

## Who are Noise Solution?

Noise Solution is a social purpose organisation based in the East of England. Our aim is to contribute to a society where everyone means something, and they know it. We engage youth at risk through informal music mentoring, using an evidence based approach we create the conditions which are likely to positively impact on wellbeing and intrinsic motivation.

What we create isn't important; how we do so is. We are trying to facilitate three conditions:

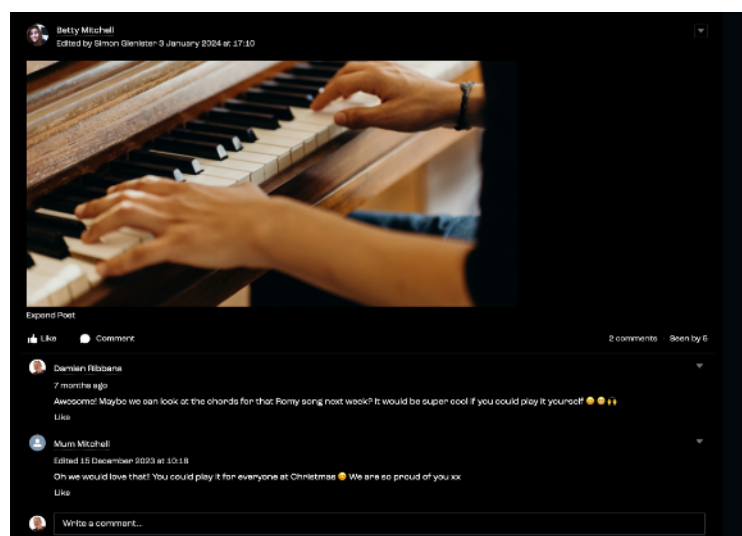
- **Autonomy** - a sense of feeling in control.
- **Competence** - a sense of feeling good at something.
- **Relatedness** - feeling seen by, and valued by, others.

Evidence tells us that if we can create spaces where these three 'basic psychological needs'<sup>1</sup> are satisfied we see better intrinsic motivation and improved wellbeing. If we can positively impact on wellbeing, we see better health, education, engagement, and social outcomes.

## What we do

We pair young people referred to us from alternative education, mental health, or social services, with non-formal professional musicians. Together, musician and participant co-create a music making project in the participants chosen genre(s); from drum and bass to drill, grime, singer songwriter and Dolly Parton covers!

During each session we capture the highlights using audio, video, photos and text. These highlights are posted to our own secure cloud-based infrastructure in individual, private 'social media' digital story. The participant



Screenshot of the digital community in action

<sup>1</sup> Basic Psychological Need Theory is a mini-theory derived from Self Determination Theory, see [selfdeterminationtheory.org](https://selfdeterminationtheory.org)



invites into their story people that are important to them (usually family and professionals). This 'community group' are invited to like and comment on what they have seen. It is this externalisation and validation of success which helps to embed the impacts we create.

[See it in action here.](#)

## **Project Description**

Whilst we present as a music organisation (which aids engagement with youth and their families who have been consistently underdelivered to by 'professional' services) we are actually interested in positively impacting on wellbeing and intrinsic motivation. We know that, if we do, we see better health, education, social, and engagement outcomes. These are all outcomes which other organisations are trying to impact on, often in isolation.

We know our work is massively impactful, and we have the data to prove it. We also have a significant amount of unsolicited feedback from young people, their families, and the professionals involved with them, detailing frequently life-changing impacts.

What we don't have is a way to bring these data to life, not only demonstrating the impact on wellbeing but demonstrating what that actually means in interesting and interactive ways.

## **How we measure impact**

Noise Solution measures its impact using both qualitative (story) and quantitative (number) data. For the purposes of this project we will be focusing on the quantitative data.

As an organisation interested in positively impacting on wellbeing, it makes sense that we use a measurement tool designed to measure subjective changes in wellbeing. Noise Solution uses the Shortened Edinburgh Mental Wellbeing Scale (SWEMWBS)<sup>2</sup>. SWEMWBS was designed by Warwick and Edinburgh Universities and the NHS, and has been used nationally at scale multiple times. This means it has been rigorously tested and evaluated, but also that we have national datasets to compare our work against; we aren't making it up.

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<sup>2</sup> See CORC: <https://www.corc.uk.net/outcome-experience-measures/short-warwick-edinburgh-mental-wellbeing-scale-swemwbs/>



Participants complete the 7-item scale at the beginning of their time with us, and at the end. The Likert scale applies a numerical value to each answer.

We then measure changes in these start and end data at various population levels using the summed scores.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5

We assess our data against national averages for low, moderate and high wellbeing bands as described in '[SWEMWBS Population Norms in Health Survey for England data 2011](#)':

Band	Start	End
Low	7	21.54
Moderate	21.55	23.21
High	23.22	26.02

## Digital story data

The dataset also includes summary numbers from each persons digital story, showing the number of posts, likes, comments, and external members.

A number of these datapoints are 0 or blank; this is due to us switching the way we ran these digital stories technically, meaning the blank entries are legacy feeds which are now inaccessible.



## Project requirements

In essence, we have lots of data but we need ways in which to bring these to life. Our audience(s) are not statisticians, so we need to build visualisations which allow them to understand why our data is important.

We would like the visualisations to be:

- Interactive - so people can interrogate the data. For example, what is the wellbeing change for young women in Cambridgeshire aged 14-21?
- Fun! Be creative.
- Informative - Users need to be able to understand why the data is important; why changes in wellbeing are important.
- Interesting - For example, does interaction with the digital story equate to increases in wellbeing?

## Dataset glossary

<b>UIN</b>	Unique Identifier Number - a number assigned to an individual person
<b>SWEMWBS Start Age</b>	The age of the participant when the SWEMWBS start questionnaire was completed
<b>Gender</b>	Participants gender, where available
<b>Ethnicity</b>	Participants ethnicity, where available
<b>Postcode</b>	The first part of the participants postcode, showing the 'outward' code. This describes a broad area. <a href="#">See here for details.</a>
<b>Industry</b>	The sector of the referring organisation.
<b>SWEMWBS Start Score</b>	The summed start score from the SWEMWBS questionnaire.
<b>SWEMWBS End Score</b>	The summed end score from the SWEMWBS questionnaire.
<b>Comments</b>	How many comments the participant has on their digital story.
<b>Likes</b>	How many likes the participant has on their digital story.
<b>Posts</b>	How many posts which have been made on the participants digital story.

**External members**

How many 'external members' (everybody excluding internal staff) who have access to the participants digital story.