

mindsong

music & dementia

Annual Report 2017



I have just received a copy of the wonderful comments ... that members of Mindsong sent to the Hyperion regarding my cousin Emily. In all the years that I have known her we had no inkling that music could be such a help to her. She had so many disabilities so it has been such a blessing that she could enjoy some form of communication. The Lambeth Walk will have to form some part of her funeral service. I thank you all from the bottom of my heart for all you do for the old folk in the Hyperion.

Best Regards

Dennis Archard

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

Thank you so much for this afternoon. I not only enjoyed it but learnt something also. There is no greater sacrifice than serving others. Some do it with their lives some use their lives to do it. You all show so much love it is such a privilege to be associated with you.

*Stay cool.
Love Mike*

Volunteering for Mindsong by singing in the groups is one of the most rewarding ways to make a difference to people's lives. The residents, their families and the care home staff consistently thank us for the joy we bring to their day. For those wishing to gain from giving and also enjoy singing with a group of wonderful volunteers I can think of no better way to spend time.

Mitchell Watkins – Mindsong volunteer

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 Three Choirs Festival, Gloucester. We became a charity in 2012.

We work mainly in care homes and day centres, and in people's own homes, providing two core services: Music Therapy and Meaningful Music singing groups.

Other services are care staff training in the use of music in dementia care 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 peoples' 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

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Phone: 01684 219966

Email: admin@mindsong.org.uk

Website: mindsong.org.uk

In my humble opinion, there is nothing more exciting than being part of an organisation that is in its infancy. Since I came on board in 2010 we have worked together to adapt and grow what we offer. We've learnt what does and doesn't work. We've explored new ways of working and taken on experienced people who can push things forwards. Each year has seen us take on a challenge that seemed unthinkable the year before. It certainly keeps you on your toes.

In early 2017 we came to the end of our Domiciliary pilot. As always, the funding ended just when the work was taking off. Thankfully, with another injection of funds we kept going (see more about this on page ?) and we're making this a permanent service.

Our other change was getting ready to become an employer. We reckon we're already pretty good at looking after all the people who work with us, so we wanted to roll that over into being the best employer we could be. Without specifically meaning to we have become a great place for women to work, with flexible hours, decent pay and plenty of support to make that family/life/work balance happen. We also have no gender pay gap. I'm sure plenty of other smaller charities are just as good, perhaps we should be shouting about that a bit more.

I'm looking forward to another year of challenges, new opportunities and making sure we reach people with dementia all over the county.

Karen Lawton
Chief Executive



How we work and govern ourselves

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

We actively seek to appoint skilled 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 which helps us 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 people living with dementia and other neurodegenerative conditions, and other health conditions where music would have a significant impact, and those that care for them, through the provision of music therapy, meaningful music, 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, or are being cared for in their own 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 advanced 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 services with respect for those at their most vulnerable. Those we work with are at the centre of all that we do.

Some residents are severely cognitively impaired, and your team are so mindful, and so professional. I have witnessed such subtle adjustments made so as not to discriminate, or patronise, and these residents seem to open up so much to music and song.

We would never, ever want to be without you!

**Natalya James, Manager, Hyperion House
(Meaningful Music Singing Groups)**

James Gilchrist	President
Our Trustees	
Helen Owen	Chair
Elaine Grunbaum	Treasurer
Sylvia Ardron	Secretary
Dr Anthea Holland	Clinical & Creative Director (Founder)

Katy Bagnall	
Cecil Sanderson	Volunteer Coordinator Cheltenham
Philippa Shaw	
Dominic Jewel	

Our Team

Karen Lawton	Chief Executive
Julia Glaudot	Administrative assistant
Jane Rothery MBE	Volunteer Manager
Kate Hicks Beach MA	Deputy Volunteer Manager
Annette Miles	Volunteer Coordinator North Cotswolds
Bob Merrill	Volunteer Coordinator Cirencester
Charles Scott	Volunteer Coordinator Stroud
Kay Tily	Volunteer Coordinator South Glos
Sheila Bloodworth	Volunteer Coordinator Gloucester
Maggie Grady MA	Director of Music Therapy
Fiona Taylor MA	Music Therapist
Anne-Marie Kok MA	Music Therapist
Ruth Melhuish	Music Therapist
Jane Crampton MA	Music Therapist
Paul Meagre MA	Music Therapist
Philly Fowler MA	Music Therapist
Misha Law MA	Music Therapist
Kim Roberts MA	Music Therapist
Sophie Whisker MA	Music Therapist

Our brilliant Volunteers numbering 323 at time of writing (we thank each and every one)

