

darts



Case Study

Creative Directions Sounds

Julia's Journey

Creative Directions Sounds is a programme of fun and informal music workshops for adults in Doncaster. The sessions are free and the opportunity to work with professional artists – poets, musicians and songwriters is open to all. Participants come to explore ideas, songs and sound all in a relaxed, inspiring environment. The sessions take place in the Edlington community.

Broadening horizons

Julia began attending Creative Directions sessions a little over two years ago. Despite having always been a very sociable person, she has struggled to get out since the end of the pandemic. Fewer local community groups were staying open, and her health was deteriorating. She came to broaden her horizons and meet new people.

“It is my passion, it inspires me.”

Creative Directions Sounds was the stepping stone Julia needed. She could try new things and meet new people. She found empowerment in making music as a group, **“like in a real music studio”**. This gave her agency, aspiration and passion.

Building confidence

After a while of attending the Creative Directions Sounds sessions, Julia felt inspired to bring in her own song, *Walking on Air*. It was the first time she'd shared it with anyone outside of her immediate family so this marked a very important step in both her musical and emotional journey.

“In general, it is just really great. It is great to do the songs, great to feel like you've achieved something worthwhile. I've met a nice group of people, and it is just inspiring.”

The ideas that Julia gets from the group inspire her to write more songs and poems for herself. It has given her the confidence to take her new skills home, express herself freely, and share the recordings.

“I'm a very sociable person anyway, but it is enlightening.”

Julia finds the sessions get more interesting with each one she attends. They're really uplifting, and she really looks forward to gaining more knowledge through them each week. The sense of community within the group is one of the greatest parts of the sessions, as participants are able to talk and share experiences in an open-minded, friendly environment. The laughs and conversations never fail to brighten her day.

Strength in community

Recently, Julia's health began to deteriorate, with her mobility and sight reduced substantially. This made it difficult for her to get out and about as much, and everyday tasks became more tiring. Creative Directions Sounds is a group in her own local community, making it accessible to attend and just what she needed. She can always find her way somewhere where the atmosphere is pleasant, support is available when needed and the other participants are

helpful and engaging. She can rely on darts. With Creative Directions Sounds, she has something fulfilling and supportive to look forward to each week.

“It has given me a lift. In retirement, I’ve got a lot of time on my hands and [Creative Directions Sounds has] certainly inspired me and made me feel more confident. I look forward to the groups and when I leave, I feel like I’m leaving on a high.”

Julia has opened up over the course of the sessions, sharing how coming to the sessions has helped to give her the boosts she needs to get through the more challenging weeks. She can enjoy the music, join in at her own pace, and socialise. Julia has told us how she thoroughly enjoys being a part of the group. She has found value in having her thoughts and suggestions respected and incorporated. She feels like she’s a part of something bigger.

“It is good for all walks of life. It brings community together with the different ideas.”

“Everybody has been really helpful, and the teaching staff have been brilliant. I’ve been really happy with it all round.”

The journey continuing

Julia’s journey through Creative Directions Sounds has been encouraging and positive, with a great impact on her health and wellbeing. Her confidence has improved, her sense of inspiration lifted, and her social circles have widened. The sessions lift her mood and make any imposing feelings of negativity or discomfort feel a lot smaller and easier to handle, and she has access to a much greater sense of achievement.

Donating to darts ensures that Julia can continue going to Creative Directions Sounds. Click [here to do so](#). Thank you.