

THE UNIVERSITY OF SHEFFIELD
AND DEPAUL UK

My music matters



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The
University
Of
Sheffield.

DEPAUL UNHEARD: PLAYLISTS AGAINST HOMELESSNESS

Youth homelessness charity Depaul UK is raising awareness of young people experiencing homelessness by using Spotify playlists to tell their stories. The campaign, created in partnership with Publicis London, will be launched on 7 December 2018 at Facebook's London headquarters. The campaign has been developed with the support of Creative Solutions, Spotify's internal creative agency for brands.

With the support of Spotify playlists, the stories of George, 20, Kristina, 20, Fatos, 25, J. Cocoa, 19, and Emma, 21, are told using the titles of songs in a personal way. As users read the song titles, the playlist reveals that young person's experience of homelessness. A final "track" allows the listener to hear directly from the individual, giving a unique insight into their previously unheard story.

DEPAUL

Homelessness has no place

Depaul UK is a national youth homelessness charity that works to provide and support more than 125,000 bed-nights a year to homeless and vulnerable young people. The charity has helped more than 63,000 people since it was founded in 1989, and works with more than 3,700 young people a year.

"Music has always given me strength. It helped me to escape homelessness, to become a better person, and through this project I hope that it can help other young people to do the same" J. Cocoa, 19

In the creation of Depaul Unheard: Playlists Against Homelessness some of the young people expressed a desire to share some of the music that they listened to whilst they were homeless and explain why it was important to them.

So, four of the participants in Depaul Unheard - Playlists Against Homelessness met with a PhD researcher at The University of Sheffield to share their own personal music to go alongside the playlist telling their story. This research tells their stories through the music that kept them going and the music that means something to them.

Within these pages you will find four playlists created by the young people. They were asked to suggest pieces of music which were significant or relevant to the time they were homeless or since. It gives an insight into the emotional and physical challenge of homelessness through the music they listened to to get them through and the music that resonates with their experiences.

**To find out more about this research, please contact Kate at:
kwareham1@sheffield.ac.uk**

WHAT WE DID



PLAYLIST

Four young people made a playlist of music that had significance or relevance to the time they were homeless and since.

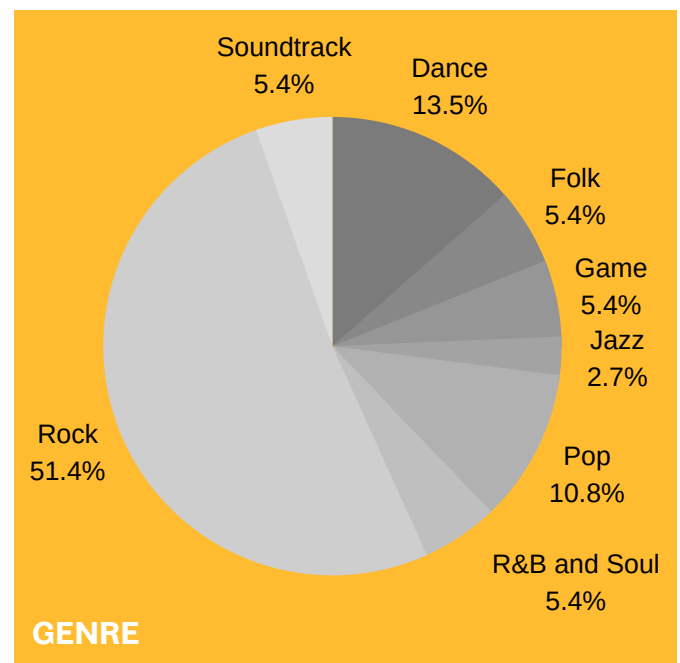
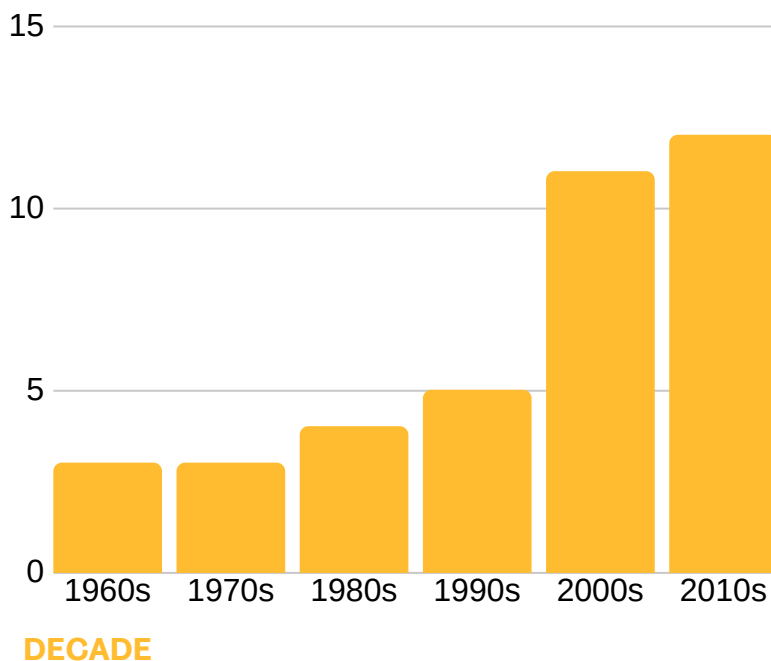
STORIES

