



**apollo
music
projects**

inspiring children
through music

Impact Report 2022-23

INTRODUCTION

This report uses data for the school year 2022-23, building on the findings of the previous Apollo Music Projects Impact Reports covering the three school years 2019-20, 2020-21 and 2021-22. This Impact Report uses data collected from 1,078 children aged 7-11, bringing the total number of children's responses to 4,418 over the four years covered by these reports. This represents a significant and substantial data sample, enabling us to draw some fascinating conclusions.

This Impact Report supports the findings of the previous reports, demonstrating significant positive effects of our programme in two key areas:

1. Supporting children's ability to respond to the emotional content of the music and express this in writing.
2. Supporting children's wellbeing, shown in the way the children described their feelings while listening to the music.

Our annual evaluation forms for children taking part in our programme are designed to measure the impact of the programme on children's wellbeing and emotional response. They include questions about how the children felt listening to the music, and whether the programme affected their self-confidence, relaxation, concentration or the ability to control their moods. We were very careful to ensure that the children were not guided or influenced in their choices. We analysed the data as objectively as possible, using key words to grade the answers when choosing between positive and negative responses, or in the case of the creative writing responses to two contrasting pieces of music (Q5). The results were again overwhelmingly positive, reinforcing the findings in the previous Impact Reports and going even further to show the positive effects of our programme on children's wellbeing.

THE FINDINGS

We have analysed the results of 1,078 children's evaluations from the 2022-23 school programme. The sample was very large, and the results in all questions were very consistent across schools and compared to previous years. The key findings from this year's evaluation were as follows:

Completed evaluation forms

2022-23

24 primary school programmes, 1,078 children

Question 1 - What was the best thing about working with Apollo Music Projects?

48% said listening to the music was the best thing about the programme (the next highest was 15% for learning about music/instruments)

2021-22: 46% listening to music

Key Findings

- **94% of children described positive feelings while listening to the music**
- **77% said they felt calm, relaxed or happy while listening**
- **78% made a clear distinction between the emotional content of two contrasting pieces of music**

www.apollomusicprojects.org

email: info@apollomusicprojects.org

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LOTTERY FUNDED

Question 2 - How do you feel when you listen to the music we play?

94% expressed positive feelings - calm, relaxed, happy, amazed, inspired (6% negative - OK, bored, nothing much).

77% said they felt calm/relaxed or happy.

2021-22: 94% positive, 60% calm/relaxed or happy

Question 3 - Has listening to the music helped you with any of these: more self-confident, more relaxed, better concentration, able to control moods, none of these?

64% circled more relaxed

28% circled more than one choice

22% circled none of these.

2021-22: 62% more relaxed, 24% more than one, 21% none of these.

Question 4 - Has the programme inspired you to learn an instrument?

39% yes

26% no

41% already play one.

Several children chose more than one answer.

Among children who don't already play one: 60% yes, 40% no.

2021-22: 41% yes, 27% no, 39% already play one

Among children who don't already play an instrument: 60% yes, 40% no.

Question 5 - Write a short scene or description suggested by each of two contrasting pieces (Shostakovich and Mendelssohn)

78% made a clear distinction between the two pieces, which we determined using key words appropriate to the two pieces (eg running away, scared, war, fighting, dramatic for Shostakovich; wedding, funeral, happy, sad, mixed emotions, flowers, waves, nature for Mendelssohn).

2021-22: 79%

SUMMARY

These findings clearly show the beneficial effects of our programme on children's wellbeing, and reinforce the findings of our previous Impact Reports. The results of the current evaluation were very consistent across schools, and consistent with the previous year's results. The number of children able to demonstrate a clear distinction between the emotional content of two contrasting pieces of music performed live was extremely high, showing that they can understand and respond personally to the emotions expressed in the music by the composer and the performers. The remarkably high number of children who described positive feelings while listening to the music demonstrated the benefits to children's wellbeing of listening to live music, reinforced by the number of children saying they felt calm, relaxed or happy.

Our findings again indicated that there are two distinct emotional responses involved in listening to music, one the response to the act of listening to music, and the other the response to the emotional content of the music. The report suggested that both of these emotional responses are necessary to listen to music with the kind of intense concentration and positive engagement the children exhibit at our workshops and concerts. Furthermore it suggests that our programme is designed in such a way that these two skills are developed during the course of the programme, whatever the individual abilities of the children taking part. We were able to investigate the positive effects of live music on wellbeing in great depth, and the results indicated that the Apollo Music Projects programme is successful in supporting children's wellbeing and helping them to access and express their emotional response to music.

