



INTERGENERATIONAL
MUSIC MAKING

Intergenerational Music Making and Clarion Housing

LIVESMART GAMES PROGRAMME 2024



www.imm-music.com



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Executive Summary

The Clarion Housing LiveSmart Games programme was launched as part of the LiveSmart Games scheme and delivered by Intergenerational Music Making www.imm-music.com across three Clarion Housing sites, Duval, Cope, and George Padmore House. The aim of the delivery was looking to increase 'minutes of movement', aimed at fostering community cohesion, enhancing physical and mental well-being, and reducing loneliness. This bespoke programme provided weekly gentle movement and music workshops tailored to residents' abilities, ensuring inclusivity and accessibility for all. Each housing scheme benefited from eight physical activity workshops, two community training sessions, a cross-house "Minutes of Movement" competition plus a Celebration Event with the wider community, friends and family. The aim was to empower residents to continue these activities independently, fostering long-term community wellbeing and leadership.

The pilot phase of the programme demonstrated significant success, with positive feedback highlighting both physical and emotional benefits.

Participants noted:

- improved mobility
- enhanced mental health
- a deepened sense of community





Testimonials from residents, such as *"I am learning new exercises to practice at home,"* underscored the programme's immediate impact. Based on these outcomes, Clarion Futures are now focused on the potential for a strategic expansion, with the vision of replicating and scaling the programme across other LiveSmart schemes over the next two to three years. There is opportunity in making this initiative intergenerational, actively involving younger generations in the programme. By participating as volunteers, younger people can gain new skills, build confidence, and foster a sense of purpose, all while contributing to their physical and mental health. Their involvement would not only strengthen community cohesion but also create meaningful connections between age groups, helping to address loneliness and isolation across generations. This approach has the potential to inspire active citizenship and nurture leadership skills, embedding a legacy of collaboration, mutual support, and vibrant community life.

"This is exactly what we needed"





Programme Background

The LiveSmart Games programme was born through a co-produced approach with residents, ensuring that the voices of those directly affected by issues such as social isolation, reduced physical activity, and mental health challenges were central to its development. In collaboration with residents, Intergenerational Music Making (IMM) and Clarion Futures co-designed the programme to address the specific needs identified by the community, placing them at the heart of the solution. This collaborative process ensured that the initiative was not only tailored to the unique needs of the residents but also fostered a sense of ownership and engagement among participants.

The initiative was not a top-down solution but one that evolved from an ongoing dialogue with the community, making it a truly co-produced effort. The programme was specifically designed to engage older and vulnerable adults within the Clarion community, addressing the growing need for accessible, health-focused initiatives that enhance social connectedness and well-being. It was born out of a shared commitment to improving the lives of those most at risk of exclusion and marginalisation, empowering them to be active participants in their own health journeys.

Delivered weekly at three initial sites, Duval House, Cope House, and George Padmore House, the programme combines gentle movement exercises with music-based activities, fostering an environment that was both therapeutic and engaging. Each session was designed to suit a range of physical abilities, from residents with limited mobility to those seeking to improve their physical fitness. The programme not only provided structured activities but also offered a valuable opportunity for social interaction, building meaningful connections and a sense of community among participants.

In its pilot phase, the LiveSmart Games Programme demonstrated an immediate positive impact on resident well-being.





Feedback from participants has underscored the value of having localised, easily accessible sessions that reduce the need for residents to travel. This is particularly valuable in areas where access to community health resources is limited. Testimonials revealed a deep appreciation from residents for the programme's supportive, inclusive nature, with comments highlighting increased mobility, improved mood, and enhanced self-confidence.

The success of the programme was also evident in the consistency of attendance and the enthusiasm shown by participants whom were keen to engage in the activities each week. Beyond individual benefits, the programme created a ripple effect of positive interactions among residents, fostering a greater sense of belonging and trust within their community.

This collaborative and inclusive environment supports the wider mission of Clarion Futures to enhance life quality and address social challenges within housing communities.

The programme's outcomes align strongly with national and local health and social care strategies that advocate for improved accessibility to physical activity, especially for older adults. The NHS Long-Term Plan, Public Health England's physical activity framework, and Age UK's campaigns all underscore the need for community-driven solutions to tackle loneliness, inactivity, and the health inequalities experienced by many vulnerable individuals in social housing. It offers a scalable model that can meet these objectives while ensuring sustainability through volunteer support.