Sue Adlard, Dian Aldrich, Jackie Aldridge, Thelma Allen, Christine Aplin, Sylvia Ardron, Amy Arkle, Tom Atkinson, Linda Audsley, Stewart Ayward, Ruth Balloch, Lynne Banks, Jill Barnes, Bridget Batchelor, Jo-ana Beale, Stephen Beale, Monica Bellamy, Judith Bernard, Kate Berttam, Janne Bishop, Margaret Bishop, Eileen Biswas, Sheila Bloodworth, Liz Bloxham, Pat Bloxham, Rita Bolton, Linda Bolter, Alan Borrett, Julie Bosley, Christine Botting, Ginette Bradbury, Sally Bradford, Pat Breckon, Chloe Bridgen, John Bridgen, John Bristol, Margaret Bristol, Jane Butler, Jo Carlyle, Sue Carman, Dana Chambers, Mike Cheskin, Joy Cheverton, Sal Chubbs, Margaret Clapton, Ann Clements, Helen Clements, Terence Cole, Penny Collick, Susan Colquhoun, Nicola Constantine, Bob Cooper, Rachel Cottell, Steven Cotterell, David Coulter, Gill Creed, Sue Creeper, June Cross, Jenny Daisley, Derek Daly, Maggie Darrington, Jill Davies, Fiona Davis, Polly Davis, Trish Dixon, Pauline Dooley, Celia Douse, Rachel Douse, Viv Dunham, Naomi Dunn, Jenny Durnell, Ron Eaglestone, Jo Edgell, Pauline Edmondson, David Edwards, Jean Edwards, Annie Ellis, Maureen Etherington, Alex Evans, Anne Evans, Jo Fermor, Suzanne Fielder, Alan Fisher, Molly Fisher, Pam Fisher, Barbara Flannery, Rose Folk, Myra Ford, Justine Foster, Cherry Foster, Elaine Fowle, Roger Fowle, Moira Fozard, Jane Franklin, Swithin Fry, Mair Gapper, Eloise Gardener, Verity Gardener, Amy Gay, Ann Gerdes, Joyce Gibbard, Margaret Gibbon, Lyndall Gibson, Trevor Gittings, Beryl Godfrey, Kathie Godfrey, Sheila Goodwin, Aileen Graham, Valerie Green, Jean Greville Jones, Margaret Gribble, Brian Griffin, Paige Halliwell, Su Hardisty, Anne Harley, Karen Harrison, Anne Hart, Ann Harvey, Sachi Hatakonaka, Patricia Hedges, Olivia Henriques, Sarah Hewson, Kevin Hick, Sheila Hick, David Hicks Beach, Kate Hicks Beach, Lucy Hicks Beach, Sharron Hill, Jessica Hodge, Hilary Holmes, Clive Hook, Jo Hook, Rosemary Humphries, Ginny Hunt, John Hunt, Ruth Hunt, Catherine Hurst, Anne Ingram, Neil Irving, Teresa Irving, Sheila Jackman, Patsy Jackson, Sara James, Jeremy Jeffries, Susan Jessup, Christabelle Johnson, Gillian Johnson, Steve Johnson, Cherry Jones, Eileen Jones, Eleanor Jones, Jane Jones, Winnie Jones, Victoria Kane, Maureen Kear, Ursula Keeling, Kay Keevo, Belinda Kent, Heather Kerr, Marion Kinns, Lydia Knight, Carol Lamble, Val Lane, Ann Laver, Deborah Leah, Cindy Leather-Barrow, Don Leather-Barrow, Buffy Lee, Christine Leeding, Walter Lee-Hynes, Viv Leivers, John Le Sage, Joan Leyfield, Alison Littlefield, Beth Llewellyn, June Locke, Paul Loveridge, Jane Lynch, Sally Marlow, Mick Marsh, Sheena Marshall, Vic Martell, Abigail McArthur, Liz McFadyen, Margaret McKiddie, Hazel McLaren, Bob Merrill, Julia Messenger, Raymond Michael, Annette Miles, Averill Millard, Jane Miller, Juno Miller, Jane Mills, Marguerita Mills, Pattie Mitchell, Jan Moore, Maggie Moore, Patricia Moore, Christine Mora, Sylvia Morgan, Julia Morris, Celia Morrison-Smith, Debbie Morse, Polly Mortimer, Maureen Newey, Doreen Newman, Louise Newton, Tina Nixon, Jean Noble, Janet Nye, Rosemary Nye, Alex O'Brien, Chris O'Grady, Gordon Owen, Janet Owen, Sarah Owen, Kate Page, Anne Paramore, Georgie Paris, Judy Parker, Jan Passmore, Beryl Phillips, Helen Phillips, Val Phillips, Dorothy Plant, Cedric Pollard, Millie Ponsonby, Fransisca Poyner-Meares, Jane Pywell, Liz Quinlan, Margaret Radway, Patsi Rainey, Mandy Rambaut, Marie Randall, Julie Redgers, Chris Renfield, Julie Ribbons, Anne Rickard, Anne Roberts, Helen Roberts, Liz Robinson, Penny Ross, Brian Routledge, Diane Routledge, Isabel Ryan, Pauline Samengo-Turner, Francesca Sandford, Michael Sanders, Cecil Sanderson, Alysia Schofield, Roger Scoones, Charles Scott, Penny Sell, Eve Sellers, Simone Seward, Marguerite Shaw, Lavinia Sidgewick, June Sidwell, Jo Simons, Helen Sims, Deborah Smith, Gill Smith, Gilly Smith, Jenny Smith, Maggie Smith, Patricia Smith, Susan Sosbe, John Standring, Brenda Stanton, Jennifer Statham, Sarah Steele, Mary Stephens, Jenny Stone, Francesca Stuart, Linda Sucksmith, Anne Summers, Anne Surgenor, Debbie Swan, Pat Sykes, Mim Tait, Marine Taylor, Nicky Taylor, Barbara Terry, John Theophilus, Tina Thackray, Heather Thomas, Sally Thomas, Gill Thompson, Penny Thomson, Stella Thomson-Pigott, Kay Tily, Eleanor Trapp, Janet Upton, Di Valentine, Sheila Veuve, Frances Wade, Pamela Walsh, Sue Wareham, Ann Warrington, Sorrel Warwick, Mitch Watkins, Gwynneth Weaver, Jenny Weaver, Hanmer Webb-Peploe, Lucile Webb-Peploe, Lucy Welsby, Marion Westbrook, Margy Wheeler, Pat Wheeler, Janice White, Kit Wicksteed, Gillian Willet, Liz Williams, Rosemary Williams, Susie Williams, Mandy Williams-Ellis, Annie Willis, Gerry Willis, Babs Wilsmore, Liz Wilson, Margaret Wilson, Kirsty Winnan, Eleanor Wintersgill, Eric Witheridge, Jane Wood, Ryan Wood, Richard Wooller, Wendy Wooller, Sue Yelland, Jacqueline Young.