David Chernaik, CEO & Programme Director, September 2023

"I feel happy and relaxed and it makes you feel nothing can go wrong."

Year 5 pupil, Lea Valley Primary School, Haringey

"The best thing is that they inspire you to love music."

Year 4 pupil, London Fields Primary School, Hackney

"It made me feel calm and out of this world."

Year 4 pupil, St. Matthias Primary School, Hackney

"I feel like all my rage disappeared."

Year 5 pupil, Eldon Primary School, Enfield

Impact Report 2022-23 - Appendix

Children's comments (selected)

"I like that their music made me feel happy."

Year 5 pupil, Anson Primary School, Brent

"It made me feel like I wanted to play an instrument."

Year 4 pupil, Benthall Primary School, Hackney

"Really really good and an awesome experience."

"Everything was beautiful."

Year 4 pupils, Canonbury Primary School, Islington

"The music was brilliant and I loved everything."

"I feel relaxed because I know the music is going to be beautiful."

Year 5 pupils, Christ Church CE Primary School, Brent

"I feel calm and lucky to listen to this music."

"The best thing was you could ask any questions."

Year 5 pupils, Eldon Primary School, Enfield

"I feel like I'm in another world."

"I feel relaxed and calm by listening to this music."

Year 4 pupils, Hoxton Garden Primary School, Hackney

"When I listen to Apollo I feel happy."

"The best thing was we got to use our imagination."

Year 5 pupils, Kingsmead Primary School, Hackney

"No words, it is too good!"

"It helped me concentrate."

"I feel really relaxed and not worrying about things."

"Amazing and lovely."

"I felt calm and confident I can do my work."

Year 5 pupils, Lea Valley Primary School, Haringey

"It is really, really brilliant music."

"I feel inspired and calm."

Year 4 pupils, London Fields Primary School, Hackney

"I got to listen to music I never knew existed."

Year 4 pupil, Muswell Hill Primary School, Haringey

"It was fun and imaginative and I loved it when they played the tuba."

Year 5 pupil, Oldhill Community School, Hackney

"The best thing was hearing different types of music."

"I feel happy and the music flows through me."

Year 5 pupils, Orchard Primary School, Hackney

"The best thing was hearing the music and saying how you feel."

"I feel calm, relaxed, happy and inspired."

Year 4 pupils, Rushmore Primary School, Hackney

"I liked going on the trip and listening to music made by composers all over the world."

"I feel myself tingle when I listen to intense pieces."

"I feel like it paints a picture in my head."

Year 5 pupils, Salusbury Primary School, Brent

"I feel very calm and relaxed and I love it."

"I feel inspired to continue music."

Year 5 pupils, Southwold Primary School, Hackney

"I feel relaxed and excited and amazed by their music."

"I feel joy because music is my happy place."

Year 5 pupils, St. Dominic's RC Primary School, Hackney

"I feel free when you play music."

Year 5 pupil, Tetherdown Primary School, Haringey

"I feel relaxed and can concentrate better."

"It cheered my mood up."

"I feel amazing as I really liked the relaxing music."

"I feel inspired because it makes me want to play music."

"I feel free and relaxed."

Year 5 pupils, Uxendon Manor Primary School, Brent

Shostakovich String Quartet No.4, Allegretto

"An exciting scene that sounds like running (someone chasing after someone), then the running fades away starting with a humming sound then it started to sound like a choir singing. The running returns, getting faster and faster with birds chirping. At the end the person catches them."

Year 5 pupil, Anson Primary School, Brent

"Getting chased in a fairy tale. This makes me feel confident. This reminds me of two people fighting."

"This music makes me feel as if my whole life will change and become very scary. When this piece is played I think of being lost in the depths of space or the ocean, far, far away from those I know."

Year 5 pupils, Eldon Primary School, Enfield

“World War 2. March. Planes. Army. Remembrance Day. Poppies. Funeral. Birds. Spring. Happy.”
Year 5 pupil, Kingsmead Primary School, Hackney

“It’s really exciting and changed the rhythm. It feels like someone trying to find you and becoming closer each second. Getting angry that they can’t find you.”
Year 5 pupil, Lea Valley Primary School, Haringey

“It makes me feel free and I saw a beautiful reflection of the sun and the moon. Makes me feel grateful and brave. Like I am in a war fighting for my country.”
Year 3 pupil, Mandeville Primary School, Hackney

“An ocean getting very rough. The wind blowing, a boat being tossed about but suddenly the sun comes out. It also made me think about the circus, and someone preparing to go on stage. It made me happy.”

