



Jamming at The Hive in Edinburgh

Every week, Music in Hospitals & Care singer and guitarist Charlie Gorman sits within a circle of chairs at the Hive café space at the Royal Edinburgh Hospital and is joined by service users and patients.

Here, the live music is co-created by everyone who comes along. Audience members are the performers; they take the lead, perform and play their own instruments whilst being accompanied and encouraged by Charlie:

“I’ve hosted music workshop sessions at the Hive, part of The Royal Edinburgh Hospital, on behalf of Music in Hospitals & Care for over five years. In that time I’ve seen how valuable and therapeutic participation in music can be to both people’s body and mind. Many who visit the Hive sessions for the first time are often hindered by low self-esteem... they tend to be very subdued and physically hunched from a real lack of self-confidence.

I genuinely believe these sessions can give individuals, through a boost in confidence and

self-worth, the initial platform to gain the strength to move on to the next step in their recovery.”

Care staff at the Hive tell us that these events promote a sense of control, involvement and investment for the people within their care:

“Music Jam is one of our busiest activities and is loved by everyone who attends. There are a few service users who come every week and the buzz they get from singing with Charlie is so inspiring to watch. Patients’ faces really do brighten up after they have sung something at the group, they are always so proud of themselves (rightfully so) and the whole group is so supportive of each other on Charlie’s lead. The group gives people who are often feeling powerless the chance to express themselves and play us their favourite song, which is also a wonderful opportunity to get to know the patients’ characters and personalities, which hopefully rebuilds their identity and recovery.”

Jennifer Learmonth, Assistant Activities Worker

Welsh songs bring joy to day centres in Tenby



Electricity distributor Western Power Distribution recently funded 15 live music sessions in day centres across South West Wales, with the aim of reducing isolation and anxiety whilst developing communication and meaningful interactions.

One visitor to the Day Centre in Tenby Cottage Hospital experienced a particularly moving response to the music. Senior Carer, Sing Taylor, told us her story:

“Mair lives with her husband in Pembrokeshire and is originally from North Wales. Her first language is Welsh and she is living with dementia, which causes her to experience great depths of anxiety and confusion, which can be very upsetting and distressing for her.

Tenby Day Centre was fortunate to have a Music in Hospitals & Care Welsh musician, Joy Cornock,

come and sing and play the harp. It was a joy to see Mair taking part and she joined in singing in Welsh to every song and listened intently to it all.

This brought a tear to my eye, as usually Mair can struggle to join in and even make conversation. This live music session was wonderful and it certainly improved and helped reduce Mair’s anxieties and agitation. It lifted her spirits and enabled Mair in that moment to connect with the music, sing in Welsh and fully participate. Mair looked so happy.”

This partnership with Western Power Distribution has also made it possible for the company to reach some of its most vulnerable customers in rural areas of South West Wales to promote its Priority Services Register, a free service enabling people with additional needs to get priority support in the event of a power cut.



Activity 2018/19



4,563

live music sessions
in healthcare settings



1,474

different healthcare
venues visited



Care homes



Hospitals



Day centres



Special schools



Hospices



Community settings



287

venues visited for
the first time



91,260

adults and
children reached

*Estimate based on 20 attendees per session



680

professional musicians
working with us



Brass quartet create sensory experiences in Manchester

In 2019, Music in Hospitals & Care created a new project with its musicians A4 Brass quartet and Manchester Sensory Support Service (MSSS).



The brass band have been visiting Lancasterian special school in Manchester to take part in weekly music sessions with a group of five multi-sensory impaired children that MSSS felt could benefit from an interactive session away from their usual class group.

Funded by the Oglesby Trust, the project focuses on encouraging anticipation, interaction, communication and self-awareness. The music is used to give the children opportunities to feel in control, empowered and to demonstrate preference and choice, whilst learning new signs and stimulating their senses. After coming round to each child to play a welcome song, the quartet begin by playing a simple melody. The warm sound of the brass instruments create a relaxing atmosphere in the room. The musicians play a variety of melodies and improvise on the same theme or sounds, allowing the children to hear the different range of the instruments and become familiar with the musical phrases.