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 and private homes or who are resident on hospital wards or attend day centres.

We use highly skilled, HCPC (Health & Care Professions Council) registered music therapists (all of whom are educated to post-graduate level) to provide our music therapy services.

Our Singing Group service is provided by our volunteers (many of whom are ex-health and mental health professionals) who are trained and supported by our Volunteer Manager and her team.

We also take on additional projects where music can have a significant impact on health.

It was really worthwhile for both of us
(carer)

Improvement in mood would last all day
(carer)



Music Therapy

"It was incredibly positive, at a time when I felt I couldn't do this" (carer)

Report: Maggie Grady Director of Music Therapy

What is music therapy?

Music therapy is the use of sounds and music to connect and engage with another person. It is an established clinical intervention, delivered by qualified and state registered music therapists. Music is created together through a therapeutic relationship which is developed between the therapist and client, and this can be used to support physical, cognitive, social, emotional or psychological needs. For a person with dementia, music therapy provides opportunities for self-expression and communication, supporting wellbeing, relationships and interactions with others, and reinforcing a sense of self through music created together.

When we listen to or participate in music making, there are widespread reactions across so many different areas of the brain. This is partly because of our emotional responses to music, which can lie deep within the brain. So, if someone has a type of dementia or indeed another brain injury, music may still be accessible to them even when words are not, because music may still connect with a part of the brain that isn't damaged, or is less damaged. Music

It's lifted our spirits
(carer)



can remain accessible for people even in the later stages of dementia.

"The music engaged her immediately, and she responded by moving, dancing in her chair and singing. She smiled and blew kisses. This was such a personal response, bringing her to the fore, to the centre of our interaction. Her eyes danced and she exclaimed "It's me, Sophia!"

Mindsong Music Therapist

2017 proved to be a good year of growth for music therapy at Mindsong. I feel very privileged to lead our team of nine talented music therapists, based across the county, all with a passion and specialism for working with people who have dementia. As well as working in care homes, we have also delivered music therapy at local day centres, a local community hospital, and in people's own homes. Always at the heart of what we do is the aim to reach and support those most in need; to improve quality of life for people with dementia and their carers.

I was quite low before you came
(carer)

Domiciliary Music Therapy

"More laughter, mood improved, sleeps well, no longer shouting, less resistant to care"

We continue to develop our work with couples in their own homes, building on the service that began with our project with Gloucestershire NHS Clinical Commissioning Group (CCG) in 2016. This service aims to reach people with advanced dementia, still being cared for at home by a family member. We have now worked with 17 couples in total, and at the request of the CCG, are also developing a focus for working with people with Young Onset Dementia, a client group that has little provision as yet in the county.

We have developed stronger links both within the NHS and the voluntary sector; local Alzheimer's Society Dementia Advisers are referring to us on a regular basis, and we're continuing to receive referrals from Community Dementia Nurses.

