

mindsong

music for dementia

Annual Report 2015



Mindsong provides my residents with vital stimulation and gives even the quieter less communicative residents a chance to express themselves through well-known and well-loved songs. We really enjoy having Mindsong visit us, and everyone is so friendly and lovely. We hope for many more years of Mindsong

Becky Allcott, Trevone House

Royal Society for Public Health
Arts & Health Awards 2014
Creative Arts and the Wellbeing of Older People
Commendation for excellent and innovative
contributions to arts and health practice

 *He can no longer communicate and is normally unresponsive, but this morning he was taking it all in.' Those calm words express in a sentence a moment in one man's life when for a short time, he was lifted by music. A man in whose room the dashing black and white photos of a happy couple's wedding day hint at the hidden past of someone who can't now understand the world he lives in. Someone whose stories are locked far away in his mind, long beyond retelling or sharing.*

But the power of music to connect is stronger than our ability to reason. Even the wisest and most rational of us cannot really explain what happens when an interval between two notes arouses one feeling, the rhythm of a phrase another. And the memory for melody fades long after much else has gone: in the misty world of dementia, a familiar tune can pierce the gloom like a sunbeam. In those short moments when, playing my violin on my knees by a patient's bedside, a hint of a smile crosses their face or their hands reach out to move with the music, they and I are certainly lifted beyond understanding to the realm where the musical becomes the spiritual.

Dominic Jewel, Professional violinist,
former CEO Three Choirs Festival Association

About Mindsong

Mindsong was the brainchild of our founders Dr Anthea Holland and music therapist Jane Crampton, and began in 2006 as a one-off outreach project for the Three Choirs Festival, Gloucester. We became a charity in 2012.

We work in care homes and day centres providing two core services: Music Therapy and Meaningful Music singing groups.

Other services are care staff training in leading singing groups and, in the wider community, we provide training and support to professional musicians in running dementia sensitive sessions in care homes.

Our Mission statement

We reach people with dementia through music and song, unlocking memories and offering hope and joy in a world where words and thoughts are lost.

Our values

We want to see music accepted as an integral part of older people's care; appearing in strategy documents and embedded in care plan thinking. We aim to lead the way in making music accessible for people with dementia across the county and regionally.

Charity Number: 1149189

How to contact us

Administration Office: 28 Vine Way,
Tewkesbury, Glos GL20 5FJ

Phone: 07989 936270

Email: admin@mindsong.org.uk

Website: www.mindsong.org.uk

Anthea's inspiration

My first experience with dementia was in my teens, a family visit to my grandmother in hospital one Christmas. She wasn't able to recognize us, but as we sang carols, to my amazement I saw her lips moving and forming the words.

I knew that many others had had similar experiences and when I heard that music therapists were working with dementia I knew it was something that the Three Choirs Festival should be doing.

To observe or assist a music therapist with a session is at the same time humbling and empowering. One sees that there is much more to those with dementia; they are real people who may still respond to music even when they cannot hold any conversation.

It is my intention that Mindsong will be there for you if you need it, and for me too, as we help improve the quality of life for people with dementia and their carers, through music.



How we work and govern ourselves

Mindsong is run by a team of experienced volunteers and committed freelance professionals, reporting to a board of trustees. Our governing document is our Trust Deed.

We actively seek to appoint trustees who take part not only in our planning and decision making, but who also take the time to volunteer with our singing groups and to support our delivery.

A large part of our work is delivered by our team of trained volunteers who donate their time and skills to benefit people with dementia.

We do not rent or own premises, to keep our running costs as low as possible. Meetings are held at The Longford Inn, Gloucester and we thank them for the use of their restaurant, their patience and ongoing support. The coffee is good too!

Objectives & Activities

According to our constitution:

The objects shall be to promote and protect the physical and mental health of sufferers of dementia and other neurodegenerative conditions through the provision of music therapy, music as therapy, support, education and practical advice.

