

Young people from Cornwall's Sowenna mental health unit launch an album



Sowenna Sounds, an album of remarkable new music written and performed by young people at the Sowenna adolescent mental health unit in Bodmin, was officially launched at this year's Royal Cornwall Show.

Now released on all streaming platforms, the 17 track album was created by young people during their inpatient admission at Sowenna. The work was enabled by visiting music producers working with many new music forms including Hip Hop, IDM, folk, indie pop, d&b, soundart and dubstep.

Run by Wave Multi Academy Trust, Sowenna Education provides education for young people aged 13 to 18 during their inpatient admission. The Cornwall



Partnership NHS Foundation Trust facility is Cornwall's only adolescent mental health inpatient unit.

[Listen to the album on SoundCloud.](#)

"For some of our young people, the opportunity to create music and experiment with sounds has been a small ray of light and hope during a very dark period in their mental health" said Jonathan King from Wave Multi-Academy Trust and Head of Education at Sowenna.

"I am so proud of our students and the hard work and commitment they have put in to achieving our first ever music album. During the Royal Cornwall Show, the album received positive feedback from members of the public and was featured on Rewind Radio," added Lucy Stocker, Principal of Wave Multi Academy Trust's Community and Hospital Education Service (CHES).

The young people and the staff team at Sowenna worked with creative partners, dBs Pro at the dBs Institute in Bristol and dBs-i a non-profit sound and music company, for 2 years.

Jay Auburn, Creative Producer at db Pro said, **"We all know that music can be powerful and, in some cases, can change people's lives, but having access to instruments and the confidence to pick one up isn't always within reach.**

"During the making of this album, we worked with young people who, in some cases, had no previous experience with music and sound creation. Using simple-to-operate and affordable technology, we helped remove the entry barriers for engaging with a creative practice, in this case, music and sound art. It was a privilege to have been involved with the project and see first-hand the enormous benefits playing with sound and music can have for young people dealing with so much in their lives."

Dr John Matthias, Head of Research at db-i added, **"The new tracks are both imaginatively creative and thought-provoking and it is great to hear them on the radio."**

The Sowenna Appeal Charity funded the project and provided crucial and easy-to-use music technology equipment and visiting music producers which enabled the young people to create hip-hop and pop music song forms.



The tracks were mixed in Bristol at dBs Pro at The dBs Institute by Jay Auburn and Bristol-based music producers Gemsski, Tugkan Mutlu, Louis Marcell, Pauls Lux, Dr P, Gutnose, Jamie Bird, Matt Smith and Elise Livingston.

A parent of one of the young music creators said, "**The work that Sowenna does is amazing. There is nothing else like it in Cornwall and it is so needed for our young people.**"