We recorded the reasons that the young people chose these songs and pieces of music.

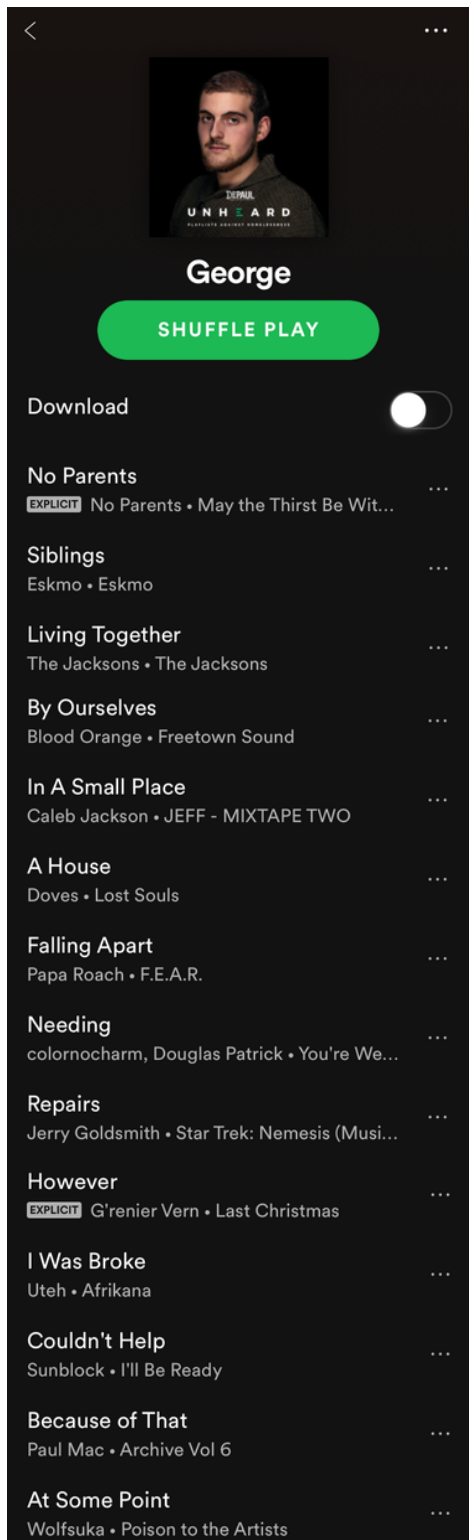
THEME

Recurring themes from the stories are shared.

WHAT SORT OF MUSIC DID THE YOUNG PEOPLE CHOOSE?



