



**Rights Made Real is a project delivered in partnership between the Life Changes Trust, Scottish Care and the University of the West of Scotland, which focuses on improving quality of life in care homes and supporting staff to embed human rights into their everyday practice.**

Music in Hospitals & Care recently got involved with the project to share live music with Bankhall Court specialist dementia care home in Glasgow for the first time. Jane Bentley is an experienced practitioner in music for wellbeing and one of our newer musicians.

“Particularly with live music, it’s that sense of togetherness, of participation, of that person being seen, recognised and responded to, and a sense of doing something together that comes out of that,” says Jane.

“It’s just about understanding the residents better, so in this project the staff are looking at what music really interests them,” says Kristine Douglas, manager at Bankhall Court. “We have 50 year olds and we also have 90 year olds here, so that’s a wide range of genres and they all like something different.”

Jane: “I think what live music does, that recorded music can’t do, is adapt to the person that’s there in the moment. If I’m singing a song that most people know and I see somebody’s lips moving, that they’re just catching the words, I find if I slow down then they’ll probably have all the words and be able to sing along.”

Kristine: “Even if they’re non-verbal, residents will tap their toes, clap along, have a smile on their face. When it comes to people living with dementia, they appreciate the more person-led, personal touch that live music gives.”

Jane: “You see people, who might at other times be agitated or concerned, becoming joyful. If a staff member can sit next to somebody and have a great sing song with them, it levels the playing field a bit and we begin to see each other just as people again.”

Scan the QR code with your phone camera to watch our full conversation with Jane and Kristine, or visit [mihc.org.uk/bankhall-court-story](https://mihc.org.uk/bankhall-court-story).



## Here, There and Everywhere

On 21 June we were very excited to share our first ever hybrid event live from Queensferry Care's day centre for Make Music Day.



Make Music Day is a global celebration of music making that takes place every year. We have previously celebrated by showcasing the amazing community choirs supporting us across the UK,

teaming up with DanceSing for some virtual music and movement workshops, and broadcasting specially recorded sing along and play along sessions with our musicians from their homes.

This year we wanted to make the most of returning to health and care settings by streaming our musicians John Sampson and Wendy Weatherby live from The Haven near Edinburgh. The live stream brought together 16 older people, staff and volunteers, plus 29 viewers online for an unforgettable celebration.

Live Music Coordinator Kirstyn, who filmed the event, said "There was a real buzz in the centre about who would be watching. It was amazing to share the experience with Queensferry Care members at home and our community online."

## "Patients become much more animated and engaged"

**Olivia Bartley is a Specialist Occupational Therapist on Cherry Ward, an 11 bed assessment and treatment ward for people living with dementia at Bowmere Hospital in Chester.**



"It can sometimes be challenging to care for a person living with dementia. Often people can be disorientated and this can lead to distress and confusion. The individual can also experience frightening thoughts or beliefs, which can cause them to feel agitated or anxious.

The ward environment is an unfamiliar place for most people and being with lots of strangers who also have their own issues can be difficult for some people to cope with. Others can be dysphasic, which means they struggle to communicate their needs. This can cause challenges when trying to care for the individual in a meaningful way."

Music in Hospitals & Care musicians have been visiting Bowmere for over 15 years in the hospital's intensive rehabilitation wards as well as specialist dementia services.

"Patients engage with the music in lots of different ways. Some like to sit and listen quietly while others prefer to sing along, dance or even play instruments. We sometimes have patients who remain on the ward for a number of months and look forward to the next session.

Afterwards participants are more upbeat and there is a general brightening of mood on the ward. Sometimes people who may have been lower in mood prior to the session have become much more animated and engaged afterwards."





## “Live music is life enhancing for our residents”

Lakeside House in Cardiff recently enjoyed our live music for the first time since before the pandemic with musician Richard Robling. Activities Coordinator Susan Carrick speaks about how important music is to their residents.

“Music plays a very important part in our life at Lakeside. Each resident has their own playlist created from their choice of music. It is not unusual for residents and staff to burst into spontaneous song at any time of the day.

When a new resident arrives they may feel worried by the unfamiliar surroundings, so playing their favourite music helps put them at ease. Supporting residents living with dementia requires patience, empathy, a gentle and kind nature and a good sense of humour. Someone



may be calm, contented, happy, but also anxious, angry, sad, scared, confused and vulnerable.

Live music is life enhancing for our residents. I have seen first hand how a quiet resident who doesn't communicate very much will light up and sing a song word perfect. It really is a joy to witness.”

## What a Wonderful World

**A tapping finger. A slight sway to the beat. A smile. Singing along to every word. Live music has the power to transform. Now imagine a world without it.**

Throughout the UK, Music in Hospitals & Care is improving the quality of life of children and adults. Whether they be in a care home, special needs school, hospital or in the community, our professional musicians share specially-created, engaging live music.

People and music are at the heart of what we do. Music in Hospitals & Care is about relationships, community and families, and with your support we can we get to the heart of people in a way that only music can, delivering transformative experiences that:

- Share live music with those who may not otherwise get to experience it
- Positively impact mood and alleviate isolation
- Bring loved ones together by creating memories and moments

You can truly make a difference to people living with dementia, who have mental health problems, or who are seriously ill. A gift of any size is genuinely life-changing and we are so grateful for all of the ways you show your support.



Donate today by scanning the QR code with your phone camera, visiting [mihc.org.uk/donate](https://mihc.org.uk/donate), or by post to **Music in Hospitals & Care, Unit 40 Enterprise House, 44-46 Terrace Road, Walton-on-Thames, KT12 2SD**. Thank you.



## “Nothing ventured, nothing gained!”

**We are delighted to be the Inner Wheel Club of Dover's chosen charity for Mary Sherred's year as President. We spoke to Mary about why she decided to support Music in Hospitals & Care.**

“I was a student at the Guildhall School of Music and Drama in London in the early 1970s and we had a talk by someone from the charity Music in Hospitals, as it was called then. I was really struck by this completely new (to me) way of thinking about the power of music. I played, sang and performed music, people came along and listened and that was basically what the mindset was.

The idea that music could be so empowering for other people was new to me and it stayed in my mind. I'll be honest, I did nothing about it for the next 50 years until I became President of the Inner Wheel Club. But right at the beginning of my year, I knew this was going to be the charity I wanted to support.”

Mary recently organised a fundraising concert in the grounds of Dover Castle that raised over £1,000 for Music in Hospitals & Care.

“The choir that I sing with happily agreed to do the concert for me, and I'm very grateful for the help I had from various angles to put it all together. An absolute bonus that I really wasn't expecting was when our treasurer suggested putting collection baskets out. I wasn't sure if anyone would want to donate on top of their ticket price, but I thought 'well,

nothing ventured nothing gained!' and we might get an extra 20 or 30 pounds. In the end it was more like an extra two to three hundred pounds. I was amazed by people's generosity.”

If you are considering organising a fundraising event for Music in Hospitals & Care, visit [mihc.org.uk/fundraise](https://mihc.org.uk/fundraise) to get started with these top tips from Mary:

“Make sure you really do your groundwork. Think of all of the things that could go wrong and all of the things that you hope will go right that you could make easier. Also, choose an activity that you are going to really enjoy doing, because the driving force has got to come from somewhere. It's got to be something that you really can put your heart into.”



Scan the QR code with your phone camera to watch our full conversation with Mary, or visit [mihc.org.uk/inner-wheel-mary](https://mihc.org.uk/inner-wheel-mary).



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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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