

Title	HeArTS Music and Singing Group		
Project	Great Place Scheme: Changing Lives	Project reference	B2
Theme	Changing Lives		
Commissioners	Torbay Culture (part of TDA) and HeArTS (an initiative of Torbay and South Devon NHS Foundation Trust)		
Contract period	March – June 2020		
Deadline for submissions	5:00pm 28th February 2020		
Client contact details	Cat Radford, Creative Commissioning Lead, Torbay Culture, TDA, 3rd Floor Tor Hill House, Union Street, Torquay TQ2 5QW E: cattyradford@gmail.com		

1. Background

A key aim of Torbay’s ten-year cultural strategy is *to harness the health and well-being benefits of culture*. An increasing amount of academic research evidences the beneficial clinical and social outcomes culture can provide, within both health and care pathways (see Creative Health: The Arts for Health and Wellbeing <http://www.artshealthandwellbeing.org.uk/appg-inquiry/>).

Through the “Changing Lives” strand of Torbay’s Great Place Scheme, Torbay Culture is supporting projects that help residents lead healthier, happier lives by building partnerships with different sectors to embed creativity into the lives of those who can benefit the most. Read more about the Great Place Scheme at www.torbayculture.org/introduction.

‘Health and the Arts in Torbay and South Devon’ (HeArTS) aims to facilitate a range of projects, across a variety of health care and community settings for expressive, restorative, educational and therapeutic purposes. Some projects work preventively, some enhance recovery, others improve the quality of life for people with long-term or terminal conditions.

HeArTS aims to develop opportunities for both users and providers of healthcare—across Torbay and South Devon—to engage more fully with the diversity of arts and creative activity that can benefit health and wellbeing.

2. Background to this commission

Singing and making music is one of the defining qualities of human nature. Anthropologists and historians have suggested that singing has been used as a means for human social bonding for thousands of years. Recent research into group singing has proven that singing together fosters social closeness – even in large group contexts where individuals are not known to each other¹.

Torbay Culture and HeArTs are seeking to explore the use of singing for a group of out-patient participants with long term conditions, their carers and hospital staff to build positive rapport between the group members, promoting the social, emotional and physical health of the group and with an aim to catalyse the creation of an ongoing singing group in the hospital.

A project with people with long term health conditions

Between 2017 – 2018 Torbay Culture led on the delivery of series of Singing for Wellness choirs with people with chronic lung conditions. Participants in this test and learn reported that singing once a week for twelve weeks increased their mental wellbeing, increased social connection and an

improvement in breathing and management of their condition. In the few circumstances where both a participant and their spouse took part in sessions, they reflected on the pleasure of coming together with their spouse in a joyful activity, particularly when living with a chronic condition is stressful and challenging for both within the partnership. Participants commented on the uplifting nature of singing together, particularly through challenging times. We are looking for ways to expand *Singing for Wellness* practice in the health and social care environment to further our understanding of the impact singing has on participants with a range of conditions, and how best to run opportunities to reach the right people, in the right places at the right time and with the right partners.

With carers of people with long term health conditions

According to the Carers Trust, one in ten people living in the UK is a carer and this is rising². Three in five people in the UK will be carers at some point in their lives. Caring can be physically exhausting, can lead to stress, depression and other mental health issues and can affect a carers relationship with their partner or other family members.³ If caring in a couple, some may no longer be able to have the same physical or emotional life they had together, nor enjoy shared activities or plan for a future together. More than 50% of carers who answered a survey conducted by Carers UK said they expected that their mental health to worsen within the next two years, with more than a third saying they felt their poor mental and physical health would stop them being able to care in future.

Elsewhere in the country arts and health projects have been delivered for carers, either alone or with those for whom they care. Those projects have reported an improvement in carers own wellbeing, either by virtue of having some respite from their caring role and being able to focus on themselves and in developing a better relationship with their relative.

With health practitioners working with people with long term health conditions

Torbay and South Devon Foundation Trust is one of the main employers in the region, employing approximately 6000 staff including frontline health and social care staff, such as nurses, occupational therapists, social workers, consultants, and physiotherapists who work in range of different community hospitals and clinics and who visit patients at home.

The Trust serves a resident population of approximately 286,000 people, plus about 100,000 visitors at any one time during the summer holiday season. As such, the Trust estimates around 500,000 face-to-face contacts with patients in their homes and communities each year and see over 78,000 people in the A&E department annually.

