

IMPACT

REPORT 2018/2019



Registered Charity Number: 1172711

“we discovered that
self-control
‘outdoes’ talent in predicting
academic success”

Source: The Science and Practice of Self-Control
Angela L. Duckworth, Martin E. P. Seligman 2017



Our Vision

Our vision is for all children to receive the emotional and social development support they need for their greater wellbeing.

Children with low self-control struggle to focus and achieve in school. They often become involved in conflict and their self-worth and mental health can suffer.

At Mindful Music our experienced team use music and reflection to grow children’s awareness and focus, enabling them to flourish.

Contents

- P. 4 A message from our Founder and Director Martha Wright
- P. 6 Our mission and values
- P. 8 Reaching out to the community
- P. 10 Our year in numbers
- P. 12 Highlights from the year
- P. 14 Our work with schools
- P. 15 And on to 2020/21

A message from

Martha founded **Mindful Music** in 2015 while working as a primary school teacher. She realised that the children's emotional needs negatively affected their opportunities both to learn and to manage social interactions. Martha was determined to remove these barriers and enable all children to increase their self-control and wellbeing.

“As a teacher I was becoming increasingly aware of the growing difficulties our children (and society) face today, and the reduction of resources available to educators to truly be of service. I was using my own mindfulness practice and musicianship, while inviting artists in, to cultivate joy, understanding and calm - and these were simply vital for conditions for wellbeing and learning to be possible.”



Martha Wright

Our Mission

We are here to create the conditions for learner wellbeing, for all children, now and in the **future**.

In 2019 the Children's Society's 'Good childhood study' found that almost a quarter of a million children in the UK are 'unhappy'.



Our Values



Reaching out...

Rhiannon Eglin is a Special Educational Needs consultant and has seen the difference the support of the Mindful Music team can make to children and their families.

...to the community



“Working with Mindful Music has helped me to understand the developmental needs within younger children. Seeing parents watch their child interact with specific instruments or songs, and **helping them to understand their child’s needs and support with concentration** has been great.”

Participating at festivals like All Points East and Green Man has really allowed the Mindful Music facilitators to interact with families and **offer guidance and support** to suggest areas to work on with regard to music and its impact on the mind. Showing parents that they can access music with even the simplest of equipment, using a bucket for a drum and giving lesson ideas to them to take home has surely been beneficial for that young child’s mind growth. Seeing how much fun young people have at these festivals in the Mindful Music tent is wonderful.

Our year...

In 2018/19
we reached
more than

1800

people

60

tickets sold for our weekly children's Mindful Music workshops at Poplar Union arts and community centre.

1052

children plus parents/carers attended drumming and singing workshops at festivals and events nationwide