Declaration

The Trustees are aware of their responsibilities with respect to public benefit as defined by the Charities Act (2006) and they are confident that the activities of the charity deliver significant public benefit to participants drawn from a wide variety of sources within the local area. We act to ensure that no person is excluded from our activity where there is space for them and the appropriate equipment and support is available.

Who we work with

People who have mid to late-stage dementia and who live in care homes are often assumed to be the least able to participate or contribute in any activity. As well as problems with memory and confusion, people with dementia may experience challenges with verbal communication and social interaction, anxiety and depression. Difficulties with co-ordination and hearing/visual impairment may add to their communication problems.

Mindsong enters someone's life during its final phase and we do not expect spectacular responses, although sometimes they do come. What may seem to be small gains to others, are empowering in the lives of those with dementia. Our therapists and our volunteers note these small changes, and are able to sustain them through music.

We believe in giving people with dementia a voice and enabling positive participation and contribution. We deliver our work with respect for those at their most vulnerable. Those we work with are at the centre of all that we do.

Some residents, very sealed in themselves, can be seen coming out of a session smiling and verbalizing emotions and feelings. When stimulated, X can continue to communicate freely for 1 hour after each session. If a known tune is on during a meal X's food intake is better and more independent than when the radio is off.



Our Trustees

Helen Owen
 Dr Anthea Holland
 Elaine Grünbaum
 Sylvia Ardron
 Revd Canon Celia Thomson
 Bernard Day OBE
 Katy Bagnall
 Cecil Sanderson
 Philippa Shaw

Chair
 Director (Chair 13th December 2013 to 8 April 2016)
 Treasurer
 Secretary

until 9th October 2015

from 9th October 2015 to present

Our freelance professionals

Karen Lawton
 Maggie Grady MA
 Jane Rothery MBE
 Fiona Taylor MA
 Anne-Marie Kok MA
 Ruth Melhuish MA
 Jane Crampton MA
 Paul Meager MA

Administrator
 Lead Music Therapist
 Volunteer Co-ordinator
 Music Therapist
 Music Therapist
 Founder & Music Therapist
 Music Therapist

Our brilliant Volunteers

(we thank each and every one)

Sue Adlard, Dian Aldrich, Patricia Allison, Sylvia Ardron, Ruth Balloch, Allison Barnett, Marjorie Benbow, Janne Bishop, Margaret Bristol, Christine Botting, Chloe Bridgen, John Bristol, Kevin Bown, Sue Carman, Dana Chambers, Mike Cheskin, Helen Clements, Nicola Constantine, Rachel Cottell, Maggie Darrington, Jill Davies, Olivia Dean, Trish Dixon, Pauline Dooley, Leslie D, Naomi Dunn, Pauline Edmondson, Maureen Etherington, Anne Evans, Josie Felce, Justine Foster, Cherry Foster, Moira Fozard, Joyce Gibbard, Lizzie Graham, Ivor Green, Sylvia Green, Margaret Gribble, Roger Guy, Su Hardisty, Anne Harley, Anne Hart, Ann Harvey, Sachi Hatakonaka, Kate Hicks Beach, Sharron Hill, Jessica Hodge, Tina Howman, Tim Huggins, Ginny Hunt, Brenda Iles, Anne Ingram, Sheila Jackman, Jeremy Jeffries, Victoria Kane, Heather Kerr, Deborah Leah, Cindy Leatherbarrow, Don Leather-Barrow, Joan Leyfield, June Locke, Jane MacBean, Maureen McCoull, Margaret McKiddie, Hazel McLaren, Bob Merrill, Julia Messinger, Annette Miles, Averill Millard, Pattie Mitchell, Tina Nixon, Jean Noble, Rosemary Nye, Chris O'Grady, Jane Orchard-Smith, Gordon Owen, Janet Owen, Kate Page, Louise Peel, Deb Pidsley, Dorothy Plant, Fransisca Poyner-Meares, Jane Pywell, Liz Quinlan, Marie Randall, Julie Ribbons, Sally Richardson, Anne Roberts, Pauline Samengo-Turner, Francesca Sandford, Michael Sanders, Alysia Schofield, Jo Simons, Gilly Smith, Deborah Smith, Jennifer Statham, Sarah Steele, Jenny Stone, Liz Swift, Nicky Taylor, Barbara Terry, Amanda Thoselton, Heather Thomas, Sally Thomas, Gill Thompson, Penny Thomson, Sarah Thomson, Di Valentine, Diana Vivian, Frances Wade, Sorrel Warwick, Gwynneth Weaver, Pat Wheeler, Margy Wheeler, Carol Whitehouse, Mandy Whitfield, Janice White, Susie Williams, Margaret Wilson, Kirsty Winnan, Eleanor Wintersgill, Ryan Wood.