GEORGE'S STORY IN A PLAYLIST



George

SHUFFLE PLAY

Download

No Parents
EXPLICIT No Parents • May the Thirst Be Wit...

Siblings
Eskmo • Eskmo

Living Together
The Jacksons • The Jacksons

By Ourselves
Blood Orange • Freetown Sound

In A Small Place
Caleb Jackson • JEFF - MIXTAPE TWO

A House
Doves • Lost Souls

Falling Apart
Papa Roach • F.E.A.R.

Needing
colornocharm, Douglas Patrick • You're We...

Repairs
Jerry Goldsmith • Star Trek: Nemesis (Musi...

However
EXPLICIT G'renier Vern • Last Christmas

I Was Broke
Uteh • Afrikana

Couldn't Help
Sunblock • I'll Be Ready

Because of That
Paul Mac • Archive Vol 6

At Some Point
Wolfsuka • Poison to the Artists



My Family
Kamasi Washington • The Choice

Kicked Me Out
Sweet Bourbon • Night Turned Into Day

18 Years Old
Lynch Sisters • 18 Years Old

Nowhere To Go
Nite Jewel • The Music of Grand Theft Aut...

Friends Of Friends
Hospitality • Hospitality

Sheltered Me
Lulacruza • Do Pretty!

Six Weeks
Of Monsters and Men • My Head Is An Ani...

I stayed there
Sleep talking • Summer Night Letter

Until
EXPLICIT Steven Jame\$ • Trblbby

I Got Some Help
EXPLICIT Sleep the Mogul • They Start It I Fin...

and
EXPLICIT EDEN • i think you think too much...

Could
Elderbrook • Simmer Down

Get Back
Demi Lovato • Don't Forget

On Track
Ian Brown • The World Is Yours

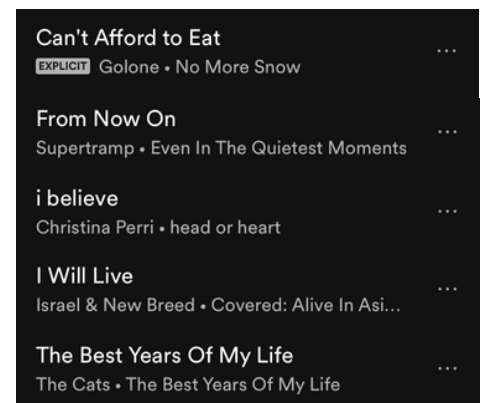
No More
PRETTYMUCH, French Montana • No More

Hopelessness
ANOJNI • HOPELESSNESS

No More Of That
Stiff Little Fingers • Inflammable Material

Diet
EXPLICIT Tiwa Savage, Reminisce, DJ Enimo...

I Called
RUN • Playful Kiss OST



Can't Afford to Eat
EXPLICIT Golone • No More Snow

From Now On
Supertramp • Even In The Quietest Moments

i believe
Christina Perri • head or heart

I Will Live
Israel & New Breed • Covered: Alive In Asi...

The Best Years Of My Life
The Cats • The Best Years Of My Life

George's story can be found here:

<https://open.spotify.com/user/kfn7tw1shb8vnc1rg41ovtimn/playlist/3ID8CNYKgYvSTxwcXMXK4R?si=yhMGnJWXRYqG1Ar-8EPPqw>

MY MUSIC

GEORGE

George lived in Depaul supported accommodation for two years after experiencing family relationship breakdown.

"Depression is like a tidal wave. If you fight against it you are going to get tired and you're gonna drown with it so you've got to go with it and then fight with it."

LEAVE ME ALONE Michael Jackson

GO AWAY Katy B

**STAY HIGH
(HABITS REMIX)** Tove Lo,
Hippie Sabotage

NUMB Linkin Park

BRING ME TO LIFE Evanescence

HEART'S A LEGEND Zoo Brazil, Philip

PRAYER IN C Lily Wood and The Prick

OUTSIDE
Savages remix Calvin Harris,
Ellie Goulding

**NOTHING ELSE
MATTERS** Metallica

SCREAM Michael Jackson,
Janet Jackson

"Have you watched the music video? He's just smashing stuff up... you can't really just start screaming and shouting ... its kind of its your bodies way of adapting and dealing with your emotions from having that same sort of feeling like you are doing it but not doing it at the same time."

