

Choirs Beating Time

An evaluation by:

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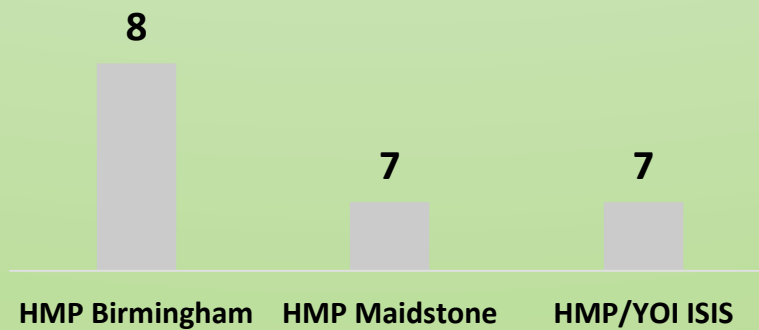
AIM

To provide prisoners the opportunity to develop employability skills, maintain a fit mind and be part of a thriving community by partaking in a weekly choir.

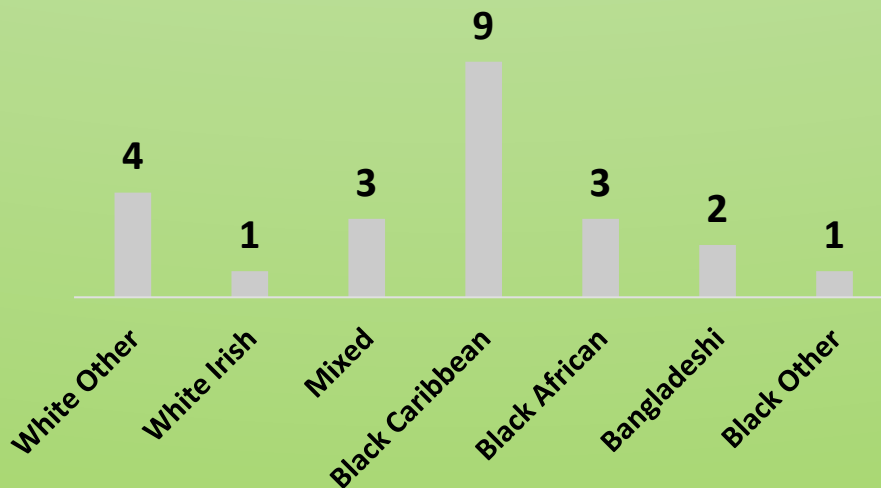
Who took part



Number of choir members



Ethnicity of choir members



The majority of the choir members interviewed were Black Caribbean at 39.13% and the second most represented group was White (Other) at 17.39%. This sample is not reflective of the UK prison population, as per a recent Parliament report (Allen & Dempsey, 2016).

