



The Redwoods Centre is a mental health inpatient facility in Shrewsbury. It also welcomes people from the community to its bistro area and light filled atrium, where Music in Hospitals & Care musicians play every month.

Jessica Kent is the Arts for Health Lead for Midlands Partnership University NHS Foundation Trust. She tells us why the live music is beneficial for patients, staff and family members.

“Our live music programme is really important for the people at Redwoods. On any given day it’s very busy, very hectic and they don’t get much privacy.

There are other activities, but bringing live music to either the ward or in a public area provides the patients with a moment of relaxation and allows them to tune into a different kind of vibe.

It’s also an opportunity for them to engage really positively with the musicians, to talk about their favourite artists and maybe make a request. It’s important for our staff because it cuts through the dynamic of the ward. They might be having a really hard day if people are very poorly, but then I see them having a little dance and it helps them.

We have two musicians that come monthly from Music in Hospitals & Care, one at the Redwoods Centre and one at St George’s Hospital in Stafford and they alternate.

The musicians have obviously been selected for their high standard of musicianship and experience of working in a range of health settings. It makes our job much easier because we can relax knowing they’re going to deliver a great hour of music. They’re very professional and know how to engage the patients; they read the room and adjust their set accordingly.

What we value about the partnership with Music in Hospitals & Care is the understanding really – of healthcare settings and particularly mental health. They understand that it’s a little bit more difficult than in a general acute setting, so the Live Music Coordinators are able to advise on the type of musicians and what might be suitable.

They provide us with everything we might need ahead of the day and are always on hand for a chat. They just get it.”

Celebrating 75 years with our partners



Holy Cross Hospital in Surrey cares for people with severe disabilities. Our musicians have been visiting there for over 15 years and pianist Alastair Collingwood joined them to celebrate our 75th anniversary.

“You can’t really put into words how in-person live music connects with people, it’s a lived experience,” says Patient Activities Coordinator Charles Mariott.



At **Deva House Day Centre in Wrexham** there were some impressive handmade musical decorations and our musician Bernie Fawcett helped to celebrate a 96th birthday. He took requests and staff handed out percussion instruments and feather boas.

Older People’s Coordinator Kath Riley spoke about how much she appreciates the sessions and enjoys seeing how excited members are when there is one coming up.



We have been visiting **Royal Edinburgh Hospital** for over 10 years and were delighted to celebrate our 75th anniversary at this year’s Summer Fling event.

Patients, staff, and volunteers all came together in the mental health hospital’s courtyard garden to enjoy uplifting music from mandolin and accordion duo Cloud Nine.



In Belfast we celebrated with **Northern Ireland Hospice**, where we have been sharing live music since 1997. Singer guitarist Edelle McMahon played in the communal area and visited some patients’ rooms.

One person said: “Live music gives you energy, lifts your mood and you can forget you’re sick in a hospice.”



Composing the future

For 75 years Music in Hospitals & Care has shared meaningful live music experiences with people who could not otherwise experience them, and we will keep going until everyone can – irrespective of their health or wellbeing.




Our new strategy outlines how we will all compose together to move closer to our vision: everyone can access and experience the joy of live music. We believe music is universal; it breaks down barriers.

Over the next three years together we will share live music to make sure people in hospitals and care enjoy a better quality of life and improved health outcomes.



You can read about our plans for the future of our live music by scanning the QR code with your phone or visiting mihc.org.uk/our-strategy.

Coming up in autumn and winter 2023

September 	Arts in Care Homes Day To celebrate Arts in Care Homes Day on 24 September, we are developing a special resource with NAPA (the National Activity Providers Association). Care homes and families can learn how to create their own musical instrument! Look out for our info sheet and instructional video.	Christmas cards Our Christmas cards are back with three great new designs - order yours at mihc.org.uk/shop from 28 September. Send some tidings of joy to your loved ones and share live music with those who may not otherwise get to experience it.
October 	Annual report Our 2022/23 annual report focuses on our live music – its impact, the places and people who experience it and everyone who helped make it possible. As we look ahead, 2023 marked the start of our 75th anniversary. Together we will ensure everyone can access and experience the joy of live music – no matter their health or wellbeing.	Get planning your choir or community group's Christmas events Share the gift of live music even further by making Music in Hospitals & Care part of your festive fundraising. Please get in touch if you would like to collect donations at your event.
November 	75 years of Music in Hospitals & Care All of our activities during this milestone year have been building towards 13 November, the date of the first meeting that led to the creation of Music in Hospitals & Care. We will take time to thank all of our amazing supporters and volunteers, and a new film will showcase the moments created by our live music in different health and care settings.	Scottish winter warmer Join us at Murrayfield Parish Church in Edinburgh on Friday 3 November and warm up to Christmas with uplifting music, stories and a chance to grab some early Christmas presents. Please visit mihc.org.uk/event/winter-warmer-2023 to find out more.
December 	Christmas carolling Watch this space for more information on our annual carol singing around the country. Previous spots have included St David's Shopping Centre in Cardiff, Trafalgar Square in London and John Lewis in Edinburgh. You don't need an amazing singing voice, just bring your festive cheer!	Festive fun run Calling all running groups! This Christmas we want you to don your santa hats to pound the streets, your local park, athletics track or countryside – all to raise money and share the healing power of live music. Look out for the launch of this challenge or email kimberley@mihc.org.uk to sign up.



Reaching communities in the Channel Islands

Kate Burchill recently retired as Live Music Coordinator South of England and Channel Islands for Music in Hospitals & Care. During her five years with the charity, Kate has been instrumental in developing our programme of live music on the islands of Jersey and Guernsey.



“We started working with the charity Arts in Healthcare when it was founded in 1993 to send our musicians to care homes, day centres, special schools and community settings

across Jersey. Then in 1999, Guernsey’s Healing Music Trust was set up and we began a similar partnership. It’s amazing that our musician, singer guitarist Hedley Kay, went on our first tour of Guernsey and has been going ever since. He played there in September this year.

Our musicians usually tour for around a ten day period and will do 25 to 30 live music experiences during that time. This includes morning, afternoon and evening sessions. We usually try to have a variety of genres throughout the year and a mix of soloists, duos and sometimes trios.”

Folk duo Paul Walker and Karen Pfeiffer thoroughly enjoyed their first tour of Guernsey this year. “We all sang *Sarnia Cherie* [Guernsey’s national anthem] together,” says Karen. “One of the volunteers said afterwards that she had



never seen people respond so well in terms of interaction. That was wonderful feedback for us! We perform a totally different set of songs at a care home to at a special school. They should all mean something. And we involve the audience as much as we can.”

Kate reflects on her time with Music in Hospitals & Care: “When we visit a care home and you see somebody not engaged at all and then a few minutes in they lift their head, and then after another a minute or so they’re sort of tapping their fingers or their toes, then swaying in time to the music. I find all of those things very emotional and it makes it so worthwhile.

It has been great working with so many lovely colleagues and musicians who value the work and get so much out of it too. At my age and stage in my career to have found such a great charity has been a real privilege.”

Music in Hospitals & Care is a Registered charity in England and Wales no. 1051659 and SC038864 in Scotland

Company limited by guarantee registered in England no. 3138683

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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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