



“The music brought back memories because I used to go to parks with my dad to watch brass bands”, says Tommy, who is a big Glenn Miller fan. “He used to play when he was in the army.”

Tommy is one of almost 40 residents living at The Broughtons in Salford. Like all care homes, The Broughtons had an incredibly tough time throughout multiple lockdowns, and residents missed the interaction of Music in Hospitals & Care musicians such as A4 Brass Quartet, who have returned to the home after 18 months without live music in person.

“When Covid hit, overnight these people’s lives were taken away,” says Debra Travis, Activities Coordinator. “All they had was a TV in their rooms with constant bad news. They didn’t understand.”

“I found the main impact within the home was on the residents,” says manager Mandy Collins. “This has always been a very lively place with music and all different activities going on. So to go from everything to nothing was very hard.”

Debra: “And then it got a little bit better and they could come out of their rooms. But a lot of our residents then had passed away and it was new faces so we had to get to know them.”

Mandy: “We began letting small groups out into the social areas and then the live streams started coming through, which were a lifeline for us, but a lot of the residents simply didn’t understand why the musicians were not here in person. And there is a big difference – now that the performers are coming back into the home again, the engagement from the residents is absolutely brilliant.”

Debra: “When we had our first Music in Hospitals & Care musician back in person, you could see the lights come back on. The only way I can describe it is if you have ever seen the film ‘Awakening’ – that’s what happened to the residents. As soon as they heard the music, they were back. And I knew then that we had something to work with. The music was our future.”



Scan the QR code with your phone camera to watch our conversation with Tommy, Debra and Mandy, or visit mihc.org.uk/tommys-story.



Abigail's Singathon

In August, Cambridge University graduate Abigail Birch-Price organised a 24 hour 'Singathon' on Zoom to support Music in Hospitals & Care.

Abigail is a composer who writes music focused on improving mental health. She decided to use her talents and connections to organise a virtual Singathon, bringing her husband, family, friends and classmates from University and school in to help. There were over 30 performers, from as far afield as Cyprus, taking it in turns to sing and bringing together a wide assortment of styles and genres. Together they raised over £1,280 exceeding her initial target of £500.

"I spent many hours over many months organising the Singathon, and seeing the positive responses through wonderful performances, encouraging comments and incredible donations just made all the hard work worth it.

I was diagnosed with Type 1 diabetes on the day of the Singathon, so had to go to A&E and was worried about getting back in time! Having spent all afternoon in hospital made raising money for Music in Hospitals & Care even more important."



If you have an idea for a fundraising event, email hello@mihc.org.uk – we would love to support you.

Back in Belfast

Activities Coordinator and Music Therapist Michelle Wooderson shares what it has been like to have Music in Hospitals & Care harpist Ruth Corry back at Northern Ireland Hospice.

"Ruth has visited our inpatient unit twice in the last six weeks and our patients have really loved it. On both occasions we have had a few very agitated patients that have been very difficult to settle. This takes its toll on staff of course, so it has been lovely to have Ruth play gently outside their rooms. It helped them to relax, settle and focus on the music.

For other patients at end of life, it's been something they never thought they'd experience. One gentleman who Ruth has played for both times, said this evening: 'I never thought I'd have a harpist play music just especially for me, not once, but twice. It's absolutely beautiful.'

For us in the hospice, and as a musician myself, I can categorically say that there is nothing that

compares to the live music experience. It is something that Covid robbed us of for a long time and it has been sorely missed by patients and staff. It is wonderful to be able to bring it back and improve and enhance the end of people's lives with something so meaningful."



"Music accompanies us throughout our lives and can be especially poignant and meaningful at the end of our lives," says Michelle.



Our year in numbers 2020/21



reached around
50,000
people with the healing
power of live music,
including everyone from
a premature baby in an
intensive care unit to an
older person with dementia
in a care home.



shared
562
live music experiences with
people from across the UK.
This includes 492 through
online and 70 in-person live
music experiences.



reached over
1,000
people through in-person
live music experiences.



reached
47,660
people through our
online music programme
#MusicEveryDay.



called every single one
of our
448
professional musicians
to check how they were
doing in spring 2021. Their
insights informed our return
to in-person live music.



partnered with
220
health and care settings,
including 18 hospitals in
England, 10 day centres in
Scotland, two hospices in
Wales and a care home in
Northern Ireland, to share
private online live music.




Despite its challenges, 2020/21 was a very successful year for sharing live music.

Our online programme #MusicEveryDay has helped live music become a part of people's wellbeing routine, and we've been able to collaborate innovatively with our healthcare partners and musicians to share live music with thousands of people in a new, safe and accessible way. We have also been able to reach more people and raise awareness of the benefits of live music.

Visit mihc.org.uk/publications to find out more in our latest annual report that has just been published.

Step into Christmas

Join team Music in Hospitals & Care this Christmas to take on a festive step challenge.

-  Choose your daily step target
-  Challenge yourself to complete it every day in the lead up to Christmas
-  Raise money to help share live music with people who may not otherwise get to experience it



Visit mihc.org.uk/step-into-christmas to find out more and sign up.



Sharing live music with The Friendship Cabin



“We’re not just listening to the radio or a recording, it’s live music. Somebody’s actually there singing the song and you can get up and sing along with them.” says Claire, a volunteer at The Friendship Cabin, an activity group for adults of all abilities based in Glenrothes, Fife. **“When I first started here my confidence was way down, but now I’m up dancing all the time with the members and I really enjoy it.”**

Music in Hospitals & Care began sharing live music with the group during lockdown, with personal live stream sessions over Zoom. Now our musicians have finally been able to visit the group in person.