Programme Outcomes, Impact and Analysis of results

We carried out a survey on week 1 and at the end of the project on week 8 assessing:

- physical assessment levels using Tug test and Heart rate
- measuring overall physical activity experience
- overall wellbeing and loneliness using the UCLA Loneliness Scale and the WHO5 scale

Please see Appendix 1. showing: RESULTS COMPARING WEEK 1 & WEEK 8:

Total of participants: 14 (Duval, Cope and George Padmore House) Answering the surveys was optional, and not all the participants answered the entire questionnaire.





Analysis of results

Physical assessment

Tug test: Although the TUG test increased by 3 seconds from 23 to 26 from week 1 to week 8, the overall mobility of the participants improved in general as seen by the facilitator throughout the exercises. Not all participants took the TUG test on week 8 and the ones who did, where the ones with reduced mobility increasing the average amount of time to carry out the test.

Heart rate: Regular exercise reduces the heart rate, and this was reflected in our results, where the average heart rate decreased from 95/73 in week 1 to 91/84 in week 8.





Physical activity

What physical activities do you currently carry out? In week 1, 83% of the participants answered they practiced exercise regularly, and 17% replied they did not have any physical activity. In week 8, 100% of the participants replied they practiced exercise regularly. In week 8, there was a clear increase in the % of participants practicing exercise regularly.

How often do you practice them during the week? Although the most popular answers in weeks 1 and 8 were twice a week and 5 times a week, in week 1, 15% participants replied they didn't do any exercise, whilst in week 8, 100% of the participants replied they had regular physical practice.

For how long? The majority of the participants in week 1 replied they exercised for 60 minutes, whilst on week 8, the majority replied they practiced for 45 minutes. There could have been confusion as the sessions in George Padmore house always last 45 minutes, but in week 1 they replied they lasted for 1 hour.

Overall wellbeing - based on the UCLA loneliness scale

I have felt cheerful: In week 1, most participants replied 5, which means "all the time", the second most popular answer was 4 "most of the time" and the third most popular answer was 3 "more than half of the time". In week 8, most participants replied 5, and second and third most popular answers were 4 and 3. No major shifts were made in this question.

I have felt calm and relaxed: In week 1, most participants replied 4 "Most of the time", and secondly 5 "All the time", whilst in week 8, most participants replied 5 "All the time", and secondly 4 "Most of the time". In week 1, 17% answered 3 "More than half of the time", whilst in week 8, participants only answered 4 and 5, evidencing an increase in them feeling calm and relaxed from the beginning of the project to the end of it.



I have felt active and vigorous: In week 1, most participants replied 4 “Most of the time”, and secondly 3 “More than half of the time”, and thirdly 5 “All the time”, whilst in week 8, the majority of the participants replied “All the time”, and secondly 3 “More than half of the time”.

I woke up feeling fresh and rested: In week 1, 50% of the participants replied 5 “All the time”, whilst on week 8, 80% of the participants responded 5 “All the time”. At the end of the project, there was an increase of 30% in feeling fresh and rested.

My daily life has been filled with things that interest me: In week 1, the two most popular answers were 4 “Most of the time” and 5 “All the time” equally, whilst in week 8, the most popular answer was 5 “All the time” with a 75%. There was an increase in this question.

Overall loneliness - based on the WHO well-being indexes

How often do you feel that you lack companionship?: 45% of the participants replied 3 “Often” in week 1, whilst 0% of participants replied 3 in week 8, on the contrary all replies were 1 “Hardly ever” and 2 “Some of the time”, and 1 being the most popular answered in week 8.

How often do you feel left out?: The most popular answer in week 1 was 1 “Hardly ever”, however the most popular answer in week 8 was 2 “Some of the time” showing a decrease in this question.

How often do you feel isolated from others? In week 1, 64% of participants replied 1 “Hardly ever”, 18% replied 2 “Some of the time” and 18% replied 3 “Often”. In week 8, 60% of participants replied 1 “Hardly ever”, 20% replied 2 “Some of the time” and 20% 3 “Often”. There was an increase of 4% in the answer 1 “Hardly ever”, which reflects a positive impact at the end of the project.