Keeping Aleks' attention was quite difficult initially as he often fell asleep. After a few weeks, he became interested in the ukulele and played on the strings throughout the session. He now claps his hands and repeats the rhythms. In the last session before the end of term, he spontaneously signed 'more' on three different occasions, which was a surprise to staff. Aleks also keeps his Bone Anchored Hearing Aid on throughout the sessions despite continually removing it throughout the rest of the day. His intervener has said this is because he wants to be able to experience the music as much as possible.

Moein clutches the instruments for full vibro-tactile stimulation – he likes to place his mouth on the bell of the brass instruments and feel the music through his chest. He also puts his arms inside. He laughs when he feels the low notes of the euphonium and asks the musicians to continue playing by tapping on the bell. Moein moves his head, then his entire body to the rhythm of the music, which is particularly remarkable to the sensory support staff. His intervener has also noted that he has started to locate the sound in the room and recognise the goodbye song that signifies the end of the session.

"These sessions have been important for the children, as multi-sensory impairment can feel very isolating. We are so pleased with how well this pilot project has gone and how much the children are getting out of it. The deep vibrations of the brass instruments work really well and get a great response. But, as we have discovered with Aleks, string instruments are also popular. So that could be something to explore further in the future."

Jess Ingham, Director North, Music in Hospitals & Care

Names in this story have been changed for safeguarding purposes.



Musician Spotlight – Jason Sweeney



Jason began working with us in 2014. His friendly charm and rock 'n' roll style have led him to become a popular request for venues, most notably his monthly sessions in the Rohallion Secure Care Clinic at the Murray Royal Hospital in Perth. His professional and reflective approach to these sessions has meant that they have been incredibly beneficial to patients:

“Jason’s visits are the talk of the clinic! He is fantastic. It is so hard to capture concrete data on the impact but the visible impact is clear and cannot be underestimated.”

Joanna Falconer, Head Occupational Therapist

We spoke to Jason about his experiences working with Music in Hospitals & Care.

What made you want to become a Music in Hospitals & Care musician?

I met a member of the team at a talk at the University of the West of Scotland. My brother Kevin has special needs and I knew how much music meant to him and how important it was for our relationship and communication. Hearing about the work of Music in Hospitals & Care made me realise that I could use my music to connect with a wider range of people in care situations. I find the work hugely rewarding and it has influenced my academic interests too.

What are some of your highlights with Music in Hospitals & Care?

There are so many wonderful moments to choose from. One that stands out was during a visit to a dementia ward in Stirling. I sang a Johnny Cash song and a female patient became very animated and talkative. I noticed a nurse with a tear in her eye who came to thank me after the session. Apparently the woman had not spoken at all since she had arrived on the ward some months ago. The Johnny Cash story and song had somehow touched the patient deeply.

During another session, as I sang 'My Girl', I observed a husband arriving to visit his wife who was sitting slumped in a chair. As the husband sat down beside her she looked into his eyes lovingly, smiled and said “that’s our song”. It was a special intimate moment which inspired me to write a song called “In the Heart of the Storm”.



New Vice President Christopher Glynn



In November we held a special fundraising concert at the Royal Northern College of Music featuring Grammy award winning pianist Christopher Glynn and acclaimed Baroque violinist Rachel Podger performing Beethoven's violin sonatas with 19th century instruments.

Critically acclaimed mezzo-soprano (and RNCM alumna) Kathryn Rudge also made a guest appearance to perform lieder songs by Richard Strauss with accompaniment from Christopher.

The instruments included a Bösendorfer piano from 1872, which became the fourth star of the night with its fascinating history. Originally crafted in Vienna, it was shipped to Budapest where it lived until 1988 before being restored in Enschede, Netherlands. The restoration revealed shrapnel imbedded in the casework, thought to be from the First World War. Now in London, it tours to feature in various concerts and recordings.

Following the event we were delighted to announce Christopher Glynn as a Vice President for Music in Hospitals & Care.

"I'm full of admiration for the work of Music in Hospitals & Care, having seen at first-hand the therapeutic benefits of live music, and how it brings comfort, respite and joy to those who are unwell. It is a wonderful charity and I'm very pleased to be able to support its work."

Christopher Glynn, Vice President, Music in Hospitals & Care

Christopher will join President Sir Thomas Allen CBE and fellow Vice Presidents Katie Derham, Dame Evelyn Glennie CH DBE, Prof Julian Lloyd Webber, Dame Felicity Lott CBE, Dame Vera Lynn CH DBE LLD MMus, Toby Spence and Sir Richard Stilgoe OBE in supporting the charity.