“During lockdown our members were very isolated so we thought we have to do something, and that’s when we went online. The sessions that Music in Hospitals & Care did on Zoom really helped.” says Pearl Weepers, who started The Friendship Cabin in 2018. “It’s great that we’ve had musicians now coming in person that we’ve met on Zoom, because that initial contact is already there.”

Gordon has been coming to the Friendship Cabin for three months and is delighted that Music in Hospitals & Care musicians have started coming to play in person. “I’m a musical person, I used to play the accordion when I was younger and I played the side drum in a band. I love to dance, I’ll go round and haul everyone up.”

Irene has been a member for four years. “We all like to sing and dance and have fun. Even the people with Zimmer frames are up dancing!”

The group have also created their own accompaniment to the live music with exercise balls that Pearl has turned into drums with washing baskets for stands.

Gordon: “Playing the drums is good exercise and you can get your anger out if you’ve had a bad day. If you’re musically minded like me it’s all the better, because I like to keep along with the beat. Nobody is judging you or anything and when you’ve got a singer there in front of you it’s great.”

Pearl: “There’s confidence that I’ve never seen before. All of the members that didn’t sing and were shy, now they’re taking part in karaoke and coming up to dance.”

Irene: “Music just seems to lighten things. You’re that busy singing and dancing you don’t think about anything else. You’re living for the now. It’s great.”

Scan the QR code with your phone camera to watch our conversation with The Friendship Cabin or visit mihc.org.uk/friendship-cabin-story.



Musicians getting #BackToLive



Classical pianist Constance Chow has been a Music in Hospitals & Care musician in the south of England since 2018.

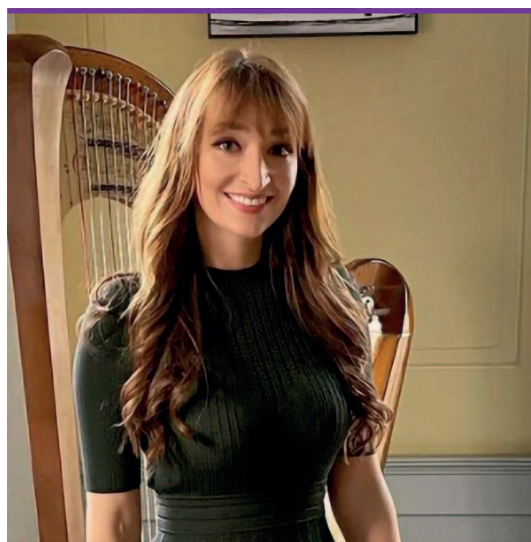
"Live music is very special. When we listen to live music, we feel very in the moment. I even love it when performers make a little mistake. I feel like I'm included in that part of the experience. It's very different from recorded music because I am there, in the scene, as the music evolves."

My first performance back in person was at a care home quite near to my house in Surrey. When I started playing a waltz, a lady began trying to get up from her chair. A staff member came and helped her and once she was up the lady began to dance with them. It turns out she used to be a dancer and knew that piece of music very well."

Soprano singer Emilie Parry-Williams has been a Music in Hospitals & Care musician in Wales since 2019.

"Performing live is where I am at my happiest and feel I am doing what I am meant to do. I could perform the same piece every evening and each time it would be slightly different. That is the beauty of live music, it is ever changing and always offers a unique listening and visual experience."

I have missed the interaction with the audience. Nothing can compare to the preparations, performance, and after show conversations that all come with a 'normal' live performance. Covid took so much away from musicians in that regard, so I am over the moon to slowly be getting back to 'normal levels' of live performing again."



Singer and guitarist Emma Black has been a Music in Hospitals & Care musician in the north of England since 2011.

"Music has such a powerful ability to connect and uplift people, it really is a medicine. It's such an honour to do this job and whether I'm playing in a hospital, hospice, care home or school setting, I always come away from the experience feeling the positive impact that live music has made."

My first performance back in person was at a day centre, not long after they reopened. The staff all understood the necessity of measures such as social distancing and keeping the room well ventilated, but it didn't stop it being a really joyful experience for everyone, myself included."



In memory of John Colin Hooper

We would like to thank the friends and family of Colin Hooper for choosing Music in Hospitals & Care to honour Colin's memory at his funeral last month. Colin lived in Suffolk and was a music lover, playing mostly folk music with friends.



Colin performing at 'Wenhaston's Got Talent' in 2019.

His sister-in-law Sylvia said that they chose Music in Hospitals & Care because they knew that he would love the idea of live music being shared in his honour.

"With his fellow band members of a certain age, they were sometimes known as 'The Young

Ones'. They played in village halls and local pubs. After his wife died in 2009, music kept Colin going both mentally and physically. Planning his cremation, he recorded two songs which were played and there wasn't a dry eye anywhere. Colin is gone but definitely not forgotten."

The donations received will ensure that others will benefit from the healing power of live music, just as Colin did.

If you would like to find out more about setting up tribute funds for loved ones or leaving a gift in your Will, please contact Emily Honey: EmilyH@mihc.org.uk or call **07494 986878**.

Raise free donations from retailers when you do your Christmas shopping online

-  With **Easyfundraising**, over 4,700 sites will donate when you buy gifts, decorations, festive food shopping, or anything else!
-  Amazon will give a donation for every purchase you make through **AmazonSmile**.
-  **Give as you Live** also collects donations from over 5,500 sites when you shop online.



Visit mihc.org.uk/donations-christmas-shopping to sign up today.

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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 can help share the healing power of live music.

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