"Its like you know when you have no reason to feel sad you just feel sad and kind of this song kind of it takes away that feeling because you're distracting yourself..."

"Its just the bit I like is when it goes really rocky, the chorus, cos that just drowns out everything else and you'resaturated ... you just want to listen to music to drown out your thoughts and ... just not hear anyone"

"you feel more shit because it's another level of wanting to isolate yourself and drown yourself out. So I would listen to the Michael Jackson ones if I'm feeling a little bit depressed but when I feel proper proper shit I'll go to Numb."

FATOS'S STORY IN A PLAYLIST



A screenshot of a Spotify playlist page. At the top, there is a back arrow on the left and a three-dot menu on the right. Below that is a profile picture of a young man with the name 'Fatos' and a green 'SHUFFLE PLAY' button. Underneath is a 'Download' toggle switch. The main part of the page is a list of songs with their titles and artists, each with a three-dot menu to its right.

Fatos
SHUFFLE PLAY

Download

Living in London ...
Dia Buszman • Living in London

Going to School ...
John Williams, Yo-Yo Ma • A Tribute to Joh...

Until ...
EXPLICIT Steven James • Trlbdb

All Goes Wrong ...
Chase & Status, Tom Grennan • Tribe

Injustice ...
EXPLICIT Zenflex, Ezzy, White Ace • Injustice

Threats ...
Blue Sky Black Death • Jean Grae: The Evil...

Back Home ...
Moux • Gaze

I Became ...
Shoyu • The Rise of the Fifth

Stranger In My Home Town ...
Foghat • 1980

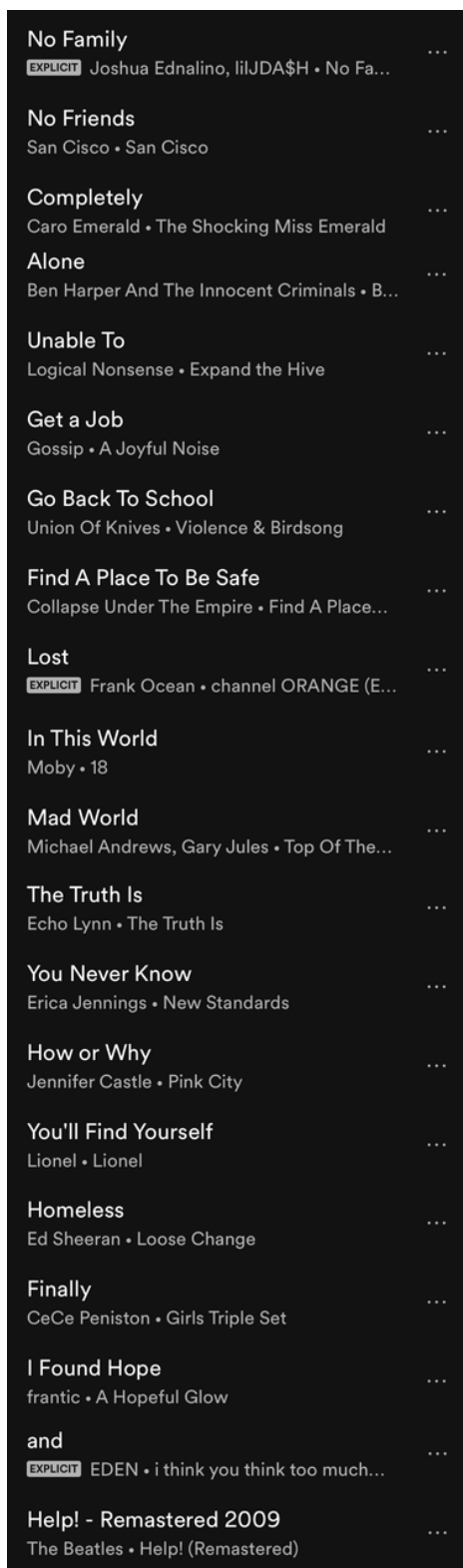
Under Pressure - Remastered ...
Queen, David Bowie • Hot Space (Deluxe R...