Our results continue to see music therapy bringing notable improvements in wellbeing, engagement and communication for people with advanced dementia. We're also seeing the therapy help to bring a person's sense of identity to the fore, and strengthen interactions and relationships with

family members. By working with carers alongside people with dementia we are able to support their role, suggesting the use of personalised music at specific times to aid care. Our therapists were struck by just how much carers are holding, and recognise that there is often a sense of a 'living bereavement', as carers experience the changing of established roles and relationships due to dementia. In response to this, we commissioned some tailored bereavement training for our therapists and volunteers from CRUSE, the specialist bereavement counselling charity, developing our practice so that we can best support the carers we work with.

This strand of our work has been of interest to the wider community of Arts in Health, and in June 2017, Anthea and I were honoured to present at the Culture, Health and Wellbeing's International Conference in Bristol. Our presentation was very well received, resulting in lots of new connections and enquiries about Mindsong. We are writing an article on this work and hope to have it published soon in the British Journal of Music Therapy.

Would like to make the most of these quotes – can they be scattered about? Can be anywhere in the document where there is space to fill. Don't need to be huge.



Care Homes and Day Centres

"That was amazing, I loved it!" (person with dementia)

Our music therapists continue to work in care homes, bringing group and individual music therapy to people with dementia. This year also saw a music therapy pilot in two of Crossroads Care Central and East Gloucestershire's Azalea Day Clubs, and this was so successful that we are developing an ongoing partnership with Crossroads Care, with the aim of having regular sessions of music therapy at all their Azalea Day Clubs.

Quotes from group members and staff regarding music therapy in these settings include:

"You've made us all smile, you have!" (person with dementia)

"It cheers us all up, brightens our day!" (person with dementia)

"It brings it all back" (person with dementia)

"They really enjoy the sessions" (staff member)

Music made him more settled. He was peaceful that night (carer)

The music therapy has helped me to cope (carer)

Comments from staff members following individual music therapy for residents in a care home:

"[He] seems calmer and less agitated"

"[He] remembered what he had done and continued to chat about music. Trying to teach staff about music for the day and next few days plus less agitated"

"Slept well, improved mood, less anxious"

"If the client gets restless then we can get violin case and music out and he will prepare himself and items to play."

"It was lovely to see how he responded on a one to one. The session held his attention and he was very happy and content".

"My husband really enjoyed the sessions... We all laughed a lot and I think it was really worthwhile" (spouse)

Community Hospital

We piloted a 12 session course of music therapy at Tewkesbury Community Hospital. Our music therapist, Ruth Melhuish, has been leading this pilot, delivering both group and individual music therapy to patients on Abbey View Ward. We've had some very positive results, particularly in supporting emotional wellbeing and social interaction for patients on this rehabilitation ward, who are being treated for a wide range of conditions and in many cases did not have dementia. Visiting relatives were often involved in sessions as well.

Feedback from patients and relatives include:

"I was in the doldrums, it's brought me out of myself" (patient)

"I've got a lot of things on my mind – it's nice to let it all go" (patient)

"It's made all the difference" (patient)

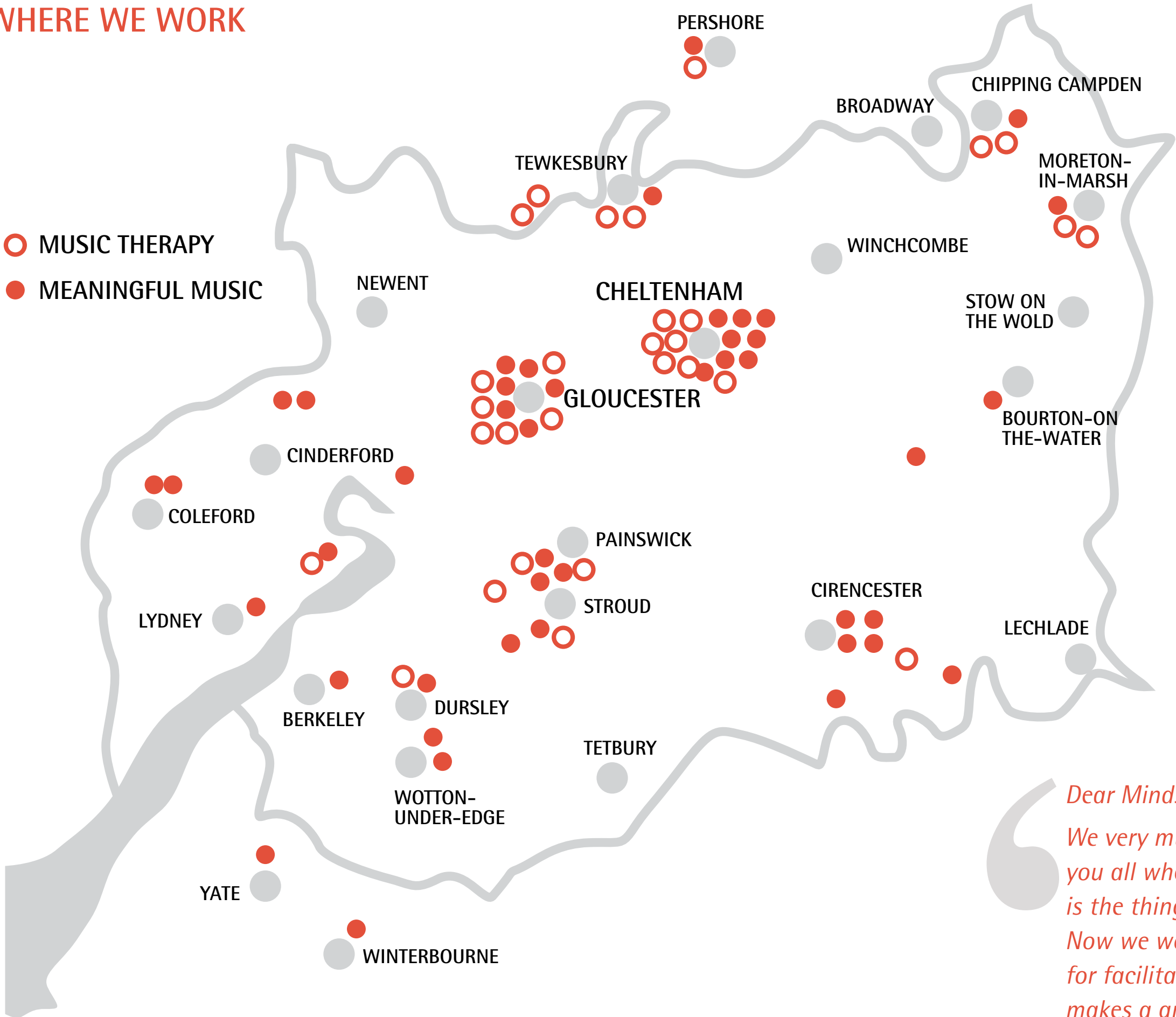
"You've brightened my afternoon" (patient)

