



**MANIFESTIVE CIC SONG-WRITING & SONG-CRAFT PROGRAMME:**  
**IN COLLABORATION WITH NICK ELLIS GOLDNOTE. FUNDED BY**  
**RIVERSIDE FOUNDATION COMMUNITY FUND.**

- Total number of people engaged;
  - Number of customers engaged – 12 Young People (16-25yrs old)
  - Number of Riverside Customers Engaged – 6 Riverside Customers
- Customer Feedback/Testimonials:

Liv 22 yrs old attended all 5 sessions of the Programme:

Hi Chris!

Thanks so much for hosting the programme, I found it really fun and helpful for my songwriting! I really liked how collaborative and interactive the programme was, which made it easy to open up and gain a lot from it!

I think learning these tips towards songwriting has bettered my work and also allowed me to work more freely which has been a great stress reliever and something I can look forward to.

I would definitely recommend the programme to anyone interested in songwriting / music in general.

Thanks again,

Olivia.

Luke (Riverside Customer) 24 yrs old attended all 5 sessions of the Programme:

Hi Chris,

Hope you're doing well,

In terms of feedback honestly was an amazing opportunity and it has done a lot for confidence and like self-belief in my own ability kind of thing.

The only take away in terms of how to improve I would say would be if it was more musically inclined if that makes sense. I know the course is predominantly songwriting but I feel it could be more interesting and informative if there were maybe just some parts where we learned how to put chords together too as that is a huge part of the songwriting process and for me the hardest part to be honest.

Apart from that though was an absolute pleasure, you and nick are absolute stars.

Also don't forget I want to see the other lads songs I haven't forgot.

Much appreciated,

Luke

Jack & Jacob both 21yrs old attended 4 of the 5 sessions. Both members of local band the Keys:

Hi Chris, it's Jack from The Keys who came to the songwriting sessions!

Just wanted to give some feedback on how good those sessions were and how me and Jacob thoroughly enjoyed them all, we missed the first one unfortunately, but we looked forward to them each week.

We started a few years back and since then being tried to gain as much knowledge as we can and wisdom from people who are in or have been around the music industry locally and in other areas, this did that and more for us. It gave everyone a chance to have their own turn and show the skills that each individual possess but may be shy to express. Nick is a absolute legend too who we are glad to have met and learn more about with his experience in his music career, we have soaked all the information that were told to us throughout the few weeks up like a sponge and hope something like this can happen again down the line!

Cheers,

Jack 

Testimonial from Nick Ellis – Professional singer/songwriter and tutor who led the programme:

#### Manifestive C.I.C. Testimonial

Re: Five Week Songwriting Course for 16-25-year-olds.

I would like to take the time out to express my appreciation for the opportunity bestowed upon me, to work alongside Mr. Chris Stafford at Manifestive C.I.C. and the pleasure I endured curating and tutoring a programme with him, on our Songwriting course for 16-25-year-olds.

Working with Chris brought a fresh dynamic to my classroom approach, and with both his theoretical input and lived experience, an augmented sense of connection was achieved.

Our Songwriters were an absolute joy to tutor for many reasons but, for me, personally, the most enduring quality was their sense of bravery. To watch them unfold from a quiet and introverted manner, to one of expressing their inner emotions via creative writing and song craft, to outwardly singing at full voice, in front of a classroom of their peers, was an experience I will hold dear, for years to come.

Over a five-week period, we were able to witness our songwriters grow with confidence, create meaningful connections, and develop creative friendships. Yet, most important, we found they were able to feel comfortable expressing their personalities, thought and feelings in a safe, supportive and empathetic environment.

Upon reflection, I would say we achieved the core elements of what we set out to do with our original endeavour: to establish the essence of purpose, structure and connection.

To conclude, I would like to express how proud I am of these astute and brilliant young minds. It was a pleasure to meet, tutor and engage with them - I learnt a lot from my time on this course. But most of all, I would like to place on record what an asset these young people are, not just to themselves, but to their community and their city.

The future is bright.

Yours sincerely,  
Nicholas Ellis.

Photos taken across the 5 sessions within the programme:

- 2 videos of young people performing the songs they crafted throughout the programme, shared with Vanessa Shaw. Also, to see the stories/reels/posts; posted across social media during the programme follow; manifestivecic on Instagram and Christian Stafford & Manifestive CIC on LinkedIn.

MANIFESTIVE CIC  
PRESENTS

IN PARTNERSHIP WITH  
RIVERSIDE HOUSING AND  
ST JAMES PLACE

# SONGWRITING COURSE

AGED 16 - 25 AND INTO WRITING MUSIC?