How we meet our Objects

Mindsong provides a range of therapeutic services to people with mid- to late-stage dementia, and other neurological disorders such as Parkinson's and Huntington's disease, who live in care homes or attend day centres.

We use highly skilled, state-registered music therapists (all of whom are educated to post-graduate level) and other music and dementia specialists to provide these services.

Our therapists, and the care homes we work in, are supported by a team of volunteers. All our volunteers (many of whom are ex-health and mental health professionals) are trained and supported by our Volunteer Co-ordinator and therapists.

Our Services:

1. Music therapy:

2 or 3 hour sessions on a fortnightly basis over 6 months. These sessions consist of group work with an average of 6 - 10 residents, which is unique to Mindsong, and one-to-one therapy for people who can no longer leave their rooms or participate in group work.

What is music therapy?

Music therapy is used as a powerful tool to unlock, perhaps only for very short periods of time, memories and emotions that may otherwise be almost impossible to express.

Developments emerge as the sessions progress. There can be a general increase in awareness with residents being able to focus and attend for significant periods. Frequently they are able to engage in playing or singing with little or no encouragement from the therapist. Conversations begin, fingers become familiar with instruments and the volume and energy of the group becomes greater. Sometimes old skills are rediscovered and people can once again participate in something creative and positive that brings them into the present.

The experience of music therapy, or singing together, can offer a reawakening to the joy of music or a remembrance of a time when music was enjoyed or played. The use of music, movement and voice, remembering and enjoying sounds, can be a release into a safe place. A place that is about feeding the soul.

It has been noted that residents who have been part of the MT group for more than 6 sessions, appear to be at ease to recognize the songs and to interact more actively with the Carers in a day's routine. Staff members now understand better the power that music has to make residents find their memories and identity. Staff have started a song with a couple of residents and ending up with 6 or 7 joining in, drawn like magnets.

Admiral Nurse September 2015
Sandfields Care Home



In 2015 we provided music therapy in the following homes:

Beechwood Care Home, Upton upon Severn

The Grange Care Home, Cheltenham

Wyatt House, Stroud

Sandfields Care Home, Cheltenham

Guild House (Gloucester Charities Trust), Gloucester

Bramble House Care Home, Gloucester

Wallace House (part of Cheltenham Borough Housing), Cheltenham

Monkscroft Care Home, Cheltenham

The figures...

Our therapists delivered 81 sessions, reaching approximately 145 residents as well as their carers and relatives at an average cost of £98 per session.

Care homes contribute £50 to the cost of each session and we fund the remainder.

The total cost of providing music therapy in 2015:

£8,250 Professional fees & travel

£1,238 Reporting & administration

£342 Equipment

£227 Training

£180 Supervision & support

£10,237

Wow what a brilliant afternoon we had at the Mindsong, and thank you immensely for very kindly inviting me to join the course. I am so grateful for you do that. It was an immense pleasure playing "I Have a Dream" on keyboard to our group. That was like a dream came true when Fiona did that, and where she brought the dynamics into it, by singing louder and higher. I played along the same dynamics... and I think that's why everyone enjoyed it so much. That's the first time I have played "I Have a Dream" since the day you and Ellen heard me play it in my former flat. I don't know why I didn't get nervous playing (it) to a group of people this afternoon, don't know what came over me, that was the first time ever and I loved it. I think that dealing with my current illness must have made me think about the music and not nerves. Nerves didn't even enter my mind.

