

mind song

music for dementia

Annual Report 2016



Dear MIND SONG,

We very much enjoy your group! We always look to you ~~you~~ all when we try to do things. "Mind song" 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
X X

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



A note from our President

Mindsong goes from strength to strength. From a wonderful idea and a modest project it has grown into a body that now covers the county and continues to expand, now bringing music therapy into people's homes. Mindsong offers to give people value in their lives at a time when value can be very hard to find. People work very hard and with enormous dedication to make this happen, professionals and volunteers alike. It's humbling to see, and heart-warming to witness the growth of such a force for good.

James Gilchrist

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 providing two core services: Music Therapy and Meaningful Music singing groups. In 2016 we also piloted a new service, offering music therapy in people's own homes (domiciliary music therapy).

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: 07989 936270/01684 273656

Email: admin@mindsong.org.uk

Website: www.mindsong.org.uk

The images of faces throughout this report are of our amazing Mindsong team.

Blimey – what a year that was!

For the Mindsong team (all 219 of us) 2016 was an incredible year. For us there was a step change brought about by a three year funding award by the Julia & Hans Rausing Trust. This generous support was a real vote of confidence in us, and has allowed us the luxury of solid planning over the next few years.

Funding (the Holy Grail for all charities) means development, which leads to opportunities; whether that is exploring new ways of working, refining and expanding our current delivery or being able to commit to our professional team. In our case it has meant all three. We have been so fortunate to receive funding from so many sources in 2016 and each award means we are doing something right. Above all it gives us the chance to say 'Yes, please don't worry, we are with you', to the people who need us. Which, in the end, is why we are here.

We've discovered that we are really rather good at adapting to change! In fact we quite like it. In 2016 we managed to fit in a prestigious seminar, a year-long pilot project that has been truly ground breaking, an art installation, a commissioned composition by Joseph Phibbs, doubling our work in care homes and hugely increasing our amazing team of volunteers.

2017 (at time of writing) is looking even more exciting and more change is afoot! If you'd like to be part of it, we are always looking for more volunteers, for music therapists to join the team and, of course, for funds. The more we raise, the more we can do.

Karen Lawton
Chief Executive



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 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 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 (2011) 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 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.



The cathedral session was beautiful and one of our residents looked like a different woman when I came back to work on Monday. I believe she found the experience quite spiritually uplifting.



Our Trustees

Helen Owen	Chair
Dr Anthea Holland	Clinical & Creative Director
Elaine Grunbaum	Treasurer
Sylvia Ardron	Secretary
Katy Bagnall	
Cecil Sanderson	
Philippa Shaw	
Dominic Jewel	

Our freelance professionals

Karen Lawton	Chief Executive & administrator
Jane Rothery MBE	Volunteer Manager
Kate Hicks Beach MA	Volunteer Coordinator
Maggie Grady MA	Lead Music Therapist
Fiona Taylor MA	Music Therapist
Ruth Melhuish PG Dip	Music Therapist
Anne-Marie Kok MA	Music Therapist
Jane Crampton MA	Music Therapist
Paul Meager MA	Music Therapist
Philly Fowler MA	Music Therapist

Our brilliant Volunteers numbering 211 at time of writing (we thank each and every one)