It is broadly recognised that the NHS is facing enormous challenges; many providers report struggles with meeting performance targets whilst deficits rise. Staff are under tremendous pressure and many are working in reduced teams with the same workload.

In 2015 a major national drive was announced to improve and support the health of staff. This is in part due to a high proportion of staff absences owing to work related stress, but also because of the clear relationship between staff health and patient care. Studies in Canada and Taiwan have measured impact of staff engagement with art and culture and indications suggest this is an opportunity for development. The notion of NHS staff choirs is not new however as there are examples of flourishing staff led choirs in hospitals across the UK that include in their aims the promotion of the health and wellbeing of members.

Whilst this project could work with any one of the groups listed above, this project is intended to work with all three.

3. The Brief

3.1 Key Task

To explore the use of singing and music making for a group of out-patient participants with long term conditions, their carers and hospital staff to build positive rapport between the group members promoting the social, emotional and physical health of the group and to catalyse the creation of an ongoing singing group in the hospital.

3.2 Activities and outputs

We are looking to commission creative practitioners with a strong track record in participatory, co-designed arts practice and with experience in applying that practice to a health context to:

- 3.2.1 Design and deliver a programme of group singing sessions for health and wellbeing over a period of 12 weeks with a target number of:
 - 7 participants with chronic conditions (the clinical area will be determined by the HeArTs group)
 - their carers, and
 - 7 members of Torbay Hospital staff
- 3.2.2 Facilitate at least one performance of the singing group within the hospital context.
- 3.2.3 Develop knowledge, skills and confidence of participating group members to be able to lead breathing exercises, vocal warm up and lead group singing.
- 3.2.4 Provide a toolkit of materials and repertoire (accompanied or unaccompanied) to enable an independent, self-managed group to continue once this project is concluded.
- 3.2.5 To provide some mentoring and support to the group for the first 6 months following completion of the project.
- 3.2.6 Support evaluation (see point 3.4):

3.3 Purpose and intended outcomes

The project has the following desired outcomes for participants and project partners:

- 3.3.1 Provide physical benefit for participants with chronic health conditions.
- 3.3.2 Improve confidence amongst participants to live well with a chronic condition.
- 3.3.3 Improve confidence and enjoyment of life amongst all participants.
- 3.3.4 To build strong, equal relationships between group participants, noting that relationships between clinicians and patients, or people with chronic conditions and their carers, can sometimes be imbalanced or strained.
- 3.3.5 To develop participants skills, knowledge and confidence to be able to continue an independent hospital singing group.
- 3.3.6 For all partners to better understand opportunities and barriers for imbedding more collaborative arts and culture into the life of the hospital.

3.4 Evaluation

The commissioned arts practitioner(s) will be required to contribute to and participate in evaluation, overseen by the Steering Group, to monitor outcomes. The commissioned arts practitioner(s) will be expected to:

- 3.4.1 Design and facilitate evaluation of the participant experience of the programme, to report back to the steering group
- 3.4.2 Facilitate and deliver evaluation measures as assigned by Torbay Culture, HeArTS and the Steering Group.
- 3.4.3 Participate in evaluation meetings and discussions as arranged by the Steering Group.

- 3.4.4 Provide photographic documentation of the work in practice, of a quality that can be shared with partners, funders and others as part of the evidence of the work being undertaken and with appropriate permissions/consents secured.
- 3.4.5 Provide regular written updates of work in progress.
- 3.4.6 Provide a concise evaluative report to Torbay Culture and HeArTS on what happened and how, with recommendations on how best to deliver participatory arts projects within Torbay Hospital, from the perspective of the delivering artists and project manager.

Further evaluation of the programme will be provided by Foundation Doctors working with HeArTs and with an independent evaluator working with Torbay Culture.

4. Key Relationships

4.2 Contract management

Whilst the programme will be overseen and supported by a steering group, the contract will be managed by Torbay Culture.

4.3 Steering Group

A steering group/reference group made up of partner representatives and other stakeholders will be established. The purpose of this steering group is to provide support and challenge to the contracted creative practitioners to help create the best conditions for success. It is expected that once appointed, the commissioned arts practitioners will:

- Further develop their workplan to incorporate comment and/or advice of the steering group;
- provide regular updates to the steering group, and ask for advice or feedback to support aspects of delivery, should this be required; and
- engage in reflective discussion with the steering group to evaluate the project.