Please keep the Mindsong activity going, I love it and it's my favourite of all the activities and good because its therapy as well. Its lovely and cosy we have it in the upstairs lounge, lovely and homely and even that makes it more enjoyable.

Member of music therapy group, Wallace House



2. Meaningful Music Singing Groups:

Our volunteers are supported and trained by our Volunteer Co-ordinator. Volunteers run groups in homes and day centres providing an invaluable and sustainable service.

The Mindsong singing group has been a relatively new addition to our activity provision for our Home. They are a newly created group of volunteers that have quickly gelled in what can be a daunting environment as we are a Nursing Dementia Home with many residents who are in the later stages of Dementia. Previously, we have had a Music Therapist come to the Home over a 24 week period.

All have been willing to take instruction in the approach needed to make the session meaningful to our residents. They have understood the value of repeat singing no matter how many times and a 'get down on the floor' strategy to fully engage with residents.

The volunteers are very welcoming to residents and make sure 'names' are known before the session starts. Every

effort is made to sing the songs that have significance to individual residents and a number of favoured songs have now been added permanently to the singing folders. Musical instruments bought by the volunteers to play have been a wonderful addition with residents recalling playing themselves.

There is a genuine feeling from the volunteers of wanting to be here and to make a difference, we laugh, forget the words and always have a fun time. I find that the resident's demeanour is more positive after a session and often what was sung is discussed throughout the remainder of the day.

Lynne Humphrey
Activities Co-ordinator
Wyatt House

In 2015 we provided a mix of weekly, fortnightly and monthly singing groups in the following care homes...

Cheltenham area

Astell House, Astley House, Dowty House, Windsor St, The Grange, Wallace House

Gloucester area

Brunswick House, Trevone House, Brockhampton Court, Sceats

North Cotswolds area

Jubilee Lodge

Stroud area

Breadstone, Kingswood Lodge, Resthaven, Richmond Village, Wyatt House, Horsfall House

Forest of Dean area

The Coombs, Sydenham House, Forest Court, Westbury Court, The Elms

Tewkesbury area

Tewkesbury Fields

The figures...

In 2015 our team of 120 volunteers provided over 450 free sessions to approximately 443 people with dementia as well as their relatives and care support staff.

The cost of providing this service in 2015 was £10,977

Mindsong has been wonderful for our residents as it enables even those with advanced dementia to experience the magic of music and song. We have found that residents who cannot talk in full sentences are able to recite entire songs from their childhood, lightening their mood in the process.

Kim Robinson, Windsor Street



3. Training:

Our therapists train activity co-ordinators and other healthcare professionals working in care homes, to lead their own singing groups and to understand and implement the benefits of music for people with dementia.

4. Together in Song:

A one hour session, in a suitable but beautiful venue, where people with early to mid-stage dementia, their carers and relatives, can meet, outside of the care home setting and sing together.

In 2015 we increased these sessions from two to three, so that we could offer the session in other parts of the county. Two sessions took place in Gloucester Cathedral, where Together in Song is part of the cathedral's Music Foundation, (April and September) and one in Cirencester in October. All three sessions were successful and thoroughly enjoyed. Our newest session, in Cirencester, was an all-round triumph.

Wow, what an exciting afternoon! 64 people came (carers and volunteers included). 5 different care homes attended and all seemed to have an enjoyable

time, with lots of playing and singing. One lady sang a beautiful soprano solo of Handel's 'Where'er You Walk'. The event was well supported by Jane Rothery, our own volunteers, the police representatives, and Cecil Sanderson.

Two possible opportunities have already come from this event: Watermoor House would like a singing group and are happy to open their doors to other people with dementia in the town; and the Oriel Singers would be interested in holding a dementia friendly concert in the Parish Church in aid of Mindsong. This would be a concert for people with dementia, and the general public, with elements of audience participation included.

The figures...

In total 164 people with dementia were welcomed at these events.

The cost of providing them in 2015 was: £950

Our thanks to Gloucester Cathedral and Cirencester Parish Church for offering their buildings free of charge. Huge thanks to Peter Hopper's Gloucestershire Police team.