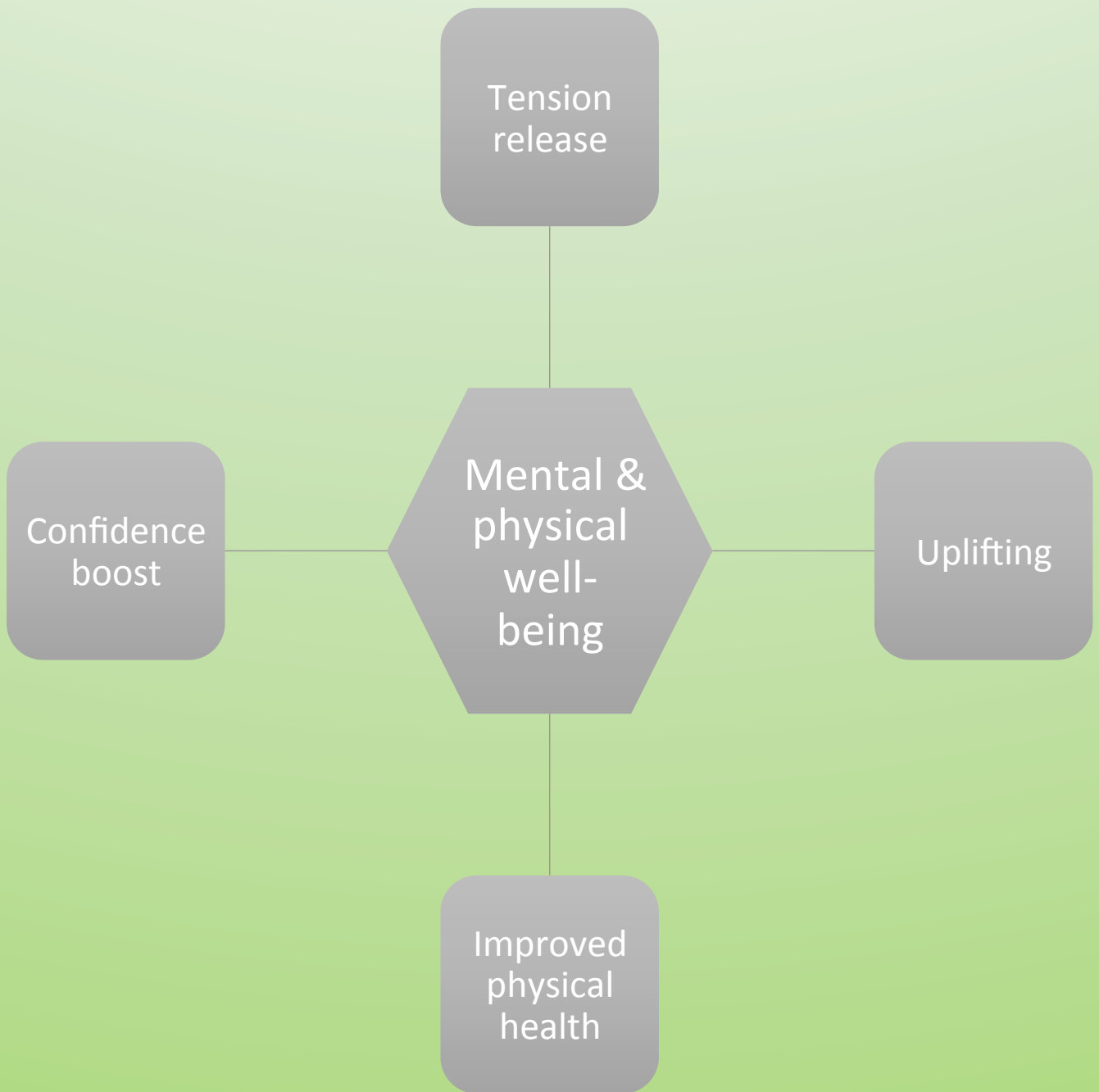
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Through a thematic analysis, 6 main themes have been identified that allude to the effects of the choir as described by the prisoners.

Participation in *Choirs Beating Time* has helped...