Postcode Lottery players spread Joy Through Live Music

Thanks to the players of People's Postcode Lottery for bringing live music to people. People's Postcode Lottery, through the Postcode Care Trust, have supported Music in Hospitals & Care since 2017 with a grant of £100,000 per year for three years.

The work has focussed on adults aged 18-55 in four key areas of deprivation across the UK. This money has meant we have developed and increased live music delivery within mental health settings.

Within the first two years of the grant our musicians have been able to bring Joy Through Live Music to The Tranwell Unit at Queen Elizabeth Hospital, Gateshead; Gartnavel Royal Hospital, Glasgow; Tower Hamlets Centre for Mental Health, London; and Annwylfan Ward at Ysbyty Ystrad Fawr Hospital, Hengoed, to mention just a few. Through these experiences, we have been able to work alongside healthcare staff, and beneficiaries, to better understand the impact of live music within mental health settings, and the particular needs of



these audiences. We have found that live music has a profound impact upon those struggling with mental health issues, giving individuals a creative way to express themselves, providing a welcome distraction from the clinical nature of their surroundings, and exposing them to new and empowering experiences through a real variety of musical styles from jazz classics, to Brazilian percussion, to opera!

A particularly successful element of this project has been the launch of a drop-in choir at Royal Victoria Infirmary, Newcastle, developed in partnership with Clinical Psychologist, Dr Siobhan Currell. This choir has

attracted patients and visitors from across the hospital, aiding their mental and physical wellbeing through improving confidence, encouraging physical activity, and providing a creative escape from the normal routine of treatments.

To find out more about People's Postcode Lottery please visit postcodelottery.co.uk.

Our Welsh office has moved!

After seven years at the Royal Welsh College of Music and Drama our Wales office has recently moved into its new home in the Cardiff Bay area.

The team is now based at a third sector hub set up by the Welsh Council of Voluntary Action. The hub aims to create a shared space for the voluntary sector in Wales, not just for people to work but also as a focal point for the sector to meet, discuss, inform, collaborate and innovate.

Music in Hospitals & Care Cymru can now be reached at:

Baltic House
Mount Stuart Square
Cardiff
CF10 5FH

Tel: 02920 191 055



Janet's birthday fundraiser

I chose Music in Hospitals & Care because I am a professional musician who runs a ladies' singing ensemble called Mama Vox in Walton-on-Thames.



A couple of years ago, we were looking for a suitable charity to support and Music in Hospitals & Care fitted perfectly – a charity that felt local and linked to music! It has become our go-to charity. As a musician, I have known about the fabulous work of the charity for many years, indeed many of my professional colleagues have worked for it, but hadn't realised the offices were so local!

I think if you can really connect with a charity it becomes even more meaningful and powerful in your life. I know the impact music can have to make a day feel more manageable or to bring a much needed smile or even to allow suppressed emotions to surface. Although it is a busy national charity, it has to compete with

other major charities and is perhaps less well known. I like the idea that I can do something to help by raising funds in my own small way.

When it came to my birthday this year, it seemed to me that I could help raise awareness of the charity and raise some necessary funds by creating a temporary fundraising page on Facebook. I set the target at a modest £300. Within two days I had raised that, so I increased it to £400. As I write, I have doubled my target and we are currently at £600 with one more day to go!

A Facebook birthday fundraising page is such a good idea. It creates a focus and has an end date. I am lucky that many of my friends are also musicians who feel as I do about music and its ability to help heal. It has impacted on others though too, and I have been truly amazed and humbled by the generosity of all my friends in taking this on board. I think that seeing the money mount up so visibly is inspiring and as you get near a significant number, somebody will want to take that up to a new level!

I intend to repeat the idea next year, but this time see if I can have even more people donate with a capped amount, so that everybody realises that the smallest donation adds up to a huge result.

Thank you so much to Janet Shell for sharing her story and for gifting her birthday to bring Joy Through Live Music.

Music in Hospitals & Care is a Registered charity in England and Wales no. 1051659 and SC038864 in Scotland


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If you would prefer not to receive our newsletter please get in touch with us at the above address to let us know. We value your support and would like to keep you informed of how you help to bring joy through live music.

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