Keep Asking Myself ...
Sirc • EP

Should I Stay or Should I Go ...
The Clash • NOW That's What I Call Drivin...

Looking For ...
Mizan K • Dark Blue

Asylum ...
Disturbed • Asylum



A screenshot of a Spotify playlist page showing a list of songs. Each song title is followed by the artist name and a three-dot menu icon.

No Family ...
EXPLICIT Joshua Ednalino, lilJDA\$H • No Fa...

No Friends ...
San Cisco • San Cisco

Completely ...
Caro Emerald • The Shocking Miss Emerald

Alone ...
Ben Harper And The Innocent Criminals • B...

Unable To ...
Logical Nonsense • Expand the Hive

Get a Job ...
Gossip • A Joyful Noise

Go Back To School ...
Union Of Knives • Violence & Birdsong

Find A Place To Be Safe ...
Collapse Under The Empire • Find A Place...

Lost ...
EXPLICIT Frank Ocean • channel ORANGE (E...

In This World ...
Moby • 18

Mad World ...
Michael Andrews, Gary Jules • Top Of The...

The Truth Is ...
Echo Lynn • The Truth Is

You Never Know ...
Erica Jennings • New Standards

How or Why ...
Jennifer Castle • Pink City

You'll Find Yourself ...
Lionel • Lionel

Homeless ...
Ed Sheeran • Loose Change

Finally ...
CeCe Peniston • Girls Triple Set

I Found Hope ...
frantic • A Hopeful Glow

and ...
EXPLICIT EDEN • i think you think too much...

Help! - Remastered 2009 ...
The Beatles • Help! (Remastered)



A screenshot of a Spotify playlist page showing a list of songs. Each song title is followed by the artist name and a three-dot menu icon.

and ...
EXPLICIT EDEN • i think you think too much...

Help! - Remastered 2009 ...
The Beatles • Help! (Remastered)

Now I Can Feel ...
Kozmic Blues • Premonition

Human ...
Civil Twilight • Civil Twilight

Again ...
Alice In Chains • Alice In Chains

Hopefully ...
My Morning Jacket • At Dawn

My Friend ...
Pressure Drop • Elusive

I Will Be ...
Florence + The Machine • Songs From Fina...

A Good Film Maker ...
Cove • Rusted Pick-Ups (98-05)

Someday ...
The Strokes • Is This It

Fatos's story can be found here:

https://open.spotify.com/user/kfn7tw1shb8vnc1rg41ovtimn/playlist/6SeCc7pL20DnMFqIH6eJY3Psi=H_kDoS5LSI6Xs8HqD8d07Q

MY MUSIC

FATOS

Fatos spent six weeks staying with Nightstop hosts, Depaul's emergency accommodation, before finding some to call home.

"My brothers, they used to listen to music a lot ...when I remember these days I feel happy ... We were together and we didn't separate yet. And I remember these days and these songs and singers that's why all the time I listen them."

HEY YOU

Pink Floyd

MAD WORLD

Gary Jules

MAN ON THE MOON

R.E.M.

BIG IN JAPAN

Ane Brun

WHO KNOWS WHERE THE TIME GOES?

Fairport Convention

DANCE ME TO THE END OF LOVE

The Civil Wars

I WANT TO BREAK FREE

Queen

YOU NEVER KNOW

Erica Jennings

VALE

Evgeny Grinko

BANG BANG

Erica Jennings

"Like I was stuck in London I couldn't go back to Turkey. No family, no friends. No English. Nothing. I was stuck. And I listen Mad World a lot a lot a lot."