100

children participated in festival family area Mindful Music programmes

40

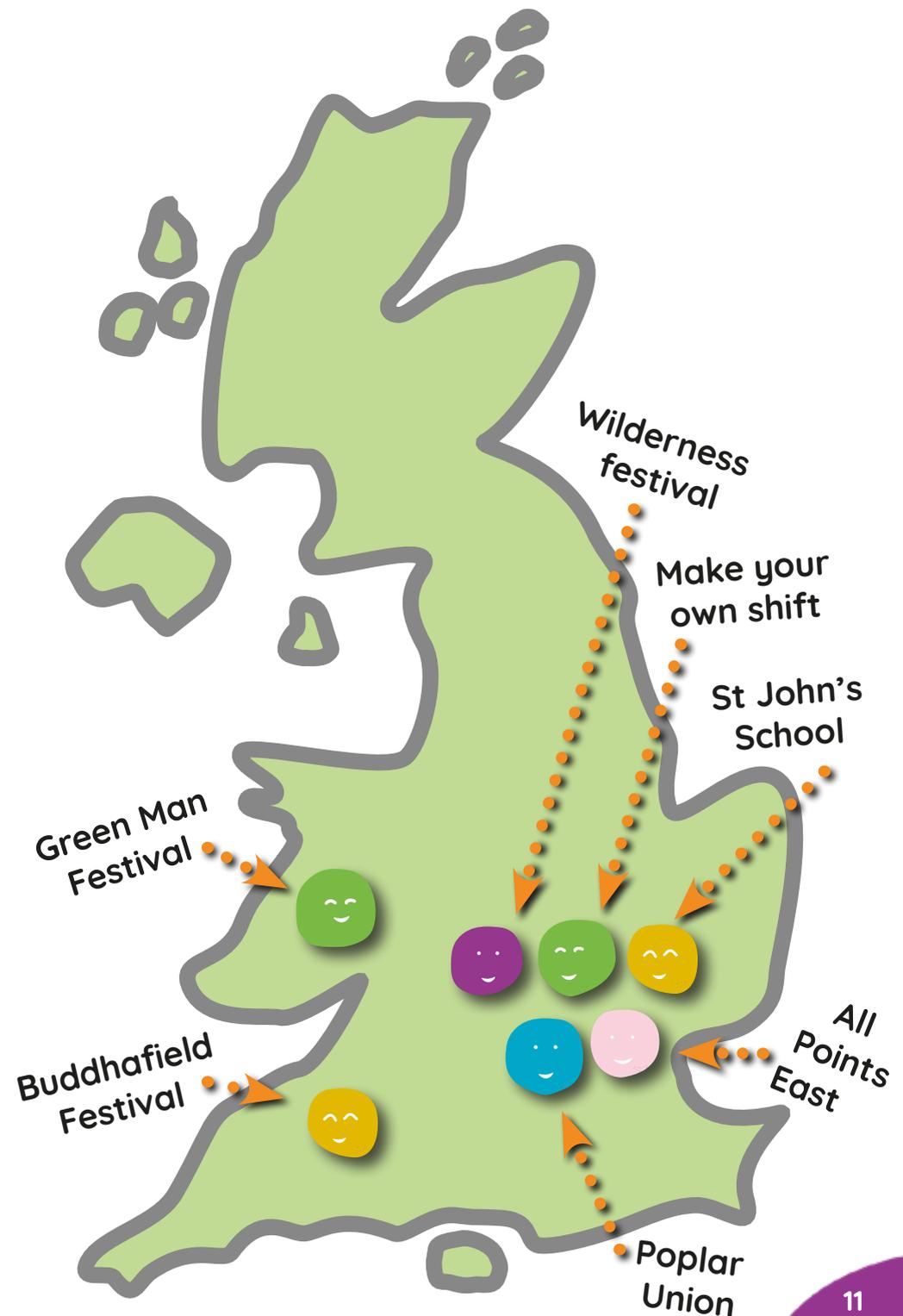
adults attended community day workshops

631

delegates listened to our founder, Martha Wright, perform at the Mindfulness in Schools Conference

Thank you to everyone who helped us share music and reflection with so many individuals and communities throughout the year.

...in numbers



Highlights...

In **2018/19** we committed to focus a significant amount of our time on learning and development.

This investment has helped us grow our expertise and ensure that our programme and teaching are of the highest quality.

We developed our strategies to share mindfulness practices in the most effective way within the educational system and wider society.

As part of our comprehensive research we consulted with expert partners Wake Up Schools, Dharma teacher Brother Phap Luu, singer songwriter Joe Holtaway, Jamie's Farm programme leader Jake Curtis and many more practitioners.

We ran workshops, assemblies and staff training in schools.

Our new method of partnering with core schools was launched and the first delivery contract confirmed. Three more partner schools were identified.

Joe Holtaway, one of our contributing artists, said:
"Experiencing Mindful Music both as a participant and as a contributing artist I feel inspired to offer a few words of appreciation for what they do. Whether it's music workshops with children, presentations to teachers or social gatherings for those involved, I've experienced an inclusivity, warmth and loving vibrancy that has always had me feeling like we all matter; and that I feel is so precious."

We took Mindful Music into the community, running workshops and events across the country.

More than one thousand children and their parents and carers joined our singing and drumming workshops at festivals including the Green Man and All Points East.

One of our facilitators at All Points East shared, "Parents told us they had never seen their children **so engaged for such a long period of time**. They thought it was a great idea and **they wanted to do more**."

We worked together with many partners to share our areas of expertise and grow together.

We successfully launched our Artist in residency programme. We partnered with many organisations to share best practice including CoVolution, Bloomberg, Frontline and many more.

We worked with 26 volunteers.

Matt Smitheman, one of our volunteer advisors said,
"In taking part I felt a real sense of making a difference and realised I gained as much in my own self-awareness and reflection as a facilitator as I did supporting the children."

And we were delighted to be listed in the **Top 100 Escape the City** best companies.

...from the year

Our work...

Amy Scott is a teacher and counsellor/therapist. She explains how Mindful Music's unique approach is helping grow the children's wellbeing and confidence.

"When I have needed a bit of guidance in how to engage younger children with music and wellbeing activities Mindful Music have been there to help. The charity understands that a 'one size fits all' approach does not suit all children, particularly those who have experienced trauma, and I am always impressed with the facilitators' emotional intelligence and flexibility to tailor the approaches to the needs of the individual children. The children's wellbeing is always at the heart of what they do."



...with schools

And on to 2020/21

In 2020/21 we will continue our dedication to grow children's attention, awareness and teamwork skills through music, for their great-

Our key priorities are to:



Build **strong partnerships** to enable our work to have the greatest possible impact.



Reach out to some of the most vulnerable children living in our targeted areas of deprivation.



Set up a research-based pilot scheme to **share key resources** with schools.

“In my many roles as teacher, counsellor/therapist and musician, I have come across many people who aim to provide accessible mindfulness workshops but none who deliver with the **integrity, enthusiasm, constant self-development, inclusion and creativity** of Mindful Music.”



Amy Scott

Teacher and counsellor/therapist

Thank you to everyone who supported us in 2018/19

Mark Potter
Frontline

James Little
CoVolution

James Gardiner
Bloomberg

Raph Clarkson
Mindful Music Musician
in Residence

Simon Roth
Musician

**Ailbhe
Treacy**

Joe Holtaway
Contributing artist

Marie Bolo
Music therapist

Rhiannon Eglin
School Senior Leader

Flora Benson
Music and mindfulness teacher

And so many more.

Trustees

Dr. Robin Precey – Chairman

Anna Edwards

Darren Rubin

Katarzyna Stepien

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