



During these strange and challenging times we have been heartened that music has continued to offer shared experiences and connection. Now more than ever it is vital to connect with music for the benefit of health and wellbeing, which is why we have launched #MusicEveryDay.

It's been so difficult to pause our usual live music sessions during lockdown and it is unclear when it will be safe for musicians to enter hospitals and care homes again.

However, thanks to your amazing support and funding from Arts Council England, Scottish Wellbeing Fund, Calleva Foundation and Moondance Foundation, we have been able to create a programme of live stream sessions. This includes open concerts for everyone to access on our Facebook page and personalised sessions for communities on our YouTube channel.

It provides a rare opportunity to bring musicians from across the UK to people they couldn't normally reach. People are always at the heart of what we do, but this year they will play a unique role in shaping the sessions with our musicians.

The sessions have been well received so far by the public, patients and healthcare professionals. Therapeutic Activity Nurse Stephen Devine from Isla Ward at Stobhill Hospital in Glasgow said:

"Prior to lockdown the patients really enjoyed the live musicians coming into the wards to entertain them and missed this.

[With the Music & Memories sessions] the patients love the fact it is live and that they can request songs and hear direct feedback from the musicians. It's the closest thing to live music for them in the wards due to the pandemic and we are all really thankful for that!"



"The residents absolutely loved the session today! He gave some shout outs to us here and took a couple of requests, so it made the residents feel super happy and they were dancing away and singing along. Thank you for the music!"

Dolywern Leonard Cheshire Home, Llangollen



"We managed to link into the concert with Fiona & Dougie and heard our request. It was a great moment for the residents to hear their name. The concert was really good and the residents engaged really well with the artists and their music selection."

Cameron House Care Home, Inverness

Music & Memories sessions aim to support those living with dementia in care homes, specialist units and in the community. There

is the opportunity for attendees to share song requests, stories and memories beforehand or via the live chat function, allowing the musicians to respond and further personalise the session.

Lullaby Hour brings our popular hospital and hospice sessions for babies and pre-schoolers online, offering soothing lullabies to help little ones drift off to sleep.

Live in your Lounge shares great music to support everyone's health and wellbeing in these YouTube and Facebook Live sessions that bring live music into your living room.

"Residents & staff would like to send a huge 'Thank You' to Music in Hospitals & Care, the singers and musicians. We enjoyed your performances on our big screen."

Glenalina Lodge Care Centre, Belfast

Find out more about **#MusicEveryDay** and our live stream music programme at mihc.org.uk/MusicEveryDay.

Musician Moments: Geoff Hatt

You may have seen on our social media channels that our musicians have been speaking about some of the most significant moments they have experienced whilst sharing Joy Through Live Music with Music in Hospitals & Care. Singer and guitarist/ukulelist Geoff Hatt has been working with us in Northern Ireland since 2016.

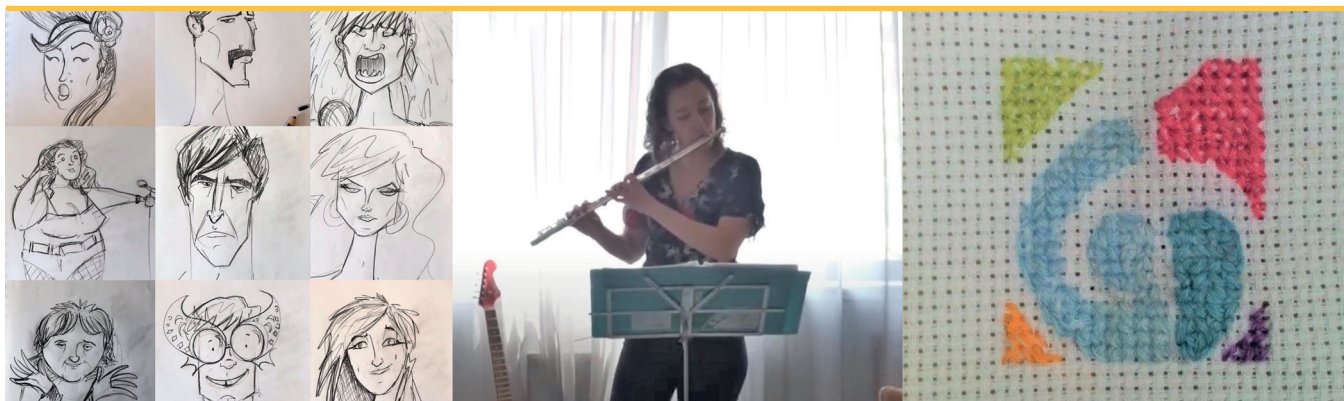
"One of my first concerts was to a small group at a centre for ex-service people, many of whom were not able to outwardly express a lot during the concert, but I thought I was connecting with them quite well.