"That's done so much for me" (relative)

"It's important to look after yourself psychologically while you're in hospital" (patient)

WHERE WE WORK

- MUSIC THERAPY
- MEANINGFUL MUSIC



*Dear Mindsong,
We very much enjoy your group! We always look to you all when we try to do things. Mindsong group is the thing that we look forward to the most. Now we would like to thank you all so very much for facilitating this happy group. This group really makes a great difference to our lives.*

Lots of love, The Residents at The Grove

CASE STUDY

Domiciliary Music Therapy

Barbara and Colin

Barbara and Colin, both 84, and married for 61 years, were referred by their Community Dementia Nurse. Barbara was diagnosed with vascular dementia in 2013. She is mobile and able to dress herself, but cannot be left alone at all as she becomes very anxious and confused. In the late afternoon she becomes increasingly restless and agitated, packing bags and asking to go home. At these times she may not recognise her husband, and he cannot comfort her. On the Mental Health Foundation's (MHF) Carer Checklist, Colin recorded that her sudden mood changes, temper outbursts, anxiety and agitation were stressful and exhausting for him.



It's so nice to see her actually enjoying herself
(carer)

Music Therapy Sessions

Twelve Music Therapy sessions were delivered over eleven weeks. Barbara was very responsive to music from the outset, particularly singing. She recognised a range of familiar melodies including hymns, folk songs and pop tunes from the 50s and 60s. She liked to read the words from a song folder with extra-large print; this gave her confidence and helped to sustain her involvement. Colin initially said that he "wasn't one for singing", but he did join in and over the 12 sessions his own confidence and enjoyment in singing greatly increased.

I accompanied our singing on the guitar, and also provided a selection of percussion instruments for the couple to play. Barbara was tentative; it seemed she had lost confidence to try new things. However, with encouragement she could initiate or follow a pulse for short periods using the laptop snare drum or tambourine.

Colin took a great interest in the instruments and enjoyed both improvising and accompanying our singing on the instruments. He commented that music-making had never been part of his life before. Using the instruments together allowed for more mutual listening and freedom of expression and provided an alternative to singing at times when Barbara was distracted by tinnitus or complaining that she couldn't sing "high". Sometimes we would try gentle vocal exercises using open vowel sounds and simple scales or arpeggios to help with this; Barbara appeared to relish the clear structure and familiarity of the musical patterns, and Colin's vocal confidence also increased.

After our first session both expressed their enjoyment. Colin was surprised to find that "it could be fun!" During subsequent sessions the couple shared humour and affection. They reminisced about their life together, family history and childhood. Colin shared some favourite songs on DVD and took pleasure in being able to sing these himself for the first time.