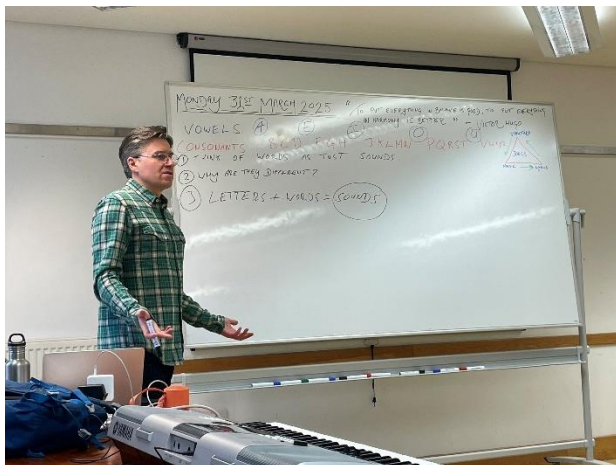
JOIN US FOR A FIVE WEEK SONGWRITING PROGRAMME FOR 16-25 YEAR OLDS (PRIORITY WILL BE GIVEN TO YOUNG RIVERSIDE HOUSING TENANTS).

STARTING 10TH MARCH  
AND RUNNING FOR 5  
WEEKS

5:30PM - 8:30 PM  
EVERY MONDAY  
QUAKER HOUSE MEETING  
ROOMS







## **Quantitative Evaluation:**

At Manifestive CIC we use WemWbs as our quantitative source of evidence as this is a credible proven and researched tool. We asked for consent for the participants to anonymously complete a WemWbs based on their scores 1-5 at the start of the programme and then complete the same set of questions at the end. To assess if their scores increased over the 5 weeks.

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) is a well-established, evidence-based tool developed by the University of Warwick and the University of Edinburgh. It is designed to measure an individual's mental wellbeing through a series of positively worded statements related to thoughts and feelings. Participants are asked to reflect on their experiences over the past five weeks, scoring each statement on a five-point scale ranging from "none of the time" to "all of the time."

WEMWBS is particularly valuable because it offers both quantitative and qualitative insight into mental wellbeing. It enables organisations like Manifestive CIC to track changes over time, assess the impact of their programmes, and identify areas where additional support may be needed. The tool is validated for use with a wide range of age groups and demographics, making it especially suitable for our work with underserved communities. Ultimately, it supports evidence-based evaluation and enhances our ability to promote mental health and resilience.

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) consists of 14 positively worded statements. Participants are asked to rate how often they have experienced each statement over the last two weeks using a 5-point scale:

- 1 = None of the time
- 2 = Rarely
- 3 = Some of the time
- 4 = Often
- 5 = All of the time

Here are the 14 WEMWBS statements:

1. I've been feeling optimistic about the future.
2. I've been feeling useful.
3. I've been feeling relaxed.
4. I've been feeling interested in other people.
5. I've had energy to spare.
6. I've been dealing with problems well.
7. I've been thinking clearly.
8. I've been feeling good about myself.
9. I've been feeling close to other people.
10. I've been feeling confident.
11. I've been able to make up my own mind about things.
12. I've been feeling loved.
13. I've been interested in new things.
14. I've been feeling cheerful.

- Of the total 12 participants, 50% (6 young people), were happy to complete WemWbs and the results are below;

#### **START OF THE PROGRAMME**

<b>Total WemWbs Scores</b>	<b>Participant who completed</b>	<b>Avg Total Score pre Programme (14 Q's) score 1-5</b>	<b>Avg Total Score post Programme (14 Q's) score 1-5</b>
	<b>1</b>	<b>4</b>	<b>5</b>
	<b>2</b>	<b>1.5</b>	<b>4</b>
	<b>3</b>	<b>3</b>	<b>3</b>
	<b>4</b>	<b>3</b>	<b>4</b>
	<b>5</b>	<b>3.5</b>	<b>5</b>
	<b>6</b>	<b>4</b>	<b>5</b>
<b>Totals</b>		<b>3.1</b>	<b>4.3</b>

The above reflects that of the 6 young people who completed the WemWbs including Riverside customers. They showed a total 1.2 uplift vs the 14 statements reflected above.

