



Music in Hospitals & Care Steering Group Brief

October 2022



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Music in Hospitals & Care

Music for mental health and wellbeing – a learning programme

Who Are We

We're a charity that improves the health and wellbeing of children and adults through the healing power of live music. Every year, our professional musicians share live music with people from across the UK, who may not otherwise get to experience it. This includes those living with dementia, who have mental health problems, or who are seriously ill.

We believe live music needs to be part of everyone's health and social care because research shows that live music heals. It helps people feel relaxed and confident, and can relieve frustration, stress and isolation. Music can also reduce the perception of pain, bring back memories and help create new ones. Our sessions are designed to humanise clinical settings, reach and connect people, encourage communication and meaningful interactions and evoke emotions and memories.

Why Mental Health?

We know that live music improves people's mental, physical and emotional health. Through this pilot programme, we want to develop a detailed understanding of how live music impacts people with mental health problems so that we can improve the outcomes and benefits of our work in this area.

The valuable role that the arts, including music, can play in helping people who are experiencing mental health problems is noted by the Mental Health Foundation:

“As the number of people with long-term (mental health) conditions increases, innovative and effective treatments are needed more than ever... engaging in arts can help to boost confidence and make us feel more engaged and resilient... it also alleviates anxiety, depression and stress”.

1. About the Project

Music in Hospitals & Care have been funded for a one-year learning project, to build on and further develop our service provision in mental health settings across the UK. We are seeking experts in the field of mental health and people with lived experience to support this work, helping us to develop a deeper understanding of what works well in a variety of mental health settings, including children and young people, adults and older people's services.

The project aims to explore the longer-term impacts of live music experiences in mental health settings and how these can uniquely support people's treatment or



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recovery journey, building connection and lessening isolation. The planning stage of took place from April to August 2022, with small scale delivery from September to November 2022 and full delivery from January to April/May 2023. There will be in-depth evaluation of the project, to look at the impacts and outcomes for the people being supported, setting staff and anyone else taking part, and this will be supported by an independent external evaluator.

About the Steering Group

We are recruiting members for our project steering group, to help guide our approaches, input to our evaluation, and share learning and experience to help improve the way that we work in mental health settings. The steering group will be made up of representatives from each of our partner mental health settings for the project, mental health professionals, people with lived experience of mental health, a member of our board of trustees, and one of our professional musicians.

Steering group members will be asked to commit to attending an online meeting every two months, between November 2022 and April/May 2023. Three meetings in total. Meetings will be between 1 – 2 hours with updates for review issued in advance and recommendations for actions to be taken during the meetings. Members will work with and receive support from our project evaluator(s), Head of Music Delivery and regional project leads, and have the opportunity to input to the delivery and evaluation of the project. Any travel costs for in person meetings will be covered. All steering group members will also receive a copy of the final evaluation report and recommendations.

If you would like more information or to discuss joining the steering group please address your enquiry to: Live Music Team on hello@mihc.org.uk

2. Timescale

Please send a brief email detailing who you are, why you are interested in taking part and your relevant experience or expertise. Email should be sent by

Friday 25 November 2022 at midday.

Please address submissions to: Live Music Team at hello@mihc.org.uk

We will be confirming group participants **w/c 28 November 2022**

Questions regarding this brief should be directed to Claire Owen, Head of Music Delivery, Music in Hospitals & Care via the above email.

Music in Hospitals & Care

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