Most sessions took place in the afternoon, reportedly the more difficult time of day. One week

Barbara refused to get up from her afternoon nap. This was clearly very stressful for Colin who seemed quite despairing. Whilst he took some time for himself, I visited Barbara in bed. I quietly played the guitar and sang slowly-paced, simple melodies to which she eventually responded, commenting "I love it when you get going". After 40 minutes she was fully alert, sitting up in bed, singing, laughing and playing a tambourine. She agreed to invite Colin to join us, so he sat next to her on the bed and they shared some songs together. By the time I left Barbara was up and dressed to say goodbye.

Over 12 weeks Barbara showed more initiative, confidence and spontaneity. She appeared more relaxed and usually seemed pleased to see me. She was often animated and enthused by the music; relevant song words and themes about relationships seemed to reinforce recognition and affection for her husband, which she expressed openly through words and touch.

Beyond the Music Therapy sessions

After 12 sessions I had compiled a personalised song folder for the couple to keep. It could then be used by Barbara and other family members to sing with Barbara. Their daughter texted me

to describe how her mother's anxiety about food preparation "was soon diffused with song!" The folder was clearly labelled and easily recognisable to Barbara and it allowed both her and Colin to be more proactive in making choices and taking the lead in our sessions.

Continuation of Therapy/Long-term support

By session 7 Colin reported that he felt the therapy was beneficial to both of them, saying that "you've done more than anyone else". He asked if it would be possible to continue with music therapy on a long-term basis if he contributed to the cost, and with a small subsidy from Mindsong this arrangement is ongoing. We continue to sing, play instruments and, more recently, dance together each week, helping to reduce Barbara's anxiety and agitation and providing emotional support and improved wellbeing for Colin even as Barbara's dementia slowly progresses.

Ruth Melhuish
Mindsong Music Therapist



Together in Song

"Thank you so much for yesterday we all had a lovely time you were all so welcoming and kind, the Residents all came back to the home with big smiles on their faces."

These community outreach events continue to bring a sense of joy and togetherness to those who attend. In 2017 we held three events, at Highnam Community Centre, Parish Hall Tewkesbury Abbey, and at Cirencester Baptist Church. People with early to mid-stage dementia are invited to come together with their carers and relatives, to take part in an hour of music making, followed by a cup of tea! Facilitated by our music therapy team and generously supported by our volunteers, these events are a real team effort, and I'd like to take this opportunity to thank everyone, especially our volunteers, for their ongoing support.

Feedback from Cirencester Together in Song:

"The talk on the bus going home was of how much it had been enjoyed and how nice it was having lots of people singing together. It was decided that the lady who made the lemon cake needed to make them professionally as it was delicious. Please send our real thanks to your team of volunteers, they made us feel so welcome."



The figures...

Our therapists delivered 300 sessions, reaching approximately 382 people with dementia and their carers and relatives at an average cost of £95.70 per session.

The total cost of providing music therapy in 2017:

£8,040	Professional fees & travel
£2,727	Reporting & administration
£13,440	Music Therapy in care homes
£14,683	Domiciliary Music Therapy
£77	Equipment
£2,180	Training
£510	Supervision & support
<u>£41,657</u>	

I feel wonderful!
(person with dementia)

I belong
(person with dementia)



Meaningful Music Singing Groups

'After singing in harmony a resident kept saying "Wonderful" to himself, I asked him what was wonderful and he said, "This wall, this wall of music that I'm in".'

Our huge team of amazing volunteers are recruited, trained and supported by our Volunteer Manager, our deputy Volunteer Manager and our 5 local coordinators. Volunteers run groups in care homes and day centres providing an invaluable and sustainable service.

2017 saw our volunteer numbers grow from 200 to 332, which turned this important strand of our service into a major challenge for our management team. The answer was to add our local area coordinators to the mix. Each cover their own patch, liaise with their teams of volunteers and the care homes they work in.

Annette: Music and singing has always been a big part of our family life and one day while visiting my mum, who had dementia, I started singing lots of old songs I knew she liked. It was almost a miracle that after a while she smiled in her sleep and suddenly joined in the last line of one of her favourites.

Thank goodness my sisters were with me as I don't think anybody would have believed what we had seen. She passed away a couple of weeks later but that is such a very precious memory. And so there began my Journey with Mindsong without even realising!

Becoming a Local Volunteer Coordinator has been a wonderful opportunity to spread the word of what this great organization is all about. Engaging with the community and getting them involved with dementia awareness is so rewarding; hard work but very rewarding.

Recruiting new volunteers and generally engaging with such a wide range of people with or without dementia, shining a light on such an important issue, and bringing a smile to people's faces is a privilege. Enjoying what I do and helping others enjoy this work too is what it's all about.

What are our Meaningful Music singing groups all about?

Songs, chat, community, belonging

We sing with people in care homes, often with late stage dementia, people for whom coming out into the community to join other groups is no longer an option. We aim to set up singing groups with volunteers who are local to a particular care home thus not only taking music into the home but also, reminding a sometimes isolated section of our community, that they are not forgotten. We go as visitors and over time build up a relationship with both the residents and the care home.

