

Musicians Week Sessions 2021

with **Jo Stockdale**
Founder
(Well Within Reach)

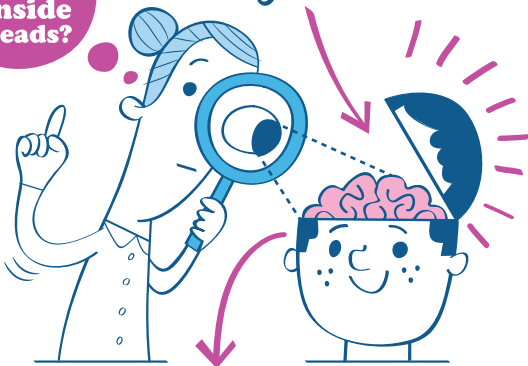
MUSIC
IN HOSPITALS & CARE
Joy through live music



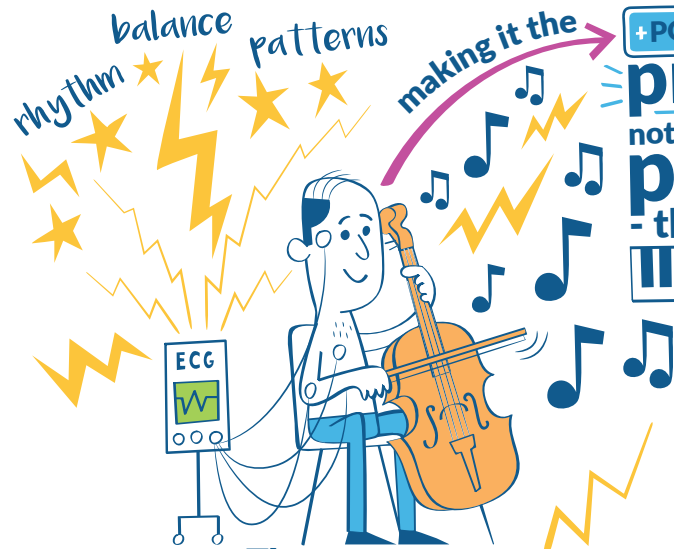
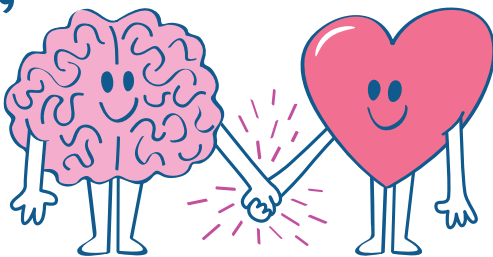
“How the arts are central to promoting and strengthening social, emotional competence and wellbeing in people”

What goes on inside heads?

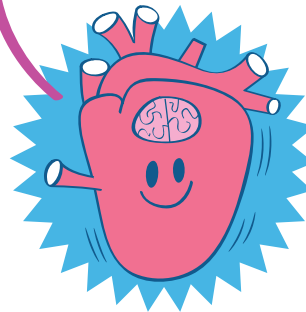
start with looking at brains!



The “autonomic nervous system” connects the brain and the → **heart**



The human heart emits a strong electro-field into the environment



It's known as the **little brain** in the heart

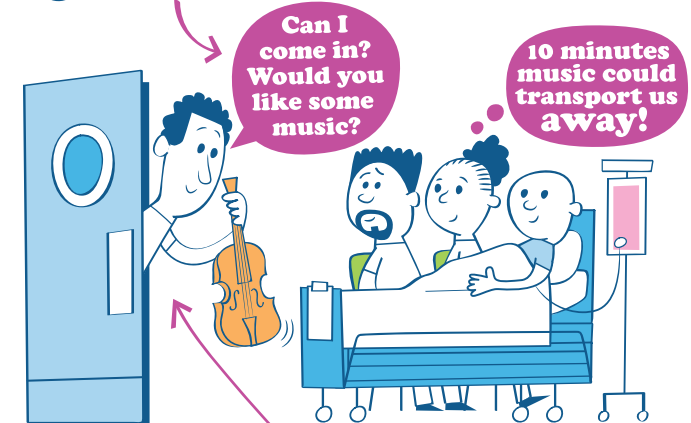
40% of the human heart resembles neurons / braincells - so the heart is doing the same work the brain does - it just doesn't have the thinking and decoding capacity

+POWER- of your presence not just your practice - that's important

SO the

POWER OF A HUMAN BEING 1ST MATTERS

You can use **MUSIC** to strengthen that connection



Acknowledge **YOU** are having a **THERAPEUTIC IMPACT**

but also

★ **acknowledge** ★
“the emotional demands of this work are real”

Recognise and manage hard emotions

Your energy state is passed on...



...so your state of mind matters just as much

Musicians Week Sessions 2021

with **Maria McGill CBE**
(Former CEO, CHAS and Highland Hospice)

MUSIC
IN HOSPITALS & CARE
Joy through live music



What is hospice care?

what

who

how

Hospes (Latin)
meaning 'host' and 'guest'

hotel

hostel

hospitality

hospice

Been around for
100's of years
giving places of
rest for weary
pilgrims



Hostal dos Reis Católicos is
one of the worlds oldest

Still true today as
Hospices support
'travellers'
on a journey'

Importance of giving a
warm welcome



Hospice care is about living and accepting you for who you are

Being there
for someone
is what really
matters



Dr. Derek Doyle OBE

"Palliative care is about a
relationship...becoming close
to them in an intimate way...
of sharing ourselves."