Quotes

"Thanks so much for the workshops, this is exactly what we needed, to have physical activity sessions at the house so we don't have to go anywhere else."

"I am learning new exercises to practice at home, thank you."

"I think it's very beneficial for me, because I don't do nothing, ever. So if I could do this, once a week, I think it would really improve my mental state, my physical state, yeah, I really enjoy it, I really do."

"It would be great if you could come every week regularly, or even twice a week."

"I enjoy being with other housemates, because we are never together, and also, I enjoy someone telling me what to do and me trying to do that exercise, that makes me feel better. And I do look forward to it, because I have been here 8 years, and this is the first time I've come down to something that I think its really good for me and for the rest of the people here."

Case Studies

Stella



Margaret



Costas



Maisie





The **LiveSmart Games Programme** has transformed the lives of participants, with individual success stories highlighting its profound impact on physical health, mental well-being, and community connection. These case studies provide a vivid snapshot of the programme's personal and social benefits:

- **Resident A:** A long-time resident at Duval House who previously struggled with isolation and physical inactivity now eagerly participates in each weekly session. They report improved mobility and a renewed sense of purpose, stating, "I didn't realise how much this would lift me up. It gives me something to look forward to each week."
- **Resident B:** A participant from Cope House who experiences limited mobility remarked on how the programme's accessible exercises have empowered them to engage in activities they thought were no longer possible. They shared, "I am learning exercises I can do at home, and I feel stronger each time."
- **Resident C:** An individual from George Padmore House reported substantial improvements in their mental well-being. Previously disconnected, they now feel more socially engaged and optimistic. They described the sessions as a lifeline, saying, "Being part of this has truly changed my week—it's something I can rely on, and it's so uplifting."





Celebration Events:

After counting all the tokens in the 3 penny drop jars, Duval House was the winning house of the "Minutes of Movement" competition with 137 tokens of home practice!

The celebration events were vibrant session where we did our last exercise session together, and we wrapped the session with cake and juice. We ended up dancing and singing together the songs that they asked me to play, such as "Dancing Queen" by Abba and "The Best" by Tina Turner. We gave them their certificates as "Livesmart Games Ambassadors", and medals for each participant. 2 cups of recognition for their commitment to the project were given to Maisie and Margaret, who besides attending almost all the sessions, practised the exercises at home and were key to the winning of the award.

The enthusiasm of the participants was exceptional, they supported each other, and new friendships were built. I could sense a real sense of community building with the groups which is one of the most important outcomes of this project, tackling loneliness and isolation. Always when I left the building, some of the residents stayed having a chat talking about who they were going to support one another. They expressed they never see the other residents and were very happy to share together in these workshops.

Some of their quotes from the celebration events were: "Thank you very much for all these sessions, I am sorry I could not come to all the sessions because I was sick but I would have loved to come to all of them"

"Thank you for your energy, Maria, when you are coming back? come back, we will wait for you here."

"These sessions were valuable for me; I was always looking forward to Wednesdays to come to the session and have a good excuse to leave my house. Thank you."



Reflections

The **LiveSmart Games Programme** demonstrated a profound impact on the physical health, mental well-being, and community cohesion of Clarion Housing residents, particularly those in the Duval, Cope, and George Padmore schemes. Through weekly, tailored sessions, the programme has made physical activity accessible, engaging, and sustainable for older adults and other residents who may have limited mobility or face barriers to accessing traditional forms of exercise. This section outlines key outcomes and qualitative feedback from participants, highlighting the programme's success in meeting its objectives and addressing broader health and social needs.

Improved Physical Health and Mobility

A core aim of the LiveSmart Games Programme was to enhance physical activity levels among residents, improving their overall health and physical functioning. Participants consistently reported benefits such as increased strength, flexibility, and balance. These gentle movement sessions have been pivotal for residents who previously lacked regular access to physical activity, providing exercises that promote cardiovascular health, joint mobility, and general physical conditioning, all within a safe and supportive environment.

By enabling participants to exercise in their own residential community, LiveSmart Games has removed key barriers, particularly for those with limited mobility or those uncomfortable attending outside classes. This aligns with the NHS and Public Health England guidelines promoting physical activity for older adults, addressing both preventative and rehabilitative health goals.