"It makes me so relaxed. Like you are in a busy life you know in the there is a crowd of twenty people. But when I was listening it was just me and it. She made me so relaxed. She like says oh don't worry its going to be fine."

"when I was happy with my friends we were listening and dancing and we sang I want to break free... And now I came here and so really I want to break free because of this life, everything. So it has a double meaning positive and negative."

"When she says you never know, yes, she is right, you never know what happens. Maybe I am going to be a great film maker. When she says you never know I think about my future."

"normally ...I am so positive... but here ... I lost my everything my dreams my hopes and it was terrible. Thats why I said it was like the end of my life... we didn't have a nice life in Turkey with my family, [but] we were together a lot"



EMMA'S STORY IN A PLAYLIST

DEPAUL
UNHEARD
PLAYLISTS AGAINST HOMELESSNESS

Emma

SHUFFLE PLAY

Download

what would you think
Bobuel • what would you think

If I Told You
Hüsker Dü • New Day Rising

Once I Was
Gregg Allman • Southern Blood (Deluxe Ed...)

Homeless
Ed Sheeran • Loose Change

drugs
EXPLICIT EDEN • i think you think too much...

Alcohol
The Kinks • Muswell Hillbillies (Legacy Edit...)

Rebellion (feat. Daron Malakian)
Linkin Park, Daron Malakian • The Hunting...

Well, Well, Well
The Hives • Barely Legal

Actually
Rozi Plain • Friend

None of That
EXPLICIT Faze Miyake, Merky ACE & AJ Trac...

All Was Well
Wintergatan • Wintergatan

A Normal Life
Henry Jackman • Uncharted 4: A Thief's En...

Until
EXPLICIT Steven James • Trlbdb

My Flatmate
Satan's Rats • What A Bunch Of Rodents

Became
Atmosphere • The Family Sign

A Very Aggressive Person
Marie Kruttli Quintet • What Do I Miss

Eventually
Tame Impala • Currents

I Had No Choice
Xray • First Exposure

I Had to Leave
Sam Arnold • Sunshine Carnivore

My Friend's Couch
Green.Frog.Feet • Green.Frog.Feet - The B...

Saved Me
Chase Rice • Lambs & Lions

That First Night
Brandon Flaherty • Planet Heartbreak

after that
Yaeji • EP2

Four Days
Counting Crows • This Desert Life

Each One Of Them
Susanne Vogt, Woody Mann • When I've g...

Sleeping in Different Houses
Kathleen Burgoon • Walking Alone

Sheltered
Tim Schaufert • Sheltered

Different People
No Doubt • Tragic Kingdom

Sheltered Me
Lulacruza • Do Pretty!

These Days
Foo Fighters • Wasting Light

Made Me Think
JustMe • Before the Twilight

How Good It Feels to Be Loved
The Winans • The Winans: The Definitive...

All Those Friendly People
Funeral Suits • Lily of the Valley

Changed My Life
EXPLICIT Giovanni Davinci • Changed My Life

What Could Have Been
Jordan Mackampa • Physics EP

A Sad Story (Original Mix)
Rocane • Donnie's Theme

In fact
Kang Hyun Jun • Seventeen (Original Telev...

Made Me Feel
Cartoon, Kristel Aaslaid • Made Me Feel /...

Lucky
Jason Mraz, Colbie Caillat • We Sing. We...

Emma's story can be found here:

<https://open.spotify.com/user/kfn7tw1shb8vnc1rg41ovtimn/playlist/3kVvChwAS6Mwrsox7GcZJa?si=O7FTwmewRICNkuo7vBKKQQ>

MY MUSIC

EMMA

Emma stayed with Nightstop hosts, Depaul's emergency accommodation, when her housemate became aggressive.