Balfour Mount

"You make a difference when
you take the time to sit down
and listen, and stay in the face
of unanswerable questions."



Dame Cicely Saunders

"You matter because you
are you, and you matter
to the end of your life.
We will do all we can not only
to help you die peacefully,
but also to live until you die."



Florence Nightingale

"Always sit down
when a sick person is
talking business to you,
show no sign of hurry,
give complete attention
and full consideration."

Musicians
have a
gift



Help to connect people with their memories through music



The **Lost Songs** of St Kilda



Making the
**ABSOLUTE
BEST** of our
LIVES



MUSIC + fun

"Music helped bring
a ray of sunshine
back into my son's life!"



Musicians Week Sessions 2021

with **Andy Lowndes**
(Deputy Chair,
Playlist for Life)

MUSIC
IN HOSPITALS & CARE
Joy through live music



Mental health and all that entails

Qualified as a
mental health nurse
in Glasgow in the
early 1980's

I'm not a musician!
Tried learning the
clarinet as a kid but
kept biting the
reed!



1ST experience of
music in a mental health
setting was playing
big band music to
patients at their
bath time



Bath time became
more relaxed
and pleasurable
for the patients



Music doesn't mean something completely different to a person just because they develop a mental health issue



Listening to music brings

Science in action

#1

Person with Parkinson's

With no music = shuffling gait, movement aided with zimmer



(without a microscope)

With music = able to walk and dance unaided!



#2

Person living with dementia

Unable to eat and drink for herself but was able to still play the piano and came alive whenever she did!



#3

Person living with dementia

Visuospatial difficulties so didn't know where his feet stopped and the floor started. With music playing he was able to dance on his own!



Let's twist again, Ken!

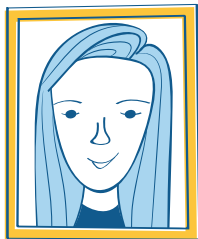
Nowadays there is a greater acceptance of the importance of music in peoples care



Musicians Week Sessions 2021

with **Grace Meadows**
(Campaign Director,
Music for Dementia)

MUSIC
IN HOSPITALS & CARE
Joy through live music



How can I be
most helpful to you?



First experience
of music for dementia and music therapy
was in a Day Centre for adults...



empty **stark**
sadness **monotone** **no colour**



It made me realise the

Power of MUSIC

Thank you for dancing with me



Music therapy room

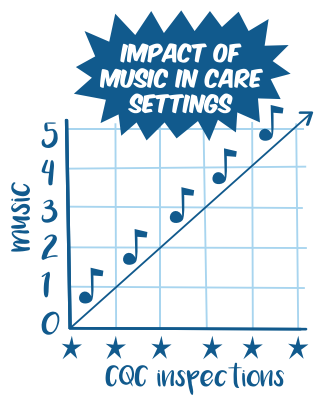
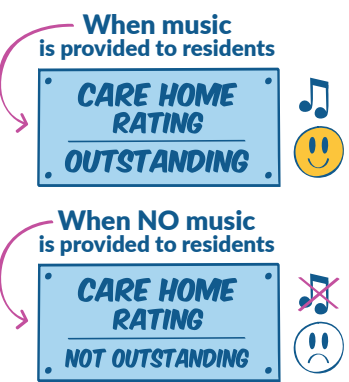


This way →

Small group of older people with only dementia in common
(One person hadn't spoken for months)

“Music is communication”

The impact of music in care settings is **noticeable**, **tangible**, **measurable**!

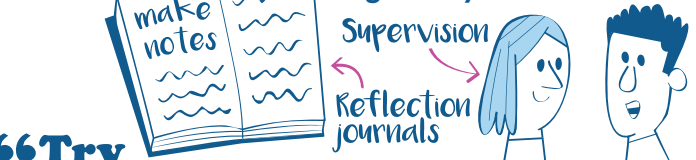


“Music is more than just performance”

At a session



After a session

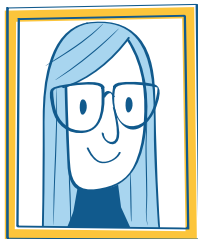


“Try to pick places and spaces to improve your work!”

Musicians Week Sessions 2021

with **Katey Warran**
(Research Fellow, UCL)

MUSIC
IN HOSPITALS & CARE
Joy through live music



Research into the impact of the arts on health

“The arts” include:

writing and digital arts, performing arts, reading for pleasure, and crafts



Health

defined by the

World Health Organisation as:
“a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”

Arts are complex interventions to measure

Group choir singing provides feeling of ‘coping’

This makes me happy!

CHOIR

Its my weekly dose of optimism



Music helps social bonding between mums and new babies



Music Therapy improves communication and social interactions

Music supports cognition in people living with dementia

action music programme



social behaviours

educational attainment

social cohesion

child development

but research shows

arts help to develop

Group drumming aids mental health recovery

Builds social resilience

Reduces anxiety

Benefits depression



Arts can also...

help problem solve

boost self confidence

distract us from worries



prompt wider behavioural changes



The arts play a major role in the prevention of ill health, the promotion of health, and the management and treatment of illness across a lifespan