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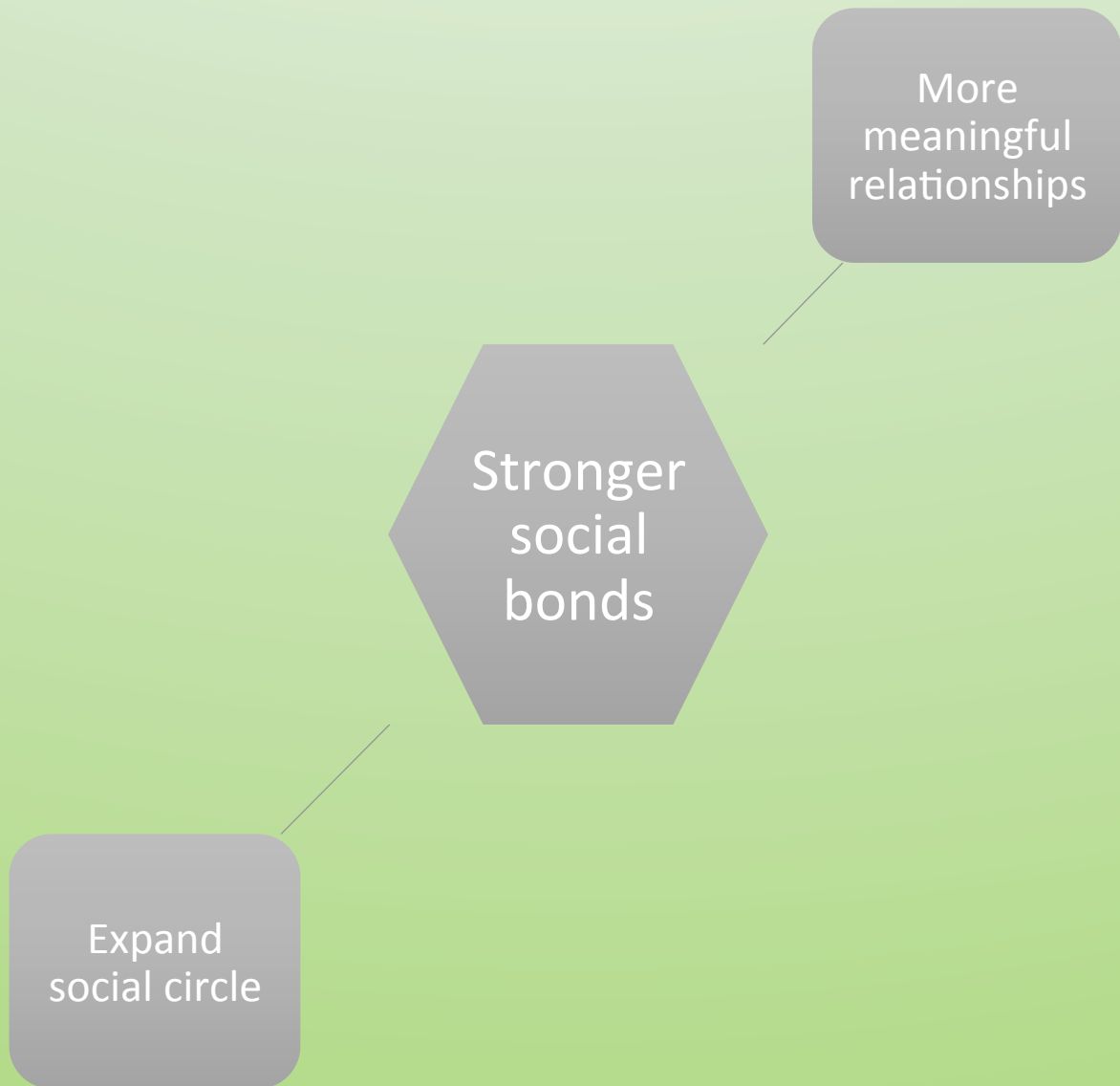
"It keeps me on top, boosts my spirit.."

"I accept its my fault that I'm in here. I want to use this experience to improve myself, be a success"

"(Improved) my physical health because my mind is more positive so it affects my body"

"It lifts me out of stress and makes me deal with everything better"