5. Concerts and music-based special events:

We facilitate concerts in care homes by musicians and performers who have experience of working with people who have dementia. We also facilitate larger concerts and events that enable the words of those with dementia to reach a wider audience.

6. Training for professional musicians

Working in partnership with Orchestra of the Swan (Stratford upon Avon)

Funded by The Stratford Town Trust

Between July and December 2015 ten instrumentalists from the Orchestra of the Swan (OOTS) played a total of 42 sessions to people with dementia in Stratford on Avon; this was funded by the Stratford Town Trust. Working as five duos, they played in six care homes, including two specialist dementia homes where many residents have advanced dementia and sometimes challenging behaviour. One independent living community was also included, where social isolation is the major issue. Each duo played once a week in the same two homes, for a minimum of three

successive weeks. This enabled the players to get to know the residents and staff and develop their performance accordingly.

Mindsong gave two introductory training sessions to OOTS players, with two of our music therapists (one an orchestral player) and our director, Anthea Holland, leading. Through beginning to understand what dementia means for both people with dementia and those who care for them, players learned to adapt their performance to this group's particular needs. Expanding the range of repertoire and using role play as experiential learning enables players to focus less on their impressive musicianship and more on maximising contact with people through music. For those with advanced dementia, the latter may be the only accessible channel of communication.

The success of this pilot has led to an ongoing partnership between OOTS and Mindsong, with Mindsong providing training and ongoing mentoring to those musicians wishing to play in care homes. Underpinned by the music therapy approach, training/delivery remains under constant review. The aim is to maximise both the benefits of the sessions for people with dementia, and players' personal and professional development.



Sessions last for 90 minutes, with the last 15 minutes dedicated to reflection on how the session has worked. Players review what went well, what challenges they faced, and what was the most memorable experience from the visit. Activity coordinators, other care staff and relatives are also invited to record their own observations:

Inspiring, stimulating, thought provoking

In general, this session exceeded my expectations, especially in respect of the medical/scientific causes of different dementias. These were presented in an appropriate language for the lay person.

It's important to try and recognise the difference between usual performance practice and care home work and this has been talked about a lot today, very useful.

Staff were moved to tears and joined in with singing.

Dancing with X. He led and asked about the music. I get the impression he speaks very little.

A man with very severe dementia joined in singing (Tipperary) and squeezed my hand.

Being able to say, 'We're going to do some music' to the distressed woman, and realise, for once, I was able to help, bring her into the moment through music. That was incredibly rewarding.

Feeling of warmth and appreciation, including from staff.

Comments from OOTS players
June – November 2015

Thank you. I feel much more confident and know that all the support I could wish for is available

OOTS Player Introductory training
September 2015

A Choir in Every Care Home

We are excited to be part of this new national initiative. Because of the work we do with our Meaningful Music singing groups, we have been able to share our experience with others, and learn a few new things too.

As part of the fact-finding, Live Music Now's Chief Executive, Evan Dawson, attended our fortnightly volunteer-led singing group at Forest Court Nursing Home:

Dear Anthea and Jane

Thank you both SO much for welcoming me so warmly to Forest Court yesterday, and for taking such time and care to give me such a comprehensive view of the remarkable and moving work that you are doing. It was hugely instructive to see you both in action, to meet your volunteers and the home's activities co-ordinator, and to see first hand the transformative effects on residents. The home was quite an upsetting place to visit, but I came away feeling uplifted and hopeful.

Evan Dawson CEO Live Music Now August 2015

Launched in May 2015, A Choir in Every Care Home is an ambitious new initiative to explore how singing can feature regularly in care homes across the country. Funded and initiated by the Baring Foundation, it is a unique collaboration between 30 leading national organisations from the worlds of adult social care, music and healthcare research. It is being led by three major organisations in the field: Live Music Now, which provides national leadership for musicians working in the care sector; Sound Sense, the UK professional association for community music; and the Sidney De Haan Research Centre, providing cutting edge research on the medical and social impacts of singing.