How we do it

'with' not 'to'

Many wonderful people go into care homes and perform for residents. What we do is slightly different. We sing 'with' residents, not 'to' them. We sing low and slow, navigating memory or hearing impairment, allowing them to participate to the fullness of their abilities, and to get the maximum benefit from the sessions. We sing the songs that the residents know and love, and welcome their song suggestions, building up, over time, a collection of favourites that is meaningful to each particular group - part of the fun is working out what these are!

Why singing?

Inclusion, health, purpose

Group singing provides an opportunity for residents to interact with others and to express themselves. The bond of singing together may help reduce feelings of loneliness and isolation. Singing is not only enjoyable, it is also good for health, helping to improve posture and breathing. It gives residents a sense of community and engagement. Familiar songs help residents reconnect with their younger selves and their memories.

For some, the words come flooding back. For some the songs stimulate memories and emotions. For some the songs bring energy to the group, with members becoming more alert, singing, clapping, conducting, laughing or dancing to the music.

The rewards

Seeing our singing transform a room of disengaged and sleepy people into a group of people enjoying music together is priceless. For those of us who love to sing it can be a wonderful way of sharing our love of music with people who can no longer join choirs or go to concerts.

Kate Hicks Beach (Deputy Volunteer Manager)

'In September 2015 a friend told me she was volunteering for this wonderful charity called Mindsong, and described what she did. That afternoon I contacted Jane Rothery and within a couple of weeks was at Watermoor House in Cirencester, singing with residents there. It was something of a homecoming. A new volunteer recently said to me after her first Mindsong singing session, 'This is what I've been looking for.' That is just how I felt.

'I have always had to sing. I studied singing at school, was endlessly forcing my peers to put on charity concerts in our local church, and after studying Sanskrit and Indian Religion and Philosophy at Edinburgh University, I went to The Royal Scottish Academy of Music to pursue my vocal training. I have performed in services, oratorio and recitals for the last 30 years, but I

have always had a strong feeling that singing is about community and have been drawn to teaching and working with all age groups, from pre-school to people in their 90s. Singing with care home residents who are living with dementia is, for me, the most complete sharing of music, and the joy and comfort that it brings is the most meaningful aspect of my musical life.'

Everyone at Hunters looks forward to Mindsong visiting, you have all become an important part of the daily life at Hunters. The Residents in our residential area outwardly show their enthusiasm with their participation and recognition of the songs that are being sung helping them to reminisce and socialise and when Mindsong leave there is an air of calm and relaxation.

Although our Residents with more advanced dementia may not outwardly show their appreciation or interact so openly it cannot be understated the therapeutic benefit that group music can have on people. Hunters values and appreciates the time of the Mindsong volunteers which is given so freely and enthusiastically.

Kind regards Steve Chamberlain, AC Hunters Care Home



A note from our Volunteers

'I don't know about anyone else but I'm still treading gently, trying to discover the way in a new and somewhat uncharted terrain. However we try to understand this horrible disease, we can only ever truly relate to its personal impact - save our worst fears. It always intrigues me though how despite the profound effects of dementia, there remains a certain spark of our own individuality. When I see the residents accompanied to and from our sessions I wonder what they were doing in their rooms before or what they will be doing when we leave? I imagine there are other visiting groups of people who bring a little stimulation and joy to the residents. I think Mindsong enables each resident to express and perhaps re-discover something of themselves that has otherwise become engulfed by the dark scary forest they now find themselves in - a place that seems to be devoid of all recognizable signposts.



Another personal observation of mine is that groups such as our own are 'brought together' rather than just 'coming together'. I am always so grateful for the group that I just happened to find myself in.

Sue Sosbe, Volunteer, The Lakes

'Many thanks to Mindsong who were singing and entertaining. As usual they did so with care, compassion and an understanding of our dementia residents' needs. It's always a full house when Mindsong are here.'

Paul, activities coordinator, Mill House

Thank you so much for coming into the home it is fabulous. The residents get so much joy and stimulation from your visits.

Julian Ashbee, Manager, Steppes

Mindsong Minute!

I heard about Mindsong after I joined Kate's choir about a year ago. Kate explained a little of what happens at the sessions. I had never done anything like it before, but at family parties we have always sung a lot of the older, traditional songs so I felt that as regards the music, I would get on fine.

However, I had had very little connection with anyone with dementia so was not sure what to expect from the sessions. I can honestly say it has been one of the most rewarding things I have done and I feel such joy witnessing even the smallest of reactions to our group singing.

On my first session I sat next to a lady who initially seemed difficult to reach but by the end of the session she was gently clapping her hands along to the singing and the joy I felt was huge. Over time, she became more and more engaged and even managed a whole verse of a song, smiling all the time and even kicking her foot out for the 'Oi!' at the end of 'Lambeth Walk'!