"getting lost in that world was like a distraction. I would listen to music ... and I'm suddenly in that world instead of the reality I'm living in"

DON'T STOP THE MUSIC Rhianna

THE HEART ASKS FOR PLEASURE FIRST Michael Nyman

NOT COMING HOME Maroon 5

MASTER PASSION GREED Nightwish

KILLING ME SOFTLY WITH HIS SONG Roberta Flack

THE GRAVEL ROAD James Newton Howard

P3 FES Yumi Kawamura, Lotus Juice

TITLE SCREEN (RAYMAN ORIGINS) Christophe Heral

NIGHT 13 Auri

I WILL FOLLOW YOU INTO THE DARK Death Cab for Cutie

"its just the most beautiful piece of piano music ever and every time I hear that piece of music I just calm down instantly."

"I just remember the silly music coming on and it was just so silly, this game is silly but it kind of brought me back to reality a little bit."

"I just have that memory of moving into my new house and turning on the game and hearing that opening track and thinking that this is a moment when I don't feel homeless anymore."

"it's a song that my best friend really likes and it makes me think of her... And if I'd had that song it would have felt like she was with me when she wasn't."

KRISTINA'S STORY IN A PLAYLIST



Kristina

SHUFFLE PLAY

Download

- Just A Girl
No Doubt • Tragic Kingdom
- Edge of Seventeen
Stevie Nicks • Crystal Visions...The Very Be...
- My Old Man
Mac DeMarco • This Old Dog
- Lay Down (Candles In The Rain)
Melanie • Beautiful People: The Greatest H...
- All Too Soon
Sarah Vaughan • All Too Soon
- Unfortunately
Bam Session • Sultan's Lounge
- Never Had No One Ever - 2017 Ma...
The Smiths • The Queen Is Dead (Deluxe E...
- My Mom
Kimya Dawson • Remember That I Love You
- She's Not There
The Zombies • The Zombies
- Dazed And Confused
Led Zeppelin • Led Zeppelin
- I Became
Kevin and Hell • Sea of Noise
- Homeless (with Ladysmith Black M...
Paul Simon, Ladysmith Black Mambazo • G...
- I Asked
Becca Stevens Band • Perfect Animal
- All My Friends
LCD Soundsystem • Sound Of Silver
- If I Could
Jack Johnson • In Between Dreams

- Stay the Night
The Internet • Hive Mind
- After The Storm (feat. Tyler, The Cr...
Kali Uchis, Tyler, The Creator, Bootsy Colli...
- My Girlfriend
Guttermouth • Gusto
- Helped Me Grow
Roads-Art Productions • Souled Out, Neve...
- She's Amazing
Paul Hammant • On The Edge
- Now
Dilila • The Giant
- I Am
James Arthur • Back from the Edge
- Looking For A Job
Todd Snider • Todd Snider Live: The Storyt...
- Walking Back To Happiness
Helen Shapiro • The EP Collection
- Got My Life Back
Amanda Elgin • Shifty
- On Track
Ian Brown • The World Is Yours
- For Once In My Life
Stevie Wonder • For Once In My Life
- People Say
The Meters • Rejuvenation
- Have Fun (Again)
Diana Ross • Diana
- and
EXPLICIT EDEN • i think you think too much...
- I Found a Way
Jean Beau • Momentary Legendary
- Volunteering
The Audience! • The Stolen Hope (Official...
- Fighting
Yellowcard • Paper Walls
- People's
LTJ X-Perience • I Don't Want This Groove...
- Mental Illness
Goodnight Neverland • Old Tree

- All I Think About Now
Pixies • Head Carrier
- If Everybody Helps
Ben and Ross • Anywhere You Live
- There Will Be Hope
VHPR • Positude
- In This World
Moby • 18

Kristina's story can be found here:

https://open.spotify.com/user/kfn7tw1shb8vnc1rg41ovtimn/playlist/6vT79n9ACZB5HsQi9eBgr?si=NWKTIVz_R4mruTbNqS2dTQ

MY MUSIC

KRISTINA

Kristina lived in Depaul accommodation for six months after she experienced family relationship breakdown.