Over the course of the initiative, the 30 national organisations, of which we are one, will meet regularly to share knowledge, understand what works, undertake research and consultation, and actively create the conditions to make every care home a singing home!



Together, we hope to improve the quality of life for people in care homes, and help create happy environments for carers, family and care home staff. This is urgently needed as 80% of the growing numbers of people in care homes have dementia or severe memory problems (according to the Alzheimer's Society). Effective and cost-effective solutions must be found.

"The Baring Foundation has been funding in the field of arts and older people for the last five years. We believe that singing has a unique magic not only for older residents but for the whole community of a care home. This broad consortium is a great basis for a project which we hope will bring that magic to thousands of people."

– David Cutler, The Baring Foundation

"This hugely important initiative will bring music to people who might be living the final years of their lives in loneliness or confusion. I have seen countless times that there is nothing like music to bring people together to create a safe and happy environment where human relationships can flourish."

– Julian Lloyd Webber, LMN Ambassador

The 30 organisations involved are

Voluntary Arts, Making Music, Sing for Your life, Superact, Tenovus Choirs, Natural Voice, Practitioners Network, Sing Up, Nordoff Robbins, Welsh National Opera, Mindsong, National Care Forum, Skills for Care, Age UK, Orders of St John Care Trust, Abbeyfield, My Home Life, Age of Creativity, MHA, Care England, West Kent Dementia Action Alliance, The Royal Society of Public Health, The Mental Health Foundation, National Alliance for Arts, Health & Wellbeing, Creative & Credible, Arts & Health Southwest, The South East Arts & Health Partnership, Creative & Cultural Skills

Find out more
achoirineverycarehome.wordpress.com

Financial review

Our policy on reserves

Where it is the wish of donors that reserves are designated to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable. The trustees currently have no other formal policy on reserves, except that they retain a level of cash sufficient to maintain services during periodic fluctuations in funding and donations.

Our principal funders in 2015 were

Gloucester Community Foundation	£5,000
The Summerfield Trust	£5,000
The Healthy Together Fund	£15,000
The Health Inequalities Fund	£4,000
The Henry Smith Trust	£5,000
Forest of Dean Town Council	£750
Volunteer time (given in kind)	£27,000
Donations directly associated with our volunteers	£9,351.22

Together with our many supporters who generously give their own time and talents to raise money for Mindsong, we were delighted to not only be able to fund this year's projects and delivery, but to be able to continue our work in 2016.

We would like to thank everyone who funded Mindsong through grants, donations or just by giving generously of their time.

Finances

Statement of Financial Activities for Mindsong for the financial year 01/01/2015 to 31/12/2015

	Unrestricted Funds 2015	Restricted Funds 2015	Designated Funds 2015	Total Funds 2015	Total Funds 2014
Income					
Grants	27,750	5,000		32,750	5,250
Care Home Contributions	7,801			7,801	5,760
Donations	14,214			14,214	5,445
Total Income	49,765	5,000		54,765	16,455
Expenditure					
Cost of fundraising	285			285	0
Volunteer costs & expenses	5,194	2000		7,194	3,798
Delivery of Music therapy	9,631	35		9,666	7,402
Together in Song	949			949	558
Other delivery	3,595			3,595	0
Training	227			227	0
Insurance	346			346	346
Marketing	1,654			1,654	962
Equipment	342			342	0
Travel	3,783			3,783	2,460
Administration	13,922			13,922	12,540
Subtotal	39,928	2,035		41,963	28,066
Total payment	39,928	2,035		41,963	28,066
Net Receipts (payments)					
Cash fund last year end	11,902	4,783		16,685	28,296
Cash fund this year end	21,739	7,748		29,487	16,685
Bank Account	21,739	7,748		29,487	16,685
Other monetary assets					
Outstanding invoices	2,100			2,100	0
Liabilities					
Independent examination	160			160	2,934

Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

Signature: 

Helen Owen (chair of trustees)

Signature: 

Elaine Grünbaum (treasurer)

Date: 8th April 2016



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