Afterwards, I was truly touched by how much everyone told me they had enjoyed it and one lady in particular who had joined near the end expressed with great enthusiasm that the concert had given her so much! She had only perhaps heard three or four songs, and

yet I could see her face lighting up. This was a great validation to me of the power of music, interaction and how much can be achieved by a Music in Hospitals & Care concert."



Over £7,000 raised in The 2.6 Challenge



Charities have been hit hard by the pandemic, with fundraising decimated by the postponement or cancellation of events that would normally raise vital funds.

The organisers of the London Marathon set up the 2.6 Challenge in April to help UK charities to recover some of this income and explore exciting new ways to fundraise online.

We invited our supporters to come up with music based challenges that included the numbers 2.6 or 26 and had some amazing ideas, including drawing 26 musicians for 260 seconds each, performing 26 flute pieces in 26 minutes and cross-stitching 26 musical motifs! We are so grateful to everyone who completed a challenge and to those who donated to support them.

We also stepped up and hosted our own 2.6 challenge on Sunday 26th April (the original date of the London Marathon) with a Music Marathon on our Facebook page featuring 26 musicians each playing 26 minute sets from their homes.



There were performances from special guests Joe Stilgoe, Kathryn Rudge and our very own Vice Presidents Dame Evelyn Glennie and Christopher Glynn, plus many of our wonderful musicians including everything from classical piano to folk tunes on the accordion.

We are delighted that thanks to your generosity we were able to raise an amazing £7,500 through the Music Marathon and supporter challenges.

The 2.6 Challenge was also a great opportunity to practise a new way to share Joy Through Live Music and helped us develop confidence to plan our live stream programme. Healthcare settings were supported to broadcast the performances for patients and staff on the day.

"The patient and I watched a wee concert by Jason Sweeney and she loved it! This is a lady with a dual diagnosis of dementia and traumatic brain injury so many things are difficult, but she attended well to the whole 26 minutes and joined in with the songs she knew. It was lovely!"

Astley Ainslie Hospital, Edinburgh

COVID-19 has taken its toll, but now more than ever the world is experiencing the importance of sharing music for wellbeing, connection and happiness. Thanks to our supporters, we are still bringing live music to those who need it most.

You can find all of the Music Marathon performances on our YouTube channel: [youtube.com/c/MiHCUK](https://www.youtube.com/c/MiHCUK).



Pause Play: COVID-19 emergency appeal

It was clear that the virus would have a huge impact on our live music sessions and our musicians, who saw all of their freelance work disappear overnight.

We quickly launched the Pause Play: COVID-19 emergency appeal with the aim of supporting them through this time of hardship and to explore new ways to bring live music into healthcare settings whilst we are unable to visit in person.

Thanks to the incredible generosity of our supporters, so far over £7,800 has been donated. This meant we were able to offer financial support to our musicians who were booked to play in March and April as well as practise live stream sessions.

As soon as it is safe to do so we want to deliver our concerts in person to those whose lives are made better through live music. On the other side of this, music will have a key part to play in our collective healing.

Our musicians said:

"Thank you for all your help, so grateful for this lovely gesture, really appreciate it."

Neil Sturgeon

"This is most kind of you and I really appreciate your support to tide me over presently. Take good care and I send my very best wishes to the team."

Bernie Fawcett

"I'm really struggling so this is great, thank you!"

Laura-Jayne Hunter

We cannot overstate how much your continued support through such challenging times means. In these most difficult of times and with your help, we will continue to play our part to share Joy Through Live Music.

Become a Friend

Thanks to our supporters, we create incredibly powerful moments in people's lifetimes. At times of real sadness and despair, we bring comfort and hope through the remarkable power of live music.