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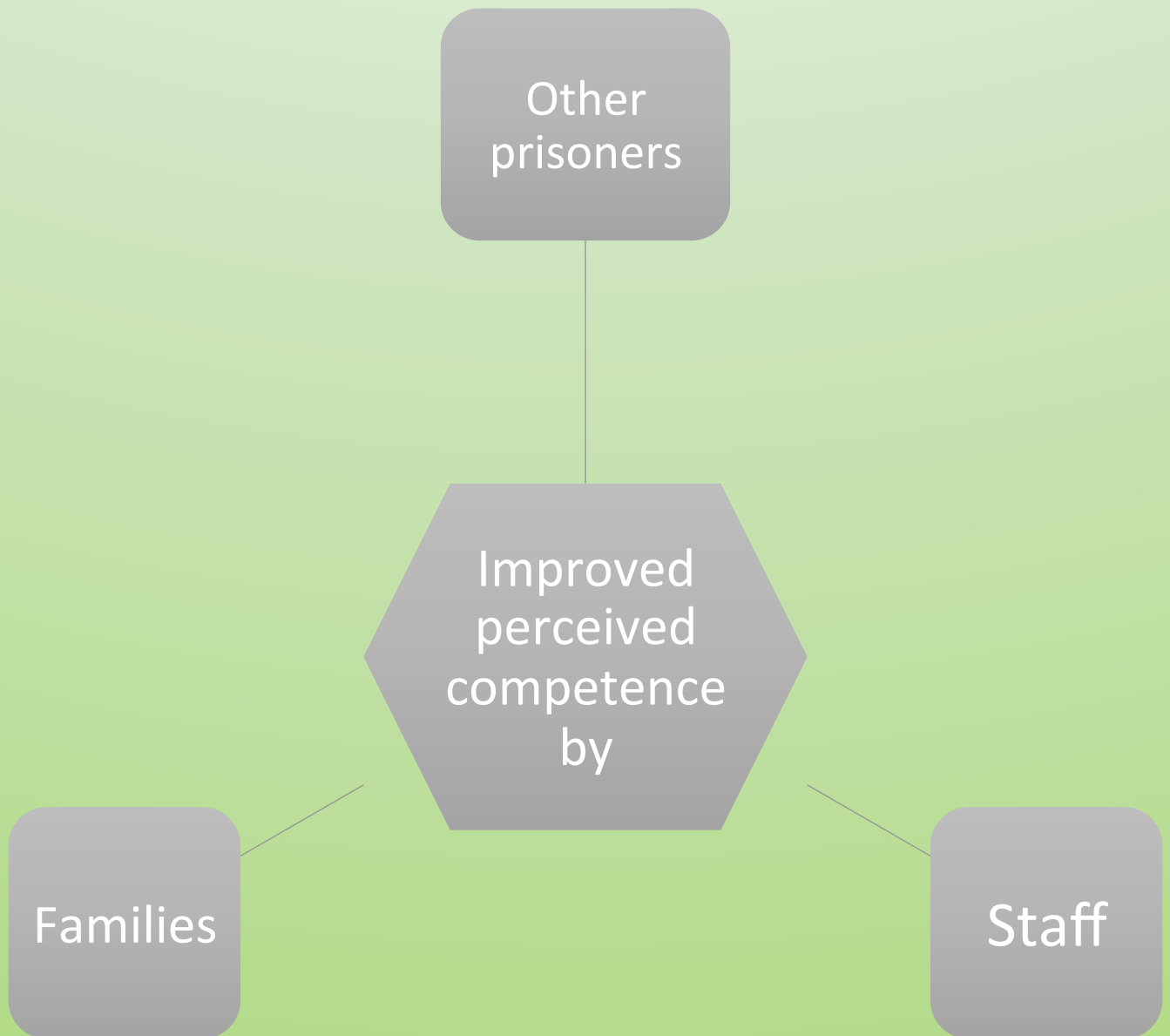


“Made new friends...opportunity to introduce my friends to the group”

“I have been able to interact with new individuals and learn from them, we share our views..”

“Met new people that wouldn’t have talked to because we are [usually] grouped by the nationalities and the languages we speak. [In the choir] we all stick together doing the same thing and that’s powerful”

