

David is 15 and has cerebral palsy. He accesses respite care at Robin House in Balloch, West Dunbartonshire, which is operated by the charity Children's Hospices Across Scotland (CHAS).

He loves music and has recently joined some of our #MusicEveryDay live stream sessions. We spoke to David's mum Evelyn and CHAS Activities Facilitator Alison on a video call.

Evelyn: "Pre-COVID David was always a busy boy. He would keep our diary very full and obviously he's 15, so he goes to school, normally he would go to disabled Scouts, he plays Boccia, he goes to Sense at the weekend, so almost every day there was something for David.

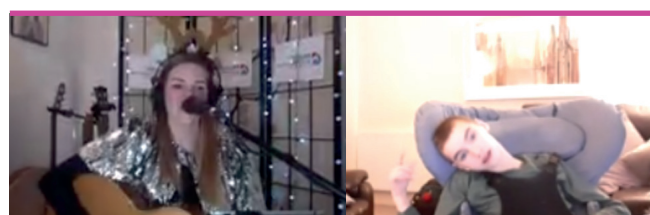
And then COVID comes along and we go into lockdown. David's obviously shielding so he's off school and all of his activities stop, so we went from quite a bit of support to absolutely nothing. Respite is good for us, but it's also social interaction for David, so for that to just all disappear, it was absolutely horrendous."

Alison: "David just loves music. A lot of our families do, but David comes alive with music... is probably the best way to describe it. I've seen through the whole

lockdown, just what we've done with him virtually, how much he benefits from it."

Evelyn: "As soon as music's on, he will smile. And you know when David's fully immersed in music, actually - when he starts to move his hands. He almost conducts the music and it's just beautiful to watch and to see that reaction.

I think the Zoom sessions have been particularly good for him to just have a focal point for the day. It's a long day when you're looking after a child with severe and complex needs and with no school, no nothing, it's good to have even just one session to say, 'Today you've got your Zoom session, you're gonna do some music,' and he loves it. And afterwards he benefits absolutely from it."



Scan the QR code with your phone camera to watch our conversation with Evelyn and Alison, or visit mihc.org.uk/our-stories.



London Marathon 2021

This year's race will take place on Sunday 3 October - Music in Hospitals & Care has five spaces to run the marathon route in London and is counting on you to champion the charity and help us raise vital funds.

Keith Dinsmore (pictured, right) ran for Music in Hospitals & Care in last year's virtual race:

"Having trained solo in Edinburgh, I travelled (within restrictions) to London to run my 26.4 miles alongside my brother, David and niece, Kirsty. What was lacking in crowd support was compensated for by the thought of the money we had raised - and the occasional honk of a horn from a passing Uber!

Soggy and exhausted, our watches beeped us to a halt beside a bus stop in Wapping - not quite the Mall - all under our four hour target. We were overwhelmed by the support from friends and family who pledged so much in challenging times and cannot thank them enough."



To apply, simply complete our online form at mihc.org.uk/vmlm-places-2021 to tell us a bit about yourself and we will be in touch to let you know if you have been successful.

Musician moments: Edelle McMahon

This musician moment is from Edelle McMahon, who has been working with us in Northern Ireland since 2018.

"One of my most treasured memories is when I was performing at a care home in Belfast. An elderly couple sat holding hands throughout the show. The gentleman was very attentive to the lady and for most of the concert she just smiled and sang along with a blissful expression on her face.

At the end of the concert I remarked to a staff member how sweet the couple were. She told me that they had been married for over 50 years and that the lady, who was living with dementia, was no longer able to speak.

They were all delighted with how she engaged with the music and sang along. Her husband gave me such a lovely smile and squeezed

my hand before I left. It made me realise how important music and singing are, not only for fun, but as a way to express emotion and communicate. It was very moving."



Note-able numbers 2019/20



4,424 live music sessions with **438** musicians



88,480 people experienced the healing power of live music*

*Estimate based on 20 children & adults reached with each live music session



1,326 different healthcare settings visited



Care homes



Hospitals



Day centres



Special schools



Hospices



Community settings



623 healthcare settings had regular live music



2,155 live music sessions fully funded by grants

Almost half of live music sessions were shared at no cost to healthcare settings

Thanks to your support, 2019/20 was an amazing year for sharing live music.

We were able to reach more people in intensive care as well as developing our partnership with Age UK to share live music with people living with dementia in the community.

We can't wait to be back in healthcare settings sharing the healing power of live music in person when it is safe to do so. We want to say a huge thank you to all of the staff, carers, families and partner organisations who have championed live music during the most challenging of times.

