



“There was one little boy today who has only just had cochlear implants in. So he has not heard for the first 18 months of his life. He has been finding household noises like the vacuum cleaner quite frightening, but today with the music he loved every noise he heard,” says Linda Hoburn, Family Liaison Officer at Manchester Sensory Support Service.

The service works with families of children with visual and hearing needs in Manchester from birth until they leave school. Music in Hospitals & Care musicians visit the babies and toddlers group in the community room at Asda Eastlands around once a month.

Leah has been coming to the sessions with her 17 month old son, Amari, for over a year. “Deaf and hearing impaired children being exposed to music, especially in this small group, is very important. They can interact with and touch the instruments to feel the vibrations.”

Linda: “Parents often struggle to keep hearing aids in as the children want to take them out and play with them. But when they are listening to the music, they aren’t messing with them and really start to experience the benefit. And once they start

using that hearing, their language and learning that have been delayed start to come on too.”

Leah: “Amari is very behind in speech compared to friends his age, who are already singing songs. He’s just not quite at that level yet. But he loves the double bass, the maracas and the bells, so I do think he will be a little musician when he’s older.”

Linda: “Parents have to go through lots of different emotions. They fear that their child will never lead a fully balanced life. So getting them into these groups is so important, as they get support from other parents who are also on that journey. And to have something special like the music to bring them together is wonderful.

It’s the only time the children really engage with music. If you put it on the telly, or the radio, or sing it yourself, they might engage for a minute but quickly lose interest. When it’s live music, they really start to listen and get so many benefits from it.”

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



A message from our President

Many years ago I became aware of how music could affect people and offer solace at crucial stages in lives affected by mental and physical illness. My mother and aunt were both diagnosed with dementia in their seventies and both had enjoyed and been involved with music in one way or another throughout their lives.

Now they had arrived at a time when it was the only feature they could recognise from earlier life experience. My aunt could sing along with me, remembering the words when all other means of contact were lost to her. Then an invitation came to me to work with Music in Hospitals & Care. Obviously this was something I had to do.

I remember one particular day at a hospital in Surrey, a young woman was wheeled into the ward in her bed. She was clearly very ill and had not communicated with any of the nursing staff for several days.

Hearing live music from a singer standing by her bed brought a look to her face



Sir Thomas Allen CBE

that I had never seen before nor since. The atmosphere in that small ward became so very different that I can't begin to describe it.

If I had wondered before, I now saw proof of the worth of what Music in Hospitals & Care offers to those most in need of a light in their lives.

I am proud to have been connected to the charity over many years and intend that to be the case for as long as they will have me. Music most certainly 'hath charms to soothe the savage breast', but so much more besides.

Celebrating 75 years

As a charity founded in the same year as the NHS, we have come a long way. But we still have further to go to ensure that live music is an integral part of health and care across the UK.

This year we celebrate our 75th anniversary and the diverse community that is at the heart of the charity. We'll hear the stories of the people we support through our live music, their families and healthcare professionals. Special events throughout our live music programme will recognise both long standing and newer partnerships to commemorate where we have been and look ahead to where we are going next.

This will all build towards 13 November, the date of the first meeting in 1947 that led to the creation of the charity the following year.

We will take time to thank all of our amazing supporters and volunteers who champion the charity and keep the music playing.

Keep an eye on our website mihc.org.uk and social media channels [@MiHCUK](https://twitter.com/MiHCUK) for lots of ways you can get involved to help share the healing power of live music and celebrate 75 years of Music in Hospitals & Care.



In tribute to Sylvia Lindsay MBE 1925 - 2022

Sylvia Lindsay was Director of the Council for Music in Hospitals (later to become Music in Hospitals & Care) from 1972 to 1992. She played a hugely important role in the shaping and history of the charity, saving it from near closure in the 1970s.

Some of our long-standing musicians have been sharing their fond memories of Sylvia.

Hedley Kay said: "I first met Sylvia at my audition in 1980, not knowing then what a life changing experience was about to unfold. She was energetic, pragmatic, friendly, hospitable, supportive and encouraging. I will never forget her and all she achieved for the charity."

"Sylvia performed an outstanding role as Director. I'm sure it's part of her legacy that Music in Hospitals & Care remains an important link between musicians such as myself and people in need of the health-giving cheer that music provides," added Steve Barbé, who has been working with us since 1998.



In 2018, for the charity's 70th anniversary, Sylvia reflected on her experiences. Scan the QR code with your phone camera or visit mihc.org.uk/sylvia-lindsay to watch the video.

"One venue wrote to me and said 'It was as if a light had been switched on in a dark place. And that is what we are all trying to do and all achieving at Music in Hospitals & Care.'"

Five years on, her words are still true to our purpose. We will continue to uphold Sylvia's passion for sharing professional live music in health and care settings for many more years to come.



Skill sharing for the future

Our musicians have a long history of sharing their knowledge and expertise with the next generation. In 1976, our Director Sylvia Lindsay (who was also a former musician for the charity) began delivering a 'Communication Through Music' course to students at the Royal Academy of Music in London.

The course included hospital visits, observations, masterclasses and talks from Sylvia, some of the charity's most experienced musicians and other organisations such as the Disabled Living Foundation.

The idea for the course came from volunteer ambassador and Fellow at the Royal Academy of Music, Margaret Hubicki. The Chase Charity provided a grant to support the course through multiple years of students and into the 1980s.



This mirrors our more recent work with the Royal Birmingham Conservatoire, which has seen students learning from our musicians during their Music, Community and Wellbeing module. The exchange has now come full circle, with graduates who previously studied the module and are now working with Music in Hospitals & Care mentoring their peers.



Led by the power of live music

Music in Hospitals & Care's first research subcommittee into the therapeutic benefits of live music was established in the early 1950s. Research and evaluation have continued to be the foundations that inform our programmes, including insights and findings from across the music and health sector and our own live music experiences.

In 2013 we began working with university researchers Dr Nigel Marshall and Dr Kagari Shibazaki to build on existing anecdotal evidence for improved wellbeing following live music in hospitals and care homes.

The first studies focused on our live music experiences in dementia care homes and equivalent settings in Japan.

The partnership proved to be incredibly valuable in providing insights and evidence around the impact of our live music. Since then, Dr Marshall and Dr Shibazaki's research



has expanded to include hospice care and young adults with learning disabilities.

We have also worked with Salford Institute for Dementia at a specially created music café to conduct a study on how regular live music can enhance wellbeing and participation both for people living with dementia and their families.

As we continue to build on this research, it enables us to focus more on impact-led work with those who can benefit the most from experiencing our live music.



How can I start a conversation around music with someone I care for?

Does live music help to reduce the perception of pain?

What could I be doing to improve my wellbeing through music?

This year we are looking forward to building on all of the research and knowledge Music in Hospitals & Care has gathered about music and health to share useful resources. Keep an eye on our website and social media channels for our first guide landing in spring.

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Registered office address: Unit 40, Enterprise House, 44-46 Terrace Road, Walton-on-Thames, Surrey KT12 2SD

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.

☎ 01932 260810
✉ hello@mihc.org.uk
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