

JUMPS

Growing Minds & JUMPS (Joined up music partnerships in Somerset) We have been awarded £8,500 from a government initiative to work with young people in the Somerset Area to become part of a wider partnership of organisations in using music to encourage better mental health and joined up working.

Mission

To encourage and support young musicians who have experienced mental health or isolation issues in Yeovil to set up a band

Aims

- ◆ To assist service user “core” musicians from Growing Minds in their recovery by training them to work as mentors, to play, write and teach their music to young musicians.
- ◆ To encourage self expression and confidence building in the people involved.
- ◆ TO use music to raise awareness and de stigmatise mental health among young people locally.

Objectives

1. We will run 12 workshops for the new youth band during the project
2. We will train the Growing Minds musicians in community music skills thus enabling them to train the young band
3. We will endeavour to pay the Growing musicians the going rate for musicians to promote independence and self worth.
4. We will arrange an event at the end of the period to invite stakeholders to celebrate and listen to the bands at work!

By the end of the project we will have:

- ◆ Provided a new musical opportunity for young people
- ◆ Enabled Growing Minds musicians to practice new skills as paid music leaders
- ◆ Explored the potential benefits of music to counter issues of isolation and lack of confidence

- ◆ Helped the new band to show that music can be a good tool for self expression.

Values

To include musicians who themselves have experienced mental health issues in the delivery of the music thereby assisting them and others.