4.4 Participants

This singing group will be offered to 21 people who meet the criteria for participation. This process will be supported by HeArTS and the steering group, however it may be necessary for the arts organisation to participate in recruitment, particularly if it is felt necessary for the project to offer some taster sessions to trail involvement, for example.

Participants will be asked to commit to the programme for a period of 3 months with a view to continue if a cohesive singing group is formed.

5. Timeframe

The contract to be delivered between March - May 2020. The expectation is that a steering group would be convened at the end of January at the same time recruitment will commence in the hospital, with session delivery taking place soon after. See expectations for delivery in the timeframe below:

Activity	Description	Dates (estimated)
Induction meeting	Inaugural meeting with commissioned artist practitioner(s) and reference group, clarifying roles, giving greater depth to context of the programme and how it intersects with other projects in process.	Early March

Project sign off	The artist practitioner(s)/organisation will liaise with the steering group each shared understanding and agree approach to delivery of the project, in the form of a Final Project Plan . This plan is to be written by the commissioned artist practitioner.	Early March
Delivery	Delivery commences in line with Project Plan as signed off above.	Early March
Progress reporting	Monthly progress meetings with reference group	March - May
Task completion	Deliver toolkit	May
Project completion	Evaluation submitted	Early June

6. Fee and contractual requirements

The maximum budget available for the project is £3500 to include all materials, expenses, and VAT where applicable. The agreed fee would be paid at intervals according to an agreed delivery plan and on receipt of an invoice.

The successful organisation or lead creative practitioner is required to have relevant insurances in place including Public Liability Insurance to the value of £5,000,000 and, if appropriate, Employers' Liability Insurance as required by law. On appointment, the facilitator will need to provide a statement about how they manage personal data to GDPR standards.

Please note, in order to comply with the terms of the contract, the successful contractor will be expected to provide (at their cost) a suitably skilled and qualified substitute to perform the services on their behalf in the event that they are unable to perform the services themselves. The substitute must be able to meet all of the criteria of this brief and be approved in writing by TDA.

7. Submission and selection process

6.1 To apply: Please submit the following by email to culture@tda.uk.net copying cattyradford@gmail.com:

- Name and whether applying as sole trader, limited company, partnership, etc. If appropriate, include company name, company address, company registration number and company legal form.
- A written statement, maximum 2 sides of A4, detailing:
 - your approach to delivering the brief – including a proposed work plan
 - evidence of your successful track record in delivering similar work elsewhere
 - your capacity to deliver the brief, including estimated time commitment and confirmation of your availability
- CVs of the key individuals to be involved
- A budget outlining costs for delivery of the brief, bearing in mind the total fee available
- Confirmation of insurances held
- Confirmation of GDPR compliance and any relevant data protection policies
- At least 2 testimonials/references that relate your experience in this field.

Any questions or further information needed pre-submission please contact Cat Radford cattyradford@gmail.com.

6.2 Selection process and Timetable

Activity	Description	Dates
Brief issued		24 th January 2020
Closing date for submissions	Applications to be sent by email to culture@tda.uk.net Please state "Submission to HeArTS Music and Singing Group" in the title of the email.	28 th February 2020
Shortlisting	Submissions will be evaluated against the brief and shortlisted by a panel	1 st March 2020
Interview	Shortlisted applicants are invited to interview by the selection panel (panel members TBC) in Torquay	5 th March 2020 (TBC)
Contract award and kick-off meeting		9 th March 2020 (TBC)

These dates are given as a guide only and may be subject to change by Torbay Culture/TDA/HeArTS.

¹ Daniel Weinstein, Jacques Launay, Eiluned Pearce, Robin I. M. Dunbar, and Lauren Stewart 'Group music performance causes elevated pain thresholds and social bonding in small and large groups of singers' *Evol Hum Behav.* 2016 March 1; 37(2): 152–158. doi:10.1016/j.evolhumbehav.2015.10.002.
<https://research.gold.ac.uk/22979/1/emss-67840.pdf>

² <https://carers.org/key-facts-about-carers-and-people-they-care>

³ <https://carers.org/what-carer>