"I wasn't recognised by society. Every time I told someone I lived in a hostel they were like... whoah... you're some kind of criminal. No I'm just unfortunate enough to be homeless."

GOLDEN BROWN The Stranglers

"[When] I was homeless... there was no spark. So this, this [song] brightened everything up"

ANONYMOUS CLUB Courtney Barnett

"I love James Brown, he's great. So this song, any of his songs really just put me in a good spot."

SOME VELVET MORNING Nancy Sinatra ft. Lee Hazelwood

JAMES BROWN Papa's got a brand new bag

"for a long time even before i was homeless I felt like I was able to relate to the lyrics"

WRISTBAND Paul Simon

GHOST TOWN The Specials

"its really nice, you've got the bongos going and everything its like really chilled out. And that helped ground me with the noise in the place I was staying, with the trauma with the emotional toll... I'm floating in the middle of society in this house full of people who are traumatised and going round in circles"

PLANET CARAVAN Black Sabbath

PINEAPPLE HEAD Crowded House

"A lot of music was therapeutic in its own chaos... it matched the crazy atmosphere I lived in at the time"



THEMES

CALMING DOWN AND LIFTING MOOD

Many of the young people used music to improve their mood, or brighten things up, when they were depressed. They also used it to calm them down and ground them when they were stressed and dealing with the impact of being homeless.

This is consistent with Suvi Saarikallio's research into how adolescents use music for mood management (see for instance Saarikallio, 2007) to entertain, cheer or relax.

HELPS ME EXPRESS DARK EMOTIONS WITHOUT ACTING THEM OUT

Being homeless, and experiencing the trauma that led to homelessness understandably had an impact on emotions and mental health. For some participants, the process of listening to music helped to express some of the more dark emotions they were experiencing, without acting them out.

Whilst discharge, the process of listening to aggressive or sad music whilst in a negative mood, with the aim of expressing that emotion, has been suggested to be maladaptive (Carlson et al, 2015) there has been some research to suggest that discharge through music listening when the individual is already depressed is a common occurrence, for instance amongst veterans (Zoteyeva et al, 2015) in managing mental health, providing a way to express the emotion in a non-threatening 'safe' environment.



I'VE STILL GOT MY PEOPLE WITH ME

For two of the young people who participated, the music they listened to provided comfort by reminding them of people who are or were close to them. By listening to the piece of music it helped them to feel like they were with that person again and brought comfort.

In this way, the music brought comfort and solace (Saarikallio, 2007) and even helped them to feel like people were with them, not far away (Ter Bogt et al. 2017).

SAD BUT NOT BAD SAD

Some of the young people listened to sad songs to match their emotions. "It's sad, but not bad sad" suggested one participant. This listening to sad music provided a kind of catharsis. Another suggested that it was not a good idea to listen to sad music.

Existing research has shown that whilst people generally avoid negative emotional experiences, people are more likely to like sad music if they had personality traits openness to experience and empathy (Vuoskoski et al. 2018).

Carlson, E., Saarikallio, S., Toiviainen, P., Bogert, B., Kliuchko, M., & Brattico, E. (2015). Maladaptive and adaptive emotion regulation through music: a behavioral and neuroimaging study of males and females. *Frontiers in Human Neuroscience*, 9(August), 1–13.

Saarikallio, S. (2007). Music as mood regulation in adolescence. *Jyväskylä Studies in Humanities*.

Ter Bogt, T. F. M., Vieno, A., Doornwaard, S. M., Pastore, M., & Van Den Eijnden, R. J. J. M. (2017). You're not alone: Music as a source of consolation among adolescents and young adults. *Psychology of Music*, 45(2), 155–171.

Vuoskoski, J. K., Thompson, W. F., McIlwain, D., & Eerola, T. (2018). Who enjoys listening to sad music and why? *Music Perception*, 29(3), 311–317.

Zoteyeva, V., Forbes, D., & Rickard, N. S. (2015). Military veterans' use of music-based emotion regulation for managing mental health issues. *Psychology of Music*, 44(3), 307–323.