



New Note Orchestra

Using music to transform lives affected by drugs and alcohol addiction.

New Note Projects
Registered Charity Number 1161284.

www.newnote.co.uk

“2 million people in the UK are fighting an addiction.”
(NHS UK)

“During 2012-13, there were 1,008,850 hospital admissions related to alcohol consumption.”
(Alcohol Concern 2015)

“Music is a promising approach to improving engagement in substance abuse treatment groups.”
(Dingle GA, Gleadhill L, Baker FA 2008)

New Note Orchestra is a unique project in Brighton, assisting people in recovery from alcohol and addiction issues. It offers a structured musical programme, creating a supportive community to help participants stay clean and sober.

New Note Orchestra aims to increase self esteem, boost confidence and develop new life skills for all participants. The orchestra is open to all tastes and styles of music, not just classical. It has an open door policy regardless of musical ability.



A close-up photograph of a woman with vibrant pink curly hair and a large, colorful floral headpiece. She is wearing a floral-patterned top and is focused on playing a silver flute. The background is dark and out of focus, showing some wooden structures. The word "Inspiration" is overlaid in white text at the bottom center of the image.

Inspiration

New Note Orchestra is inspired by the Channel 4 documentary 'Addicts' Symphony', which was broadcast in 2014. Ten musicians from a range of abilities worked together for two months, building towards a concert with the London Symphony Orchestra.

It had an **80% success rate** in helping the musicians stay clean and sober.

Why was the success rate for Addicts' Symphony so high?

1. **Peer to peer support** - the creation of a community where the musicians actively supported and helped each other proved to be extremely effective. The musicians also experienced increased confidence and improved self-esteem.

2. Working towards regular concerts gave clear goals, creating a **sense of purpose**.

3. Performing in front of live audiences created a **rewarding** sense of wellbeing.



*Molly Mathieson, renowned documentary maker
and creator of Channel 4's Addicts' Symphony.*



“The night the participants played their final concert with the London Symphony Orchestra was the most inspiring and moving experience I have had. It literally changed my life. It was such a success that I vowed to replicate Addicts' Symphony for others who are in recovery.”

Addicts' Symphony was inspired by James McConnel. His son Freddy died of a heroin overdose aged 18 years old. James is a very gifted musician/composer and is a recovering alcoholic.



“My son was an extremely talented musician and his life was cut tragically short because of his addiction. I was determined to try and help as many musicians as possible to not make the same mistake. Addicts' Symphony helped the participants beyond my expectations”.

Melissa Fewtrell-Graham

“I came out of rehab and thought ‘what now? Playing in Addicts’ Symphony was fundamental to my recovery. After coming out of rehab I needed a purpose.”

“I learnt music before I could read or write but hadn’t touched the violin for years, due to my drug use. Now I want to compose music and be a professional musician.”

“I went into rehab because of a ketamine addiction and there are lots of triggers for me. Playing alongside the other addicts was a big reason for taking part. This was a safe environment.”



Rachael Lander

“Being in Addicts’ Symphony was transformative - it changed my life.”

“Shortly after I finished Addicts’ Symphony I became pregnant. I had been trying for a while and after the programme ended I was much more at ease with myself”

“Coming together and playing with other addicts meant I could be 100% myself. I learnt to accept myself.”



Bryony Marie Fry

“There are countless benefits to playing music and being able to work with people as a team. Writing together, performing together, it just helps you to feel connected and like you are not battling on your own.”



“The final performance with the **London Symphony Orchestra** was one of the most connected and emotional performances I have ever had the privilege of performing.”



“By opening up musically, it’s helped me to open up emotionally, which makes recovery so much easier. The more you can talk, laugh and cry about it all, the more likely you are to succeed in staying clean.”



How Does New Note Orchestra work?



“I got so much from taking part in Addicts Symphony. It made me aware that music is so important for people in recovery.”



Joolz Addison

A peer to peer approach underpins the orchestra. The members are encouraged to mentor and support each other.

Music will include a variety of traditions and genres. Improvisation and composition of new works will be encouraged. Shared ownership of the music and focus on creativity is a vital element in helping members to communicate difficult emotional issues. All musical abilities are welcome from amateurs with basic skills to professional players.

The participants will meet together once a week with the Musical Director. From time to time external amateurs will be brought in for specific projects.

“Taking part in Addicts Symphony changed me. I feel like a different person”



Marco Martinez

Continued...

For those members who are keen to perform in public, regular concerts are planned. This will help develop musical skills and to build confidence and a sense of well-being for the participants.

Public performances will have affordable ticket prices to encourage as many people as possible to come and enjoy the concerts. New Note Orchestra will challenge perceptions about addiction and mental illness within the wider community and media.

New Note Orchestra's most important principle is that every member must remain clean and sober. Anyone who struggles with sobriety will be signposted to other local services.

Get Involved

We would love to hear from anyone who is in recovery from drugs and alcohol. All musical abilities welcome.

We are also looking for talented musicians who can help run the orchestra and non-playing supporters.



First Project

New Note Projects will be launching their first orchestra in Brighton. We will be holding a free, one off **workshop day on Saturday July 18th 2015.**



The Future

The orchestra will be launched full time from September 2015. By February 2017 we aim to have three different recovery orchestras around the country.



The New Note Orchestra Team



Patrick Harrex New Note Orchestra's Musical Director.

“New Note Orchestra will create life-changing experiences for its members and I am excited and delighted to be involved”



Patrick is an award winning composer whose works have been given live and broadcast performances in many countries around the world.

His music has been recorded by Argo, CBC (Canada), Editions LGNM (Luxembourg) and New Music Brighton.

In 2005 he established the Sussex branch of CoMA (Contemporary Music for All). He is Musical Director of Brighton & Hove Arts Orchestra (formally the New England Arts Orchestra) an open access community orchestra.

Molly Mathieson



Molly is the Chief Executive of New Note Projects and will project manage New Note Orchestra. She is used to running big projects with budgets up to £500,000.

James McConnell



James acts as a Special Adviser to New Note Projects. James has composed the scores for over 100 television documentaries and dramas and has written extensively for many theatre productions. He was the main participant in Channel 4's Addicts' Symphony.

Marco Martinez



Marco acts as a Special Adviser to New Note Projects. He is a Mental Health Management Consultant & Commentator. Marco is also a recovering alcoholic & addict. He was one of the main participants of Channel 4's Addicts' Symphony.

Jill Handel



Jill is a trustee of New Note Projects. She has many years experience of working with charities and is a retired member of Soroptimist International, a global volunteer movement, transforming the lives of women.

Martin Webb



Martin is a trustee of New Note Projects. He is a Sussex-based entrepreneur who set up one of Brighton's leading leisure companies. He went on to present two series of Channel 4's 'Risking It All' on Channel 4. He is a regular columnist for The Telegraph.

Karen Cooper



Karen is a trustee of New Note Projects. Until recently she worked as a lead editor and writer in the film and TV department at Amazon. She has also worked as an online editor at Breast Cancer Care and as a freelance writer for Expedia.

Summary

The Addicts' Symphony proved a structured musical environment can have transformative effects on its members.

We give all participants the opportunity to transform their lives through music.

They will be offered help and support from peers and the team.

We are creating the first ever recovery orchestra in the world.

We believe that everyone has huge potential. We want to help them reach it.

We will be holding a free, one off **workshop day on Saturday July 18th 2015.**



For more info please visit www.newnote.co.uk.
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