We have one lady in our group who loves Christmas and once during an 'any requests'

moment she came forward with an idea, so there we were, on a hot June afternoon, singing White Christmas – and why not?! She loved it! Even some of those who are reluctant to join in at the start gradually warm to the idea and start singing.

Someone who appears to be a shadow of their former self coming alive through the power of song. Familiar lyrics awakening something inside. It really is heart-warming. I don't think we ever leave a session without a happy story to tell about someone who has joined in this or that or requested a song or who has just started singing.

Mandy Rambaut Mindsong volunteer

The Figures

In 2017 our team had grown to 332 with ages between 18 and 80. They provided 1,114 free sessions to approximately 984 people with dementia as well as their relatives and carers.

Our team ran Meaningful Music singing groups in 49 care homes throughout the county.

They provided 1,114 free sessions to approximately 984 people with dementia as well as their relatives and carers.

The cost of providing this service was £28,338.

Financial review

Our policy on reserves

Where it is the wish of donors that reserves are restricted to specific projects, the trustees segregate money as appropriate with a view to allocating it to such projects as soon as practicable.

It is our intention to retain reserves that will fulfil our obligations as employers, offer flexibility when offering our services to those in crisis and to provide stability when a grant ends.

Our principal funders in 2017 were

The Julia & Hans Rausing Trust	£45,450
The Rank Foundation	£25,000
NHS Gloucestershire Cultural Commissioning Group	£9,600
David Thomas Charitable Trust	£5,000
Volunteer time (given in kind)	£78,000
Summerfield Trust	£8,000

Our deepest gratitude for the support and generous fundraising of:

Mindsong Friends Scheme	Philip Whitfield
St James' Place	Cheltenham Christ Church
Mrs Jill Ruck	Painswick Women's Group
Mr R Crompton	Mrs M Newey
Mr A Anderson	Mr P Holmes
The Thornbury Orchestra	Linda Grant
S & J Kilgariff	Splash of Red
Hazel McLaren	Rachel Cottell
Downend Round Table	Mrs Micky Groves
Mr R Wright	The Inner Wheel Club
Cotswold Actuaries	Leckhampton Concert
Synlatex Ltd	Universal Music
H J Cooke	Janet & Gordon Owen
Renishaw Ltd	

We would like to thank all our funders for having such faith in us. Together, alongside our many supporters who generously give their own time and talents to raise money for Mindsong, we were able to expand our services once again in 2017, exceeding our expectations, as well as adding to our team of professionals and taking yet more significant steps forward.



Thank you, that was absolutely wonderful
(Person with dementia)

Finances

Statement of Financial Activities for Mindsong for the financial year 01/01/2017 to 31/12/2017

	Unrestricted Funds 2017	Restricted Funds 2017	Total Funds 2017	Total Funds 2016
Income				
Grants	48,100.00	45,400.00	93,500.00	65,170.00
Care Home Contributions	10,393.28		10,393.28	5,708.00
Other music therapy income	2,200.00		2,200.00	
Other Delivery	1,235.00		1,235.00	7,013.00
Donations (inc GA)	19,169.20		19,169.20	13,324.00
Total Income	81,088.48	45,400.00	126,488.48	91,215.00
Expenditure				
Cost of fundraising	179.73		179.73	
Volunteer costs & expenses	17,749.38	10,400.00	28,149.38	18,136.00
Delivery of Music therapy	23,400.43	15,000.00	38,400.43	14,809.00
Cultural Commissioning				12,900
Together in Song	969.39		969.39	1,062
Other Delivery	613.00		613.00	11,265
Training	2,000.00		2,000.00	659.00
Insurance	404.00		404.00	358.00
Marketing	1,620.80		1,620.80	794.00
Equipment	712.26		712.26	
Travel	1,484.59		1,484.59	4,667.00
Administration	8,759.38	20,000.00	28,759.38	22,652.00
Trustee expenses	659.44		659.44	
Subtotal	58,552.40	45,400.00	103,952.40	87,302.00
Total payment	58,552.40	45,400.00	103,952.40	87,302.00
Net Receipts	22,536.08		22,536.08	3,913.00
Cash fund last year end	33,400.00		33,400.00	29,487.00
Cash fund this year end	55,936.08		55,936.08	33,399.98
Other monetary assets				
Outstanding invoices			1,586.00	2,573.00
Liabilities				
Accruals			1,293.51	82.00
Independent examination			320.00	320.00
			1,613.51	402.00

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: 11 June 2018



Remembered Song
a poem by Phil Ellsworth.

Given to volunteers at The Elms Care Home

*If Time should come and steal my memories,
If you look in my eyes and cannot see,
If something takes away my yesterdays,
Play these my songs and know you're hearing me.
And if by chance I hear the melodies
The faithful sun may now and then break through
And I will feel the warmth that used to be
And in remembered song, remember you.*

*Thank you so much for all the joy and happy times
of the year gone by. You are all special and well
loved by all of us at The Elms.*
The Residents.

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