Here are the 3 most relevant statements to the desired outcomes of the programme and how the 6 young people scored:

<b>Programme Objective &amp; Statement</b>	<b>Avg Score across 6 young people pre programme</b>	<b>Avg Score across 6 young people post programme</b>	<b>Score increase</b>
<b>I have been feeling interested in other people (Isolation)</b>	<b>3.3</b>	<b>4.6</b>	<b>1.3</b>
<b>I've been feeling confident. (Confidence)</b>	<b>3.1</b>	<b>4.5</b>	<b>1.5</b>
<b>I've been feeling relaxed (Mental Health &amp; Well-being)</b>	<b>2.8</b>	<b>4.3</b>	<b>1.5</b>

All these scores reflect a positive increase across all 14 statements, especially the 3 areas which were key objectives and desired outcomes from the programme based on – Isolation, Confidence and Mental Health/Well-Being. In addition, the statements reflect really positive shifts around being more creative and feeling more connected to other people and the community.

## **Manifestive CIC Songwriting Programme – Final Report & Evaluation**

### **About Manifestive CIC**

Manifestive CIC is a values-driven Community Interest Company dedicated to supporting underrepresented individuals and underserved communities. Our work focuses on helping people realise their potential, strengthen their mental health and well-being, and build confidence and resilience. Through safe spaces, coaching programmes, and creative workshops, we help individuals explore internal barriers and equip them with tools to create lasting change in their lives.

### **Overview of the Songwriting Programme**

In partnership with the renowned Liverpool-based singer-songwriter Nick Ellis, Manifestive CIC delivered a unique songwriting programme aimed at young people from underserved communities, including Riverside customers and housing tenants. This initiative created a creative and emotionally expressive environment where participants could use songwriting as a powerful tool for self-reflection, connection, and personal growth.

### **Successes**

A standout achievement of this programme was the strong sense of connection and community fostered among the young people. Participants who, by their own admission, had felt isolated, found common ground through shared experiences and creative passions. A supportive creative community naturally developed, enabling collaboration, mutual encouragement and belonging.

Confidence blossomed throughout the sessions, culminating in participants performing their original songs in front of each other – a remarkable accomplishment, considering many began with low self-esteem. The quality of the songs produced was exceptionally high, showcasing deep emotional depth and artistic skill. (video evidence shared with this submitted report).

Moreover, the programme allowed participants to explore emotional expression through creativity – something neuroscience and psychological research shows enhances mental health, well-being, and resilience. Writing thoughts and feelings on paper has been proven to promote emotional regulation and clarity, and the programme strongly encouraged this practice.

### **Challenges**

One of the main challenges was engaging Riverside customers. While 9 participants originally registered – including 4 from Powerhouse and 3 from Shaw St – only a portion attended. Despite providing Shaw St with funding in advance for transport, none of their registrants took part. Engagement from Riverside staff to support and encourage attendance varied, which impacted the final attendance numbers. That said, we still achieved 50% Riverside representation among attendees with 6 in total. Another challenge we found was ensuring the young people provided evidence of travel, be it bus tickets, train tickets or receipts. No matter how much encouragement for them to do so, so we could fund their travel. It was rare that this happened. As we had to provide cash to support attendance to and from, it was impossible to fully evidence the amount spent.



### **Quantitative & Qualitative Outcomes**

Participants completed the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) at the beginning and end of the programme. Results showed clear improvements in well-being, confidence, and mental outlook. (See attached tables for further detail.)

Testimonials and verbal feedback were overwhelmingly positive. Participants spoke of increased confidence, newfound connections, and pride in their creative work. See Above feedback/testimonials.

### **Conclusion**

This songwriting programme exemplified Manifestive CIC's commitment to providing safe, empowering spaces for underserved communities. Through music, reflection and community, young people discovered their voice, built resilience, and formed meaningful connections. Despite logistical challenges, the programme's impact was significant and deeply felt. We continue to learn and adapt and are proud of what was achieved alongside Riverside and Nick Ellis. The programme has a profound and lasting impact on the young people from all across the City Region and for Riverside customers in attendance. The testimonials and quantitative data clearly highlight that the objectives the programme set out to meet have been achieved across the board. There is a real legacy left by the programme as young people have continued to create and craft, as well as share their songs. Evidence of this has been seen on social media with 4 participants continuing to share their songs. Two of the participants have gone on to play their music live, with 2 gigs during and post the programme and another has now gone on to join a band. This individual was extremely introverted and isolated pre joining the programme. We also had a young person who had to be accompanied by his Mum, due to his anxieties and his neuro-diversity meant he was nonverbal amongst strangers. This individual has since gone on to record AND SING on 3 tracks, which he has posted on YouTube. His Mum contacted me to share her pride, amazement and gratitude as the Song-writing programme was instrumental in making this happen.