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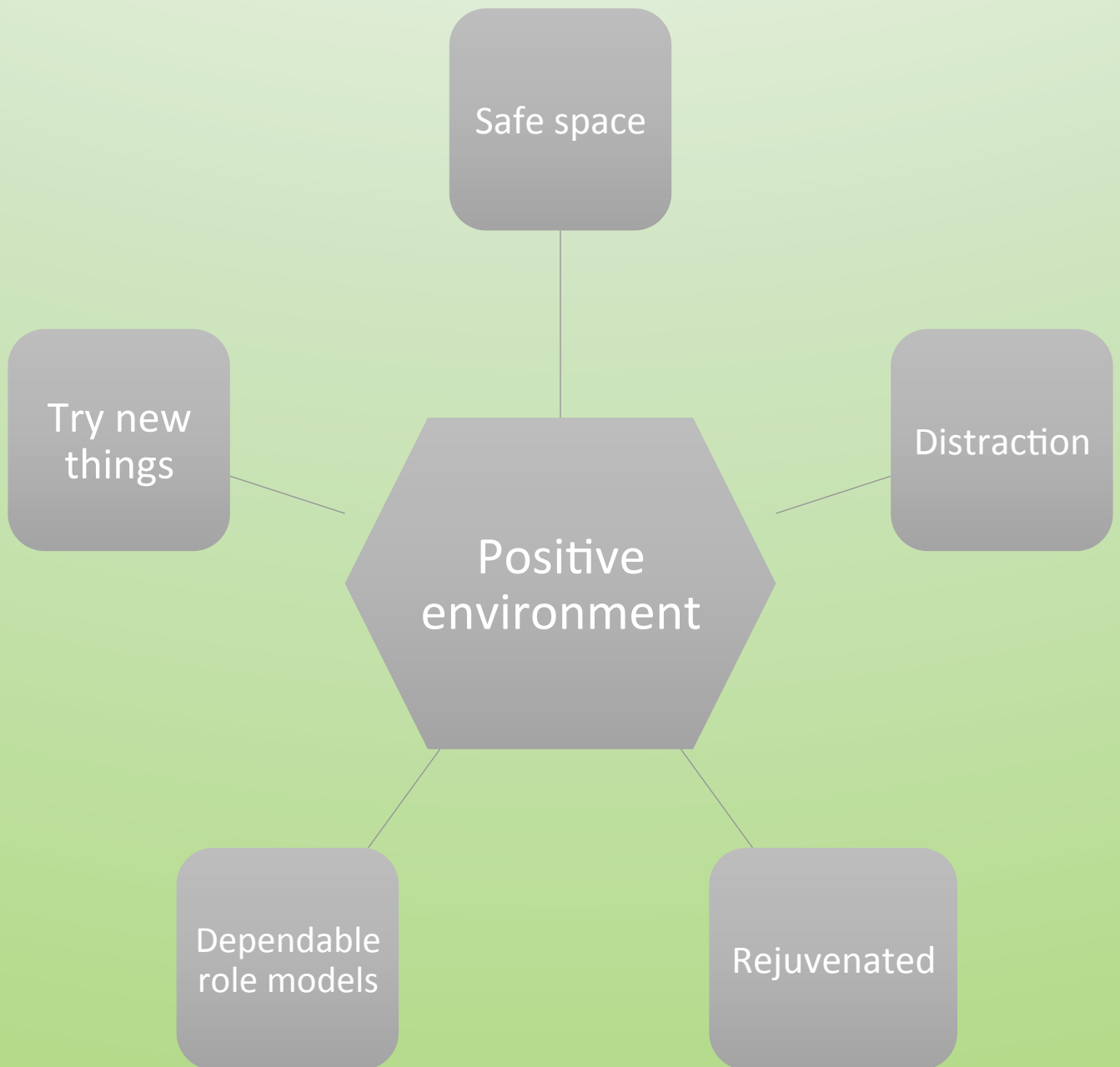
"I feel more valued by me and others in the choir"

"My family have seen me as a different man, as if I have more potential."

"Choir sings for people and helps people feel appreciated, celebrates others. At first people were not sure, but after people appreciate it."

"Prison officers are more laidback. They see us differently."

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"Encourages me to be part of other activities because of the positivity it brings."

