

Growing Minds

We are very proud to have various music projects running and planned for the near future at South Somerset Mind.

Growing Minds

Mission

To offer live music to service users in a wide range of settings in the local area by putting together a band of musicians who will work with others in exploring music as an aid to recovery.

Aims

- ◆ To promote better mental health & recovery using music for all people experiencing mental health issues in the Yeovil and surrounding areas particularly those in inpatient units (Rowan Place, Yeovil).
- ◆ Use music to encourage people to access services provided by South Somerset Mind to alleviate isolation and enhance recovery.
- ◆ To assist service user “core” musicians in their recovery by supporting them and give them the opportunity to play, write and teach their music to others.

Objectives

1. We will visit Rowan once a month for the duration of the project.
2. We will purchase musical instruments which will enable service users to play.
3. We will provide attendance fees and travel for the core musicians to support them whilst they support others.
4. We will use music as a way of raising awareness of mental health to as many people as possible.

Values

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