Key takeaway

The sessions helped improve strength, flexibility, and cardiovascular health while creating an accessible space for physical activity. The low-barrier approach, allowing participants to exercise within their residential settings, was critical to overcoming mobility and accessibility challenges

Enhanced Mental Well-being and Emotional Resilience

The programme also achieved a significant positive impact on participants' mental well-being. Many residents reported feeling more positive, engaged, and motivated as a result of the weekly sessions. Regular participation led to reductions in feelings of loneliness and social isolation, which are widely recognised as risk factors for depression and other mental health conditions among older adults. Participants frequently commented on feeling an improved "sense of purpose" and mental clarity following sessions, with feedback such as:

- *"I am learning new exercises to practice at home, thank you."*
- *"I think it's very beneficial for me, because I don't do anything, ever. So if I could do this, once a week, I think it would really improve my mental state, my physical state. I really enjoy it, I really do."*

This improved sense of emotional resilience and community connection aligns with national mental health initiatives aimed at reducing loneliness and enhancing the mental health of vulnerable populations.





Key takeaway

The gentle exercise sessions not only addressed physical health but also nurtured mental health, combating loneliness and contributing to a more positive outlook on life.

Increased Community Cohesion and Social Engagement

LiveSmart Games has also been instrumental in fostering a sense of community cohesion and belonging. By bringing residents together in shared activities, the programme has helped build relationships and encourage positive interactions among neighbours, creating a supportive community network within the schemes. This increased engagement has helped reduce social isolation, a prevalent issue among older residents, and has encouraged participants to contribute actively to their local community. The success of LiveSmart Games has encouraged volunteerism, with residents now considering taking on leadership roles to sustain these sessions.

The impact of this programme has been amplified by the unique structure that combines music and movement, drawing on the universal appeal of music to bring people together. Residents have built meaningful connections not only with one another but with volunteers and staff, establishing a support system that continues beyond the sessions.



Key takeaway

The programme succeeded in creating a social network and building a supportive community atmosphere, which contributed to reducing feelings of isolation and loneliness.

Volunteer Empowerment and Capacity Building

A key component of the LiveSmart Games initiative is its volunteer programme, designed to contribute to the sustainability and expansion of the project. Volunteers receive training and support to enable them to confidently lead future sessions, ensuring the continued delivery of the programme. While this model aims to empower community members and build a self-sustaining structure, establishing an effective volunteer framework has presented some challenges. The volunteer model faced initial difficulties in terms of recruitment, training, and engagement, which impacted the speed of its roll-out.

Moving forward, a more tailored approach to volunteer recruitment and training will be needed, with clearer expectations, ongoing support, and structured mentorship to facilitate a smoother transition to leadership roles. Strengthening volunteer networks and offering targeted development opportunities will help improve retention and enhance the programme's long-term success.

Despite these challenges, volunteers have expressed a strong sense of fulfilment, with many recognising the positive impact they have on residents' quality of life. One volunteer whom did experience the training stated, "I feel proud of what I'm able to contribute. I never imagined I could lead sessions, but now I'm helping others improve their lives."





The volunteer component continues to extend the programme's reach and helps cultivate a pipeline of community advocates, ensuring the initiative's longevity and alignment with Clarion Futures' mission to foster resilient, empowered communities.

A Scalable, Impactful Model with Broader Applications

Based on these outcomes, the LiveSmart Games Programme presents a scalable model that could be extended across additional LiveSmart schemes and similar housing communities. Its combination of health benefits, social cohesion, and sustainability through volunteer engagement make it a compelling candidate for broader implementation. By addressing both physical and mental health needs through an accessible and replicable framework, the programme has proven its value as a community-centred health initiative that could contribute significantly to public health objectives and quality of life for residents in social housing.

Key takeaway

LiveSmart Games offers a proven framework that can be expanded to other communities, particularly those with residents facing barriers to accessing traditional forms of exercise and social interaction.

These success stories underscore the value of LiveSmart's Games approach, providing participants with both the health benefits of gentle physical activity and the emotional uplift of community support. The case studies serve as compelling evidence of the programme's ability to foster independence, resilience, and social connection, reinforcing the programme's potential to transform lives and benefit other schemes.



