



Keshia looks after her four children, two of which have additional needs. She started coming to Lifted Carers Centre in Wythenshawe just a few weeks ago and has been back almost every day since. One of the first activities she took part in with the group was a Music in Hospitals & Care live music experience.

“I used to write songs when I was at school,” says Keshia, “but it’s something I’d forgotten about because when you’re a carer, the kids’ stuff just takes over everything. So it reminded me that I absolutely love music.”

“The mental health challenge for parent carers is reducing the isolation and giving them the opportunity to feel part of something,” says Emma Gerrard, Centre Manager at Lifted. “The live music allows them to revisit something that they wouldn’t have done for themselves. It encourages them to really let go and remember what a fun and relaxing experience it is.”

Keshia: “It takes you away from everyday life and brings you into a completely new world. I was a bit reluctant to join in at first, but by the end we were all singing and clapping away.”

Emma: “The musicians involve the carers in such a lovely way, it’s beautiful. We’re now based in The Dandelion Community Centre which is a church setting, and that makes it even more magical. To enjoy live music here is such a fantastic opportunity for the carers.”

Keshia: “It was really nice that the music was familiar songs I had heard before, but not necessarily genres I would have thought of listening to myself. It uplifted my emotions and put a smile on my face.”



Scan the QR code with your phone camera to watch our full conversation with Keshia and Emma, or visit mihc.org.uk/keshias-story.



“It feels like we’re on the right road back”

In February, Music in Hospitals & Care musician Rob T shared live music, rainbows and smiles with staff on their lunch break at Hillingdon Hospital in Uxbridge for LGBT+ History Month.



Catering Assistant Mary spoke to us about why the live music was so important to

boost the mental health and wellbeing of everyone working at the hospital.

“It made me feel energetic and ecstatic. It was really good, I loved every bit of the music today.

For me it was priceless to see staff enjoying the music and having a little boogie. Especially the ambulance crew, they were dancing before they even came round the corner and then they didn’t want to leave.

It’s been such a stressful time - from doctors to cleaners, everyone working at the hospital has had their struggles over the past couple of years. So to watch everyone engaging in this today felt more normal and like we are on the right road back. It was just beautiful, I wish every day was like this.”

“Live streams helped people to feel less isolated”

Singer and guitarist Edelle McMahon has been working with Music in Hospitals & Care in Northern Ireland for four years. Edelle reflects on the #MusicEveryDay online programme as the weekly live streams draw to a close.

“I think having the online programme available during lockdown has been crucially important for people in health and care settings. It gave people an anchor in their week, so they knew on Tuesday afternoons it was *Music and Memories*. The Zoom sessions where people could join from their homes and actually see each other and interact helped them to feel less isolated.

At the beginning it felt very strange to be performing just to a camera, but when you can see that little number of people that you know are tuned in on YouTube and the comments coming in on the live chat, it’s easier to be a little bit more naturalistic because you know that there’s an audience there.

It has made me a better guitar player. When I first started playing as a teenager I learnt how

to fingerpick and mainly did this for years. I only started using a plectrum regularly when playing in care homes where everyone is there singing along and the most important thing is to keep the tune and stay in time. So for the live streams I had to learn to use a plectrum with a bit more finesse.”

Look out for our special celebration live streams continuing monthly on Facebook, including **St George’s Day (23 April)**, **Mental Health Awareness Week (9-15 May)** and **Make Music Day (21 June)**.



Scan the QR code with your phone camera to watch our full conversation with Edelle, or visit mihc.org.uk/edelle-livestream.



Keep on running

Not all heroes wear capes - some of them lace up trainers. Meet some of the incredible people chasing pavements to raise funds for Music in Hospitals & Care this year.

Cardiff Half Marathon takes place on Sunday 27 March and we have some fantastic fundraisers on our team who are passionate about running and live music.

“As a professional singer-songwriter and running enthusiast, what better way to spend your life than both supporting live music being shared and running to do so? I’m passionate about music being the atmosphere shifter in a room, and Music in Hospitals & Care do a great job at providing that safe space for people.” **Jessie**



“Music is a natural healer, and having more of an emphasis on music for patients in hospitals and residents in social care would be extremely beneficial for their wellbeing, health and quality of life. As well as a medical student I am a musician and have first-hand been involved in countless musical performances. The power and emotion it evokes would be incredible to see more of in the NHS.” **Akshaye**

“I have a lifelong passion for music, and as a teenager played in the local concert band. I have also worked in NHS hospitals for 16 years and have no doubt that music can have a very positive effect on people’s wellbeing in hospitals and care.” **Carolyn**

Jenny’s in it for the long run as she trains for the London Marathon (26.2 miles) in memory of her Grandad, who loved live music.

“The importance of music in the lives of people living with dementia became so clear to me first hand when my Grandad developed Alzheimer’s in 2015. When his memory had deteriorated, we found that music was one of the only things that could bring him peace and happiness in moments of agitation and stress. I would often play guitar for him and watching him react to the music being played in front of him was really special.”



Join our TCS London Marathon team

We have very limited places now available to run for us at the TCS London Marathon on 2 October 2022. We will support you every step of the way to help you reach your training and fundraising goals. Visit mihc.org.uk/london-marathon-2022 to apply now and make 2022 your unforgettable marathon year!

Be our support act

There are more opportunities coming up for you to join our merry band of fundraisers:

Sunday 24 April – Glasgow Kiltwalk
Tuesday 21 June – Make Music Day

Visit mihc.org.uk/events to find out more and sign up, or let us know your own creative idea!



“It’s a light in the week to work towards”

Singer and guitarist Charlie Gorman joined Music in Hospitals & Care in 2013 and has performed regularly at the Royal Edinburgh Hospital for the past eight years.

“The staff are brilliant in every ward that I’ve ever been involved with here,” says Charlie. “They’re so responsive to the impact of live music. Eden Ward is an all female older people’s mental health ward. It’s so lively in terms of interaction, singing along and requests. We get some great responses.”



“The main thing I have noticed is the level of enthusiasm the patients have for live music in comparison to listening to a CD,” says Samantha Philps, Activities Coordinator at Eden Ward. “It’s that little bit of excitement because it’s special.

For a lot of patients it’s very emotive and even if it brings up sad feelings, that can be such a release. These are important emotions to feel, and to be able to do that in a safe environment is really important.”

Charlie: “I’ve known some of the people since I started working with Music in Hospitals & Care. People that have been in these wards for maybe eight, ten or twelve years. You get to know their musical preferences and their personalities.”

Samantha: “Regularity means relationships can develop between the musician and the patients. We do have some patients that are here longer term and it becomes part of their routine - a little light in the week that they can work towards.

Charlie is great at interacting with the patients and they can participate in the group. Their voice gets heard and they can see that week to week. If he doesn’t know a song, he’ll go away and learn it for them.”

Charlie: “It’s really lovely to see people growing through those stages of being at quite a low point to being so involved and alive in the music.”

Samantha: “The most amazing reactions are when patients that you don’t get as much from start to open up and you begin to see a different side to them when the music’s playing. Even if that’s just a wee smile, tapping their foot or mouthing the words. It’s really special when you see that.”

Scan the QR code with your phone camera to watch our full conversation with Charlie and Samantha, or visit mihc.org.uk/eden-ward-story.



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