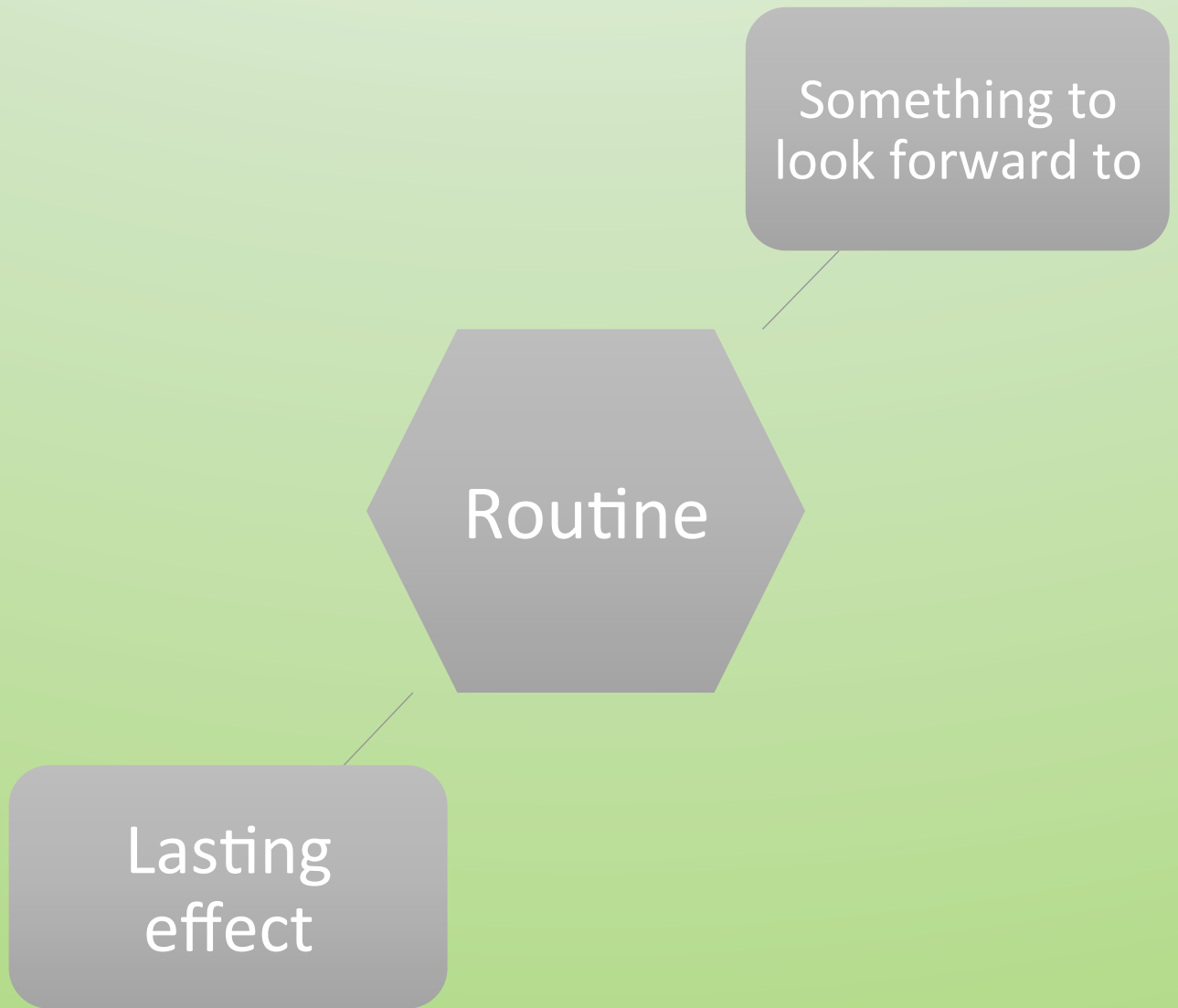
"Takes away the black evil cloud in prison."

"Our music teacher is very helpful and treats everyone individually."

"High – everything is possible, euphoric."

"We connect as humans - can be more myself."