Join our Kiltwalk team

You don't have to be in Scotland to don some tartan and get involved between 23 and 25 April. Choose your own challenge - walk, run or just have fun!

We are offering free spaces for participants who pledge to raise a minimum of £100, and the Tom Hunter Foundation will kindly match fund 50% of your sponsorship!

To find out more, visit mihc.org.uk/event/kiltwalk-2021.



Alan's story



Alan is a stroke survivor who accesses support and activities with the help of Donna, Stroke Communications Support Coordinator for The Stroke Association in Bridgend.

One of these groups is *Movement to Music*, led by Anwen at Rubicon Dance, who we have partnered with to share live music at dance sessions in care homes and day centres. We spoke to Alan, Anwen and Donna on a video call about the sessions moving online.

Alan: "Lockdown has been awful. I've been unable to see family. It's been difficult to be motivated to get myself going and far too easy to put things to one side, to leave it until later, wait until tomorrow. Because if I don't wash the dishes, nobody's going to see it. That was the mood to begin with.

Slowly I got to doing things and I have to say, *Movement to Music* made me move and it gave me an interest as well. And when we get back to what everybody's calling normal, mine will be a different normal. Hopefully it will be a more active normal because I've been able to prove to myself that I can do things and it's encouraged me to do more."

Donna: "Today's session was the first live music *Movement to Music* session that we've done and the feedback I had immediately after the session ended was how great it was. That element of having live music performance was really uplifting, it was really engaging. It was so nice to see everybody smiling and joining in, and people who hadn't joined in the previous sessions, who were encouraged to come along, have now said that they are going to continue to come every week."

Anwen: "That's what's so great about music. Alan didn't have to miss any sessions - he couldn't move because he had an operation, but [was] still part of the group, still listening, still singing along. It's still engagement. So even if somebody's movement range is so tiny, that music just brings everybody together, and it's just so uplifting."

Alan: "I feel that the music has been as helpful to me as my medication."

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Musician spotlight: Satnam Galsian



Satnam joined us in 2019 and is a favourite on hospital wards in the Leeds area for her performances with musical partner Lisa. They blend British folk and traditional Indian songs with contemporary arrangements.

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

"I auditioned as part of a duo with my friend, Lisa Marie Glover. We'd both seen an advert on Facebook and decided to apply. Working for Music in Hospitals & Care appealed to me as I am a firm believer in the health benefits of music on the mind and body."

What have been some of your highlights?

"Observing fellow Music in Hospitals & Care musician Holly Marland at Manchester Royal Infirmary and how patients reacted to her music."

Also when we performed at Leeds General Infirmary; the staff asked if I could sing an Indian song as there was a South Asian lady on one of the wards. I did, she clapped and danced in her wheelchair. It was nice to be able to use languages that she was familiar with to engage with her."

What does music mean to you and how has it helped you during the pandemic?

"To me, music is like a friend that I can always rely on, whether I'm singing or listening to music it always makes me feel good. During lockdown I've been on an emotional 'corona-coaster' so to speak, feeling up sometimes and down at other times and occasionally both on the same day! Having different musical projects to work on during the pandemic has given me something positive to focus on."



Iain McGlashan's legacy of live music

Iain was connected with Music in Hospitals & Care over many years personally and through his work at Scottish Opera. Following his retirement he became a trustee of the charity.

He helped to organise a number of fundraising events and also produced a shortened version of the musical *The Boy Friend* for a project that transported patients and residents in wheelchairs to concert halls.



Iain (top, centre) with our musicians after the show in Glasgow singing 'Happy Birthday' to a care home resident who had just turned 100.

After retiring as a trustee, Iain continued to support the charity personally and through his charity The McGlashan Charitable Trust. Sadly, he passed away in September 2019.

Alison Frazer, former Chief Executive for Music in Hospitals & Care in Scotland, remembers Iain fondly:

"I've seldom met anyone who embodied the phrase 'lived life to the full' as he did and it was Music in Hospitals & Care's good fortune that he diverted so much of his energy in its direction for so long. I remember Iain playing Lord Brockhurst in *The Boy Friend* as well as directing it. He was in his element and absolutely priceless singing *It's Never Too Late to Fall in Love*. A great supporter indeed."

We are so thankful to Iain for his years of support and his legacy will ensure that the work that he supported in life will continue.

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If you would like to talk to us in confidence, please contact Isla Campbell Lupton by email isla@mihc.org.uk or phone **07494 986878**.

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Company limited by guarantee registered in England no. 3138683

Registered office address: Unit 40, Enterprise House, 44-46 Terrace Road, Walton-on-Thames, Surrey KT12 2SD

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