“Bumpy, dark, bouncy. Somebody trying to get something. It makes me feel that we’re in a forest full of darkness.”
Year 4 pupils, Rushmore Primary School, Hackney

“Feels like someone is panicking then calms down then panics again and then is joyful. It is like different emotions constantly changing.”

“Peaceful yet thrilling. I can imagine it to be in a soundless movie, maybe a mystery with a detective searching for clues but not finding any. At some bits in the piece the tension builds and gets louder but then drops down like they came close to finding something but didn’t find it.”
Year 5 pupils, Salusbury Primary School, Brent

“It feels like a scene where you are in trouble then it changes to a scene where you’re being chased somewhere dangerous. I feel scared and tearful. The setting is dark and night.”
Year 5 pupil, St. Dominic’s RC Primary School, Hackney

“The mood at first is very tense but after a while it is more calming, then becomes more tense as the sounds go higher and lower. It is also a mixture of being happy then sad then angry.”
Year 5 pupil, Uxendon Manor Primary School, Brent

Mendelssohn String Quartet Op.12, Andante espressivo

“A mother singing a lullaby to her child to fall asleep. After she finishes and stands up the child starts crying so the mum held the baby and started singing. The baby fell asleep and the mum left the room and closed the door. The child had a dream with it floating in the sky with angels singing.”
Year 5 pupil, Anson Primary School, Brent

“It makes me feel calm and relaxed. It makes me imagine a story of a girl in a garden with lots of flowers and the day is sunny but some time it starts to rain but gets sunny again. It is low and high. It makes me happy.”

“It is a calm music to my ears and it is nice and wonderful. It is amazing.”
Year 5 pupils, Canonbury Primary School, Islington

“The music makes me think that I am at the beach relaxing, looking at the waves, and sunset comes and I lie back and watch the sunset, and in the end I go back home and it’s thundering and raining really hard, and I go back home safely and everything is fine.”
Year 5 pupil, Christ Church CE Primary School, Brent

"It reminds me of sadness."

"Passing an enchanted bright forest with lush grass and colourful plants and flowers. Suddenly a ghost touches your shoulder."

Year 5 pupils, Eldon Primary School, Enfield

"It feels as if in a fairy tale or in an enchanted forest. I feel like I'm floating into the sky touching the soft clouds. Now as if I'm dancing through the rain walking on the shimmering water glittering from the moonlight."

Year 5 pupil, Notrth Harringay Primary School, Haringey

"A river flows through a lush green valley with flowers growing everywhere with animals everywhere and a sunny blue sky."

Year 4 pupil, London Fields Primary School, Hackney

"This piece makes me feel relaxed and calm and excited. It sounds a bit like someone feeling sad and singing about their emotions and at some points they got carried away but then went back to singing sadly again."

Year 4 pupil, Orchard Primary School, Hackney

"Calm, relaxing, smooth, flowing, sad, high, loving, upsetting. It's graceful but sad."

Year 4 pupil, Rushmore Primary School, Hackney

"It is calm, joyful and relaxing like someone is having a good dream after something bad has happened and they try to cheer up."

Year 5 pupil, Salusbury Primary School, Brent

"I am sleeping and dreaming wonderful dreams. I wake up and start crying! I miss someone. I start singing a goodbye song. I feel brave!"

Year 4 pupil, St. John & St. James Primary School, Hackney

"It sounded like a ballerina dancing a ballet performance. It was incredible. Or a white swan flying away gracefully."

St. Dominic's RC Primary School, Hackney

"A funeral music. A sad rainy day. Spring is coming but there is still a bit of snow. Someone crying. A thunderstorm with lightning and a flood. Starting to feel happy."

"A sad story that someone is telling someone else and the mood is sad and emotional. Very melodic and lots of things happening at the same time."

Year 5 pupils, Tetherdown Primary School, Haringey

"It makes me feel peaceful, calm and soothing because it feels like you can feel the wind and cold air and sounds like peaceful birds."

"A girl is sitting on a chair thinking of something sad and cries at last. She feels alone and thinks to do something that makes her happy. The mood is calm, relaxing and pleasant. It's also sad, depressed, lonely and tired but a bit of happiness included in it."

Year 5 pupils, Uxendon Manor Primary School, Brent