

Information Pack

for Funders & Partners

Wellbeing and Connection Through Music — across Merseyside

OUR MISSION

Play Northwest CIC uses music to improve mental health, build connection and unlock potential for people across Merseyside who have been failed or left behind by traditional services. We do this through hands-on DJ, music production, sound healing and field-recording programmes — and through Crisis Connect UK, our free wellbeing app — designed to feel safe, creative and non-clinical, so the people who need support most actually show up and stay.

Who we are

Play Northwest CIC is a Community Interest Company (registered in England & Wales, Company No. 15796794) using music as a route into mental-health support, social connection, and personal development for people who fall through the gaps of traditional services.

Founded by John Paul Randles — a professional musician, DJ, music producer and tutor with over a decade of experience working as a health and social care practitioner across the NHS, prison healthcare, home care and mental-health settings.

Who we work with

- Children, young people and adults with SEND
- People living with mental-health challenges
- Those disengaged from statutory services
- Community groups and referral partners across Merseyside

The problem we address

Mental-health waiting lists in the Northwest are among the longest in the UK. Traditional clinical routes are stretched, stigma keeps many away, and creative provision for people with SEND or complex needs is patchy and underfunded.

We offer a low-barrier, high-engagement alternative:

- It doesn't look or feel like therapy — so people show up

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- It builds skills people are proud of — so they keep coming back
- It produces measurable wellbeing outcomes — so funders see impact

Our theory of change

Music → Engagement → Connection & Confidence → Improved Wellbeing → Reduced demand on statutory services

What we deliver

1. *Wellbeing & Connection Through Music (flagship 12-week programme)*

DJ skills, music production, field recording, sound healing and the NHS 5 Steps to Mental Wellbeing framework — culminating in a live community showcase.

2. *DJ Sessions*

1-2-1 and group hands-on workshops, all ages, no experience needed. From £30. Held in Prescot.

3. *Music Production Sessions (Logic Pro)*

Building tracks from field recordings; exploring how sound shapes emotion. From £30. Held in Prescot.

4. *Sound Healing Sessions*

Singing bowls, tuning forks and guided sound meditation supporting relaxation and emotional release. From £50. Held in Prescot.

5. *Field Recording*

Community sound-capture walks. Gather the sounds of your neighbourhood and shape them into collaborative tracks.

All programmes are delivered by DBS-checked, safeguarding-trained staff in accessible community venues across Merseyside.

Crisis Connect UK — our free wellbeing app

We also reach people who would never set foot in a workshop. Crisis Connect UK is a free Progressive Web App offering 24/7 UK crisis helplines, evidence-based breathing and grounding tools, a library of DBT/ACT/NICE skills, and a UK-wide finder of 600+ NHS, charity and community services. No account required, full Quick Exit safety, on-device data only. Optional Premium subscription (£1.99/mo or £20/yr) funds our community work.

Live at crisis-connect-uk-app.vercel.app

Impact

50+
Participants supported

94%
Reported improved wellbeing

100%
DBS-checked staff

“The sessions made me feel like I had a purpose and it has inspired me to join college studying music. Before the sessions I felt nervous and didn’t know what to expect — after the first week I couldn’t wait for the next session.”

— Programme participant

Case study — James (name changed)

Referred after months of social withdrawal following a mental-health crisis. Almost dropped out in week two; by the final showcase performed a live DJ set to forty people. Twelve months on, enrolled on a Level 3 Music Production course and volunteering as a peer supporter. Wellbeing score: 3/10 → 8/10.

What your funding supports

- **Programme delivery** — facilitators, planning, wellbeing measurement
- **Equipment** — DJ decks, mixers, field recorders, singing bowls, production laptops
- **Venues & transport** — accessible community spaces across Merseyside
- **Evaluation** — wellbeing scoring, participant feedback, outcome reporting
- **Bursary places** — free access for those who couldn't otherwise attend
- **Crisis Connect UK** — hosting, content development, service-finder data updates

We work flexibly with funders on restricted, unrestricted, project and core-cost grants. Detailed budgets and outcomes frameworks available on request.

Safeguarding

All staff, volunteers and freelancers hold an Enhanced DBS check and complete safeguarding training before delivering any session. Our Designated Safeguarding Lead is John Paul Randles (hello@playnorthwestcic.com). Full safeguarding policy available for download from playnorthwestcic.com/funders.

Get in touch

Email	hello@playnorthwestcic.com
Bookings	bookings@playnorthwestcic.com
Founder direct	JohnPaul@playnorthwestcic.com
Website	playnorthwestcic.com
Instagram	@play_north_west

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All staff DBS-checked · Safeguarding policy available on request