The **LiveSmart Games Programme** has had a profound effect on residents, both in terms of physical health and social engagement. Several participants have shared transformative experiences that illustrate the programme's broad-reaching impact:

- **Older Residents:** “I never thought I could move this much again.” – One participant, in their late 70s, had struggled with limited mobility due to age and health conditions. Through consistent participation, they’ve regained significant movement and flexibility, which has improved not only their physical health but also their confidence in daily life. This has led to greater social interaction, breaking down isolation and fostering a renewed sense of community.
- **Younger Volunteers:** Volunteers have also gained invaluable personal and professional skills. For instance, a young volunteer from Cope House reflected on their leadership development: “I feel more confident and prepared to take on leadership roles, and I’ve developed stronger communication and organisational skills.” The training provided has allowed these volunteers to become mentors, with many expressing a commitment to continue supporting community initiatives in the future.
- **Intergenerational Success:** A standout success story is that of an intergenerational pair: a young volunteer, aged 19, and an older resident, aged 82, who initially struggled to connect. Through shared participation in the movement sessions, a strong bond was formed, with the older resident teaching the volunteer traditional games from their youth, while the volunteer introduced modern music and movement routines. This exchange led to mutual respect, enriching both their experiences and illustrating the power of intergenerational interaction.



Sustainability Strategy

Volunteer Recruitment and Training

A key component of the LiveSmart Games programme's sustainability is the development of a strong volunteer model. Volunteers will play an essential role in ensuring the longevity and scalability of the initiative. The recruitment strategy will focus on engaging local residents, particularly those from younger generations, to support and lead sessions. By offering tailored recruitment materials, outreach campaigns within Clarion Housing communities, and partnerships with local volunteer agencies, we will attract a diverse pool of volunteers committed to community-building.

The training programme will be robust, ensuring that all volunteers are equipped with the necessary skills and knowledge to lead sessions confidently and independently.

This will include comprehensive training on the programme's objectives, the importance of physical activity for older adults, and specific training on running music and movement sessions. Volunteers will also receive ongoing support through regular

check-ins and access to a range of resources, including session plans, activity guidelines, and troubleshooting advice. By empowering volunteers with the necessary tools, we will foster a sense of ownership and leadership that will allow them to guide the programme's growth.





Community Engagement and Empowerment

The programme's success hinges on its ability to foster a sense of ownership among residents. In expanding the LiveSmart Games programme to additional LiveSmart locations, it is vital to ensure that each community feels personally invested in the initiative's success. Residents need to be actively involved in shaping the programme's direction through feedback loops, consultation meetings, and regular updates.

Engagement with residents through initial "Community Engagement Sessions" to co-design the programme, ensuring that the activities are tailored to their needs and preferences is vital. Encouraging residents to participate in training as volunteers, providing a sense of responsibility and leadership within their own communities is an option. This community ownership model will ensure that the programme remains relevant, sustainable, and responsive to the specific needs of each site while creating a robust local network of support.

Making the group sessions intergenerational as this will further enhance the programme's impact by bringing together younger and older participants. This approach promotes mutual understanding, reduces social isolation, and fosters a greater sense of community cohesion. By designing activities that appeal to all ages and encouraging collaboration across generations, it will enrich the experience for all participants, creating stronger and more connected communities.





Conclusion

The LiveSmart Games programme offered a powerful opportunity to address key physical and mental health challenges faced by residents of Clarion Housing schemes. By promoting physical activity, enhancing social connections, and reducing loneliness, the programme supports the NHS's objectives of preventive health and reducing the burden on health services.

The potential to scale this programme across Clarion's portfolio of LiveSmart schemes is significant. With the appropriate resources, community engagement, and funding support, the initiative can be adapted and replicated in housing schemes nationwide, creating a sustainable, long-term impact on health and well-being. This programme not only aligns with national health priorities but also offers a replicable model for community-based interventions that can continue to improve the lives of residents for years to come.

Through its focus on intergenerational volunteer-led delivery, tailored activities, and community ownership, the LiveSmart Games programme has the potential to grow into a nationally recognised model of intergenerational community engagement, empowering residents to take charge of their health and wellbeing while reducing the long-term strain on healthcare services.





Appendix

RESULTS COMPARING WEEK 1 & WEEK 8:

Total of participants: 14 (Duval, Cope and George Padmore House) Answering the surveys was optional, and not all the participants answered the entire questionnaire.