Friends of Music in Hospitals & Care have played a vital role in the development of the charity over the years. The continued support from Friends means nearly 1,500 children and adults receiving care or treatment in hospitals, care homes and community settings, including hospices and day centres across the UK benefit from the live music each year.

We know that live music heals. It helps relieve frustration, stress and feelings of isolation. It can also reduce the perception of pain. We know it brings back memories and helps create new ones.

When people enjoy music together, they feel more connected. Our live music can transform relationships between patients and healthcare professionals, residents and carers. The support of our Friends has been crucial to connecting people with live music throughout the country. Now more than ever, we need our Friends to ensure that when it is safe to return, we will be able to do so.

Please consider becoming a Friend or renewing your commitment as a Friend to help us continue to improve the health and wellbeing of children and adults through live music. Find out more at mihc.org.uk/friend.

With thanks and best wishes,

Barbara Osborne

Chief Executive, Music in Hospitals & Care



Musician Spotlight: Margaret Watson



Margaret has been working with Music in Hospitals & Care since 2010 and is a firm favourite amongst care homes and hospitals. A versatile harpist, Margaret covers a wide repertoire from musicals such as Phantom of the Opera, to romantic pops songs by Ronan Keating and traditional jazz and classical.

How did you first get involved with Music in Hospitals & Care?

“Having played at Nursing Homes for several years, I was approached on one occasion by someone visiting a relative and he suggested I apply for an audition at Music in Hospitals & Care as he thought I would ‘fit the bill!’. I duly applied as I had never heard of the charity before and it was just what I wanted to do – to play the harp in a caring environment. So I (very nervously!) went for an audition at Bristol University... and it has been the best musical decision of my life!”

What is your favourite thing about performing for Music in Hospitals & Care?

“It’s impossible for me to say what my favourite thing is as every concert is so different, but one of the most exciting parts of being a Music in Hospitals & Care musician is never knowing what the concert will bring forth! There are moments of pure joy when patients and staff sing and even dance to the music, then there are those incredibly personal times when someone is very poorly or near the end of their life.

To bring some comfort and peace through music at this time for the patient, relatives round a bedside and hospital staff is incredibly intimate and emotionally powerful. Through eye contact, tears and smiles, these precious minutes are little capsules of time. Knowing that the music I’m playing is having a positive impact is what Music in Hospitals & Care is all about for me, which is why I so enjoy the concerts.”



Michael Gill's legacy of live music

In April 2018, our musician Holly Marland visited the Northern General Hospital in Sheffield. Michael Gill was being treated in the Hadfield 5 ward and his daughter Elizabeth was with him when they heard Holly playing. Elizabeth called us later in the year to let us know the impact of the concert on her Dad and what it meant to them as a family.



"Playing on a hospital ward requires different skills to giving a public participatory performance. You are entering people's bed spaces when they are extremely vulnerable and their visitors are often anxious."

You have to be incredibly sensitive and flexible to personalise the experience, by attuning what you do to each individual and their family. This, for me, is why I find this work so very rewarding."

Music in Hospitals & Care musician, Holly Marland

Elizabeth described how Holly had made a huge impression on both of them whilst they listened to her play and how her Dad felt like she was singing just for him. Holly sang *Edelweiss* and *Scarborough Fair*, which Elizabeth remembered from more than six months previously. Both she and her Dad had been interested in Holly's instrument, the kora, which is originally from West Africa.

Michael sadly passed away a couple of months after the visit, but the memory of the experience had stayed with Elizabeth, and she and the family arranged to amend her Dad's Will to gift a legacy to Music in Hospitals & Care. This was so that we could arrange another concert in the same ward for others to benefit from the wonderful music and lasting memories.

"It meant so much to Dad to hear the music whilst he was in hospital, when time just seems unending. Having Holly play for us was such a marvellous, magical moment and we wanted others to benefit like we did."

Elizabeth Potter, Michael's daughter

Gifts in Wills help us to continue this work of creating and recalling special memories that we so often associate with music and loved ones. Please consider remembering us in your Will and leaving a legacy of live music. If you would like to talk to us in confidence about this, please call Isla on **07494 986878** or email isla@mihc.org.uk.

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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 share Joy Through Live Music.

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