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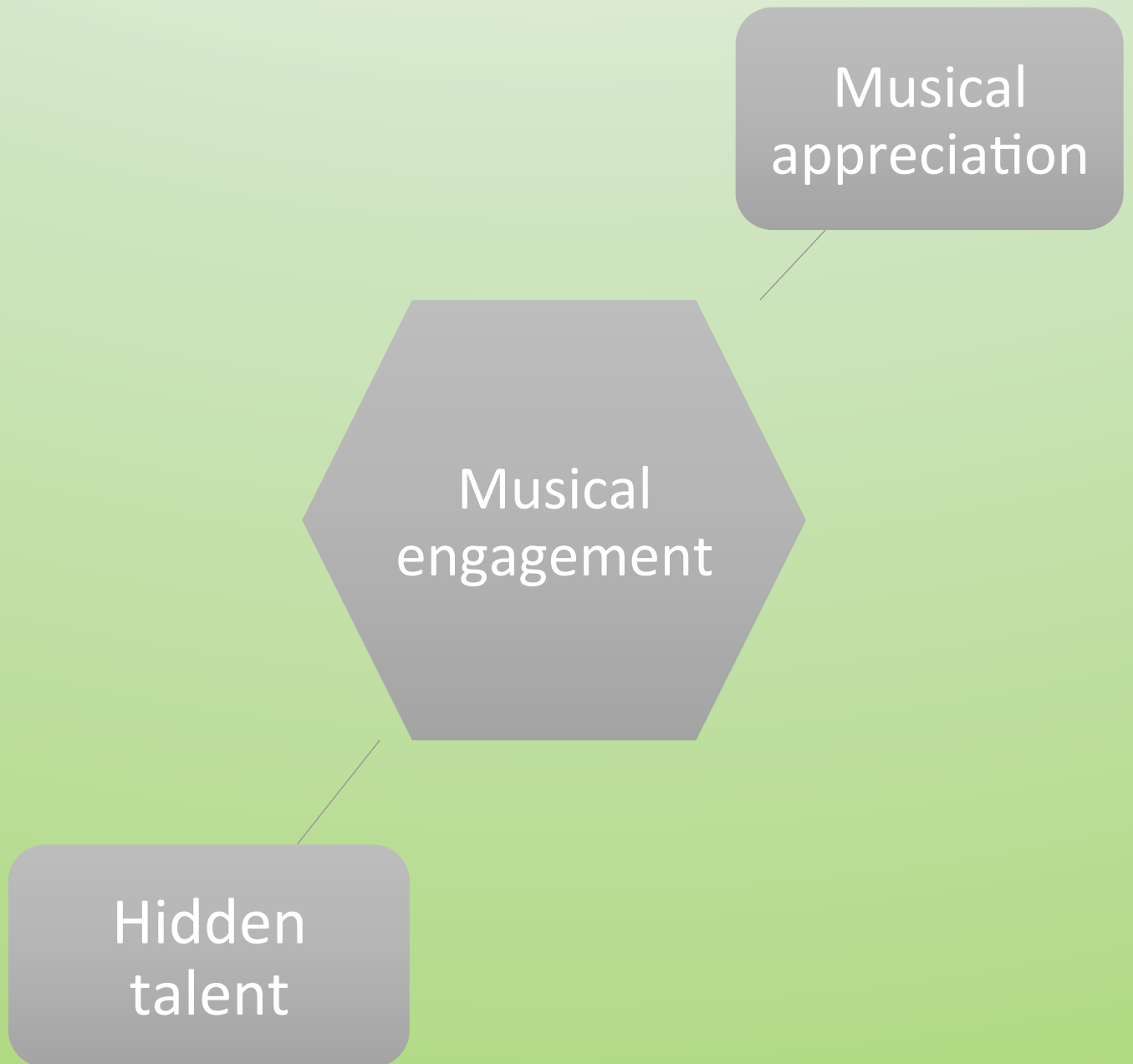
"Didn't think you'd feel so happy, lasts even until you go back to the wing."

"Choir carries me through the rest of the day – I keep singing."

"The choir just has positives. The only negative is that its only once a week."

"Highlight of the week."

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“Didn’t know I could sing, I have a hidden talent.”

“Brought back musical knowledge. Have confidence to join the church choir.”

“Made me want to learn to play the piano.”