PHYSICAL ASSESSMENT:

TUG TEST (stand and go test):

Average Week 1: 23 seconds

Average Week 8: 26 seconds

HEART RATE:

Average Week 1: 95/73

Average Week 8: 91/84

PHYSICAL ACTIVITY:

What physical activities do you currently carry out?

Week 1: YES: 11 / NO: 2

Week 8: YES: 6 / NO: 0

Activities: Swimming, exercise, yoga, gardening, walking, chair exercise.





PHYSICAL ACTIVITY:

What physical activities do you currently carry out?

Week 1: YES: 11 / NO: 2

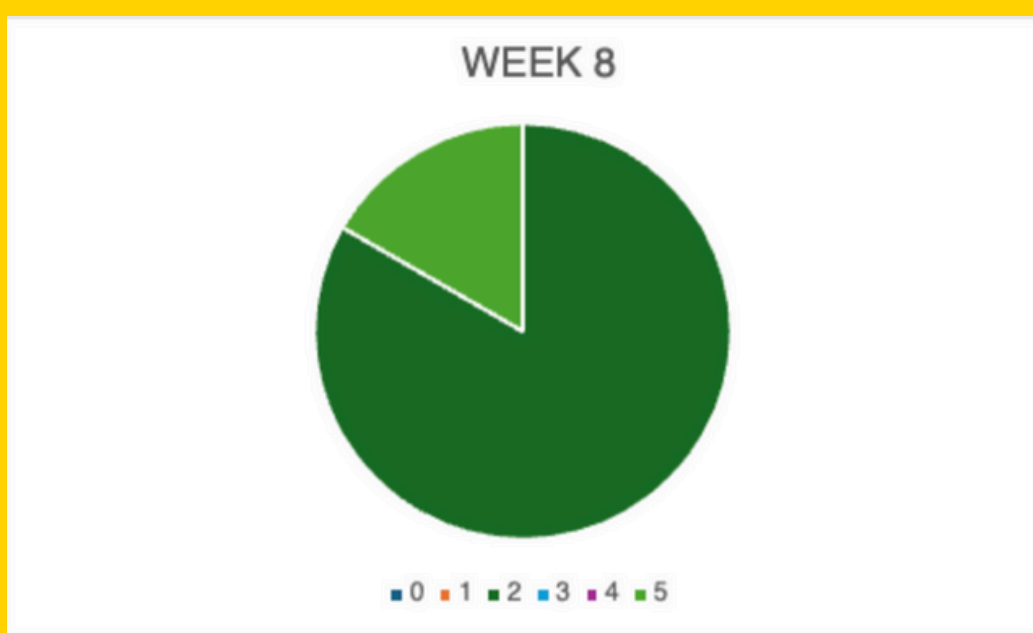
Week 8: YES: 6 / NO: 0

Activities: Swimming, exercise, yoga, gardening, walking, chair exercise.





How often do you practice them during the week? Days per week





For how long? Minutes

1: 0min

2: 15min

3: 20min

4: 30min

5: 45min

6: 50min

7: 60min

WEEK 1



WEEK 8





OVERALL WELLBEING:

I have felt cheerful:

1: At no time

2: Some of the time

3: More than half of the time

4: Most of the time

5: All the time

WEEK 1



1 2 3 4 5

WEEK 8



1 2 3 4 5



I have felt calm and relaxed:

1: At no time

2: Some of the time

3: More than half of the time

4: Most of the time

5: All the time

WEEK 1



■ 1 ■ 2 ■ 3 ■ 4 ■ 5

WEEK 8



■ 1 ■ 2 ■ 3 ■ 4 ■ 5



I have felt active and vigorous:

1: At no time

2: Some of the time

3: More than half of the time

4: Most of the time

5: All the time





I woke up feeling fresh and rested:

1: At no time

2: Some of the time

3: More than half of the time

4: Most of the time

5: All the time

WEEK 1



1 2 3 4 5

WEEK 8



1 2 3 4 5



My daily life has been filled with things that interest me:

1: At no time

2: Some of the time

3: More than half of the time

4: Most of the time

5: All the time

WEEK 1



1 2 3 4 5

WEEK 8



1 2 3 4 5



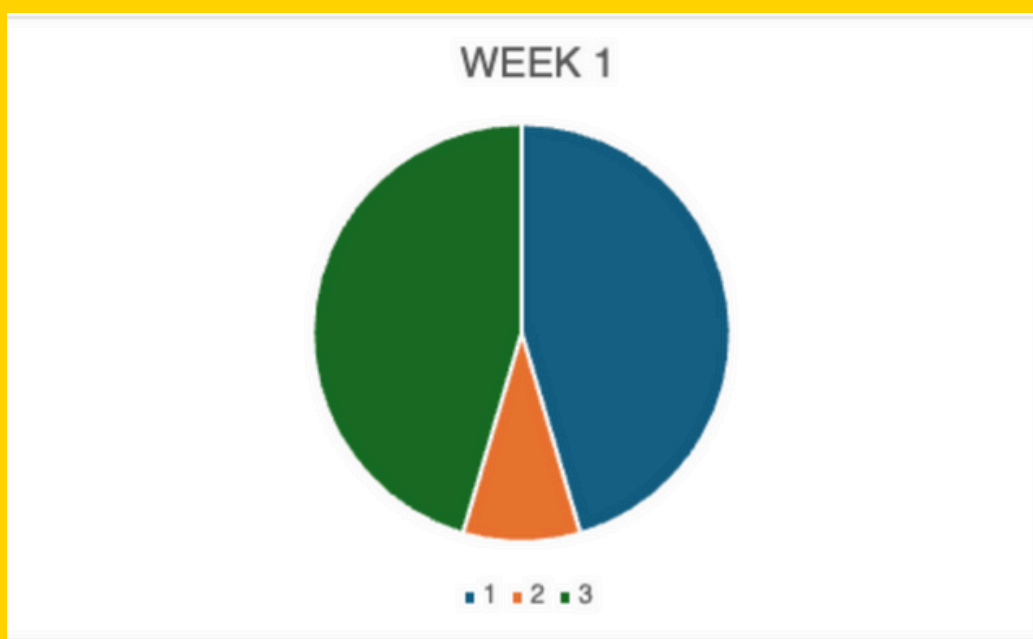
OVERALL LONELINESS:

How often do you feel that you lack companionship?:

1: Hardly ever

2: Some of the time

3: Often





How often do you feel left out?:

1: Hardly ever

2: Some of the time

3: Often

WEEK 1



■ 1 ■ 2 ■ 3

WEEK 8



■ 1 ■ 2 ■ 3



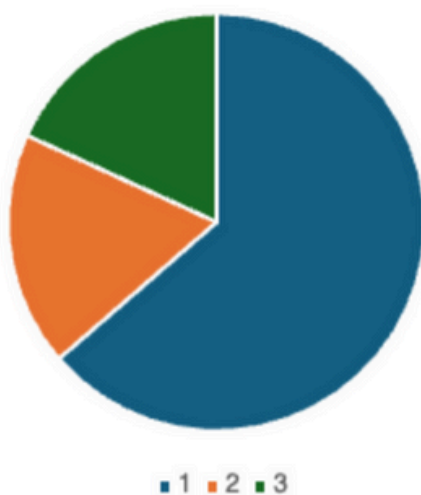
How often do you feel isolated from others?

1: Hardly ever

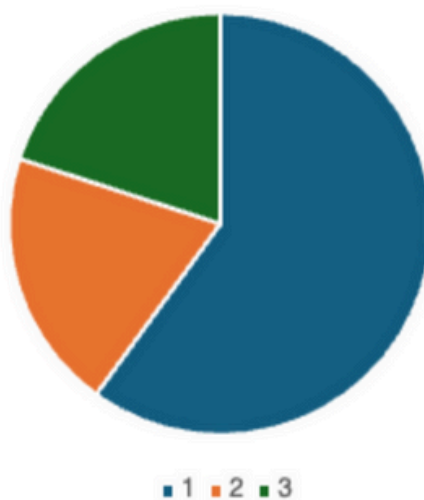
2: Some of the time

3: Often

WEEK 1



WEEK 8





Resources:

- Handbook of activities
- Video tutorial for home practice:
<https://www.youtube.com/watch?v=Ck1RpL-zlul>

Suitcase of materials kept in each house:

- X1 Hula-hoop
- X8 stretchy bands
- X1 Reward chart
- X1 parachute
- X1 cone game
- X1 glass jar
- X1 token bag
- X7 shakers
- X8 yellow weight balls
- X12 drumming sticks
- X1 dice
- X12 scarves



