an ensemble both musically and socially, and have a lot of fun into the bargain!"