Sue Adlard, Sylvia Ardron, Tina Baker, Ruth Balloch, Lynne Banks, Monica Bellamy, Judith Bernard, Janne Bishop, Margaret Bishop, Sheila Bloodworth, Linda Bolter, Christine Botting, John Bridgen, John Bristol, Victoria Cane, Jo Carlyle, Sue Carman, Dana Chambers, Mike Cheskin, Joy Cheverton, Lucy Clee, Ann Clements, Terence Cole, Penny Collick, Susan Colquhoun, Rachel Cottell, Steven Cotterell, Gill Creed, Derrick Daly, Maggie Darrington, Jill Davies, Fiona Davis, Trish Dixon, Pauline Dooley, Celia Douse, Naomi Dunn, Jenny Durnell, Ron Eaglestone, Jo Edgell, Pauline Edmondson, David Edwards, Maureen Etherington, Anne Evans, Alex Evans, Barbara Flannery, Justine Foster, Cherry Foster, Moira Fozard, Verity Gardiner, oyce Gibbard, Joyce Gibbard, Margaret Gibbon, Lyndall Gibson, Trevor Gittings, Sheila Goodwin, Valerie Green, Margaret Gribble, Roger Guy, Su Hardisty, Anne Harley, Jennifer Harris, Anne Hart, Ann Harvey, Sachi Hatakonaka, Sarah Hewson, Kate Hicks Beach, Lucy Hicks Beach, Sharron Hill, Hilary Holmes, Jo Hook, Clive Hook, Sarah Hopkins, Pat Hopkins, Ginny Hunt, John Hunt, Catherine Hurst, Anne Ingram, Neil Irving, Teresa Irving, Sheila Jackman, Patsy Jackson, Jeremy Jeffries, Steve Johnson, Chirstabelle Johnson, Jane Jones, Victoria Kane, Lexx Keane, Maureen Kear, Ursula Keeling, Belinda Kent, Heather Kerr, Lydia Knight, Deborah Leah, Don Leather, Cindy Leatherbarrow, Buffy Lee, Walter Lee-Hynes, Joan Leyfield, Alison Littlefield, Jane Lynch, Sally Marlow, Liz Mcfadyen, Margaret McKiddie, Hazel McLaren, Bob Merrill, Julia Messenger, Raymond Michael, Annette Miles, Averill Millard, Marguerite Mills, Pattie Mitchell, Christine Mora, Sylvia Morgan, Julia Morris, Maureen Newey, Christina Nixon, Jean Noble, Rosemary Nye, Chris O'Grady, Alex O'Neill, Gordon Owen, Janet Owen, Kate Page, Anne Paramore, Dorothy Plant, Cedric Pollard, Millie Ponsonby, Fransisca Poynder-Meares, Jane Pywell, Liz Quinlan, Margaret Radway, Mandy Rambaut, Marie Randall, Michael Ray, Julie Redgers, Chris Renfield, Julie Ribbons, Anne Rickard, Anne Roberts, Helen Roberts, Isobel Ryan, Helen Salisbury, Pauline Samengo-Turner, Cecil Sanderson, Michael Saunders, Roger Scoones, Charles Scott, Mary Sephens, Lavinia Sidgwick, Jo Simons, Helen Sims, Gilly Smith, Deborah Smith, Jenny Smith, John Standring, Brenda Stanton, Jennifer Statham, Sarah Steele, Mary Stephens, Jenny Stone, Francesca Stuart, Linda Sucksmith, Debbie Swan, Liz Swift, Pat Sykes, Nicky Taylor, Marine Taylor, Barbara Terry, Tina Thackray, John Theophilus, Amanda Thiselton, Heather Thomas, Sally Thomas, Gill Thompson, Penny Thomson, Stella Thomson-Pigott, Francesca Thorogate, Kate Tily, Louise Toft, Deborah Townsend, Eleanor Trapp, Nicky Tyler, Janet Upton, Di Valentine, Sheila Veuve, Frances Wade, Pamela Walsh, Sorrel Warwick, Mitch Watkins, Gwynneth Weaver, Jenny Weaver, Lucile Webb-Peploe, Hanmer Webb Peploe, Lucy Welsby, Pat Wheeler, Margy Wheeler, Carol Whitehouse, Susie Williams, Babs Wilsmore, Margaret Wilson, Liz Wilson, Kirsty Winnan, Eleanor Wintersgill, Janice White, Ryan Wood, Richard Wooller, Sue Yelland.

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.

Our therapists, and the care homes or private 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 Manger, Volunteer Coordinator 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 in a care home or day centre with an average of 10 residents and one-to-one therapy for people who can no longer leave their rooms or participate in group work.

In 2016 we began a pilot project, delivering a bespoke service to people still living at home.

What is music therapy?

Music therapy is the use of sounds and music to connect and engage with another person. 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 our brains. 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 can remain accessible for people even in the later stages of dementia.

Music therapy is a therapeutic intervention; where we meet our client in the moment, and through music, engagement and communication can happen. Music Therapy is a recognised Allied Health

Profession and all our therapists are registered with the Health and Care Professions Council (HCPC). We have a strong, experienced team of 6 therapists whom I feel very privileged to be able to work alongside.

As well as my own clinical work for Mindsong, as Lead Music Therapist I have clinical oversight for the team, lead and advise on projects, set up new work, deliver presentations to and liaise with other health care professionals, arrange training, and lead on evaluation and reporting. I am also the Safeguarding Lead for Mindsong.

Always at the heart of my work is the passion I have to reach and support people with dementia, and this year particularly, we have been able to successfully support those who really have been at crisis point. I feel so proud of what we have been able to achieve and the work that is happening in all areas of Mindsong. I feel blessed to be working for a charity that holds at its heart the mission to reach people with dementia through music, and to maintain and develop the delivery of quality, therapeutic intervention and services for people with dementia.

Maggie Grady (Lead Therapist)



In 2016 we provided music therapy in the following homes:

- Beechwood Care Home, Upton upon Severn
- Monkscroft Care Home, Cheltenham
- Wallace House (part of Cheltenham Borough Housing), Cheltenham
- Magdalen House (Gloucester)
- Guild House (Gloucester Charities Trust), Gloucester
- Oak Trees (Yate, South Gloucestershire)
- Royal Court (part of Cheltenham Borough Housing), Cheltenham
- Mill House (Chipping Campden)
- Hill Ash (Dymock)
- Forest Court (Forest of Dean)

The total cost of providing music therapy in 2016:

£8,412	Professional fees & travel (work in care homes)
£12,900	Professional fees & travel (A pilot project; work in private homes)
£1,081	Reporting & administration
£183	Equipment
£479	Training
£210	Supervision & support
£22,995	

Cost per person: £85

Just wanted to say a big thank you so much for introducing 'Mindsong' to Mum and Dad, Ruth who comes is a real hit with both of them, and they thoroughly enjoy her visits! Great stuff.

THE FIGURES

2015
81 sessions to
145 residents
£10,237

2016
209 sessions to
268 people with dementia
£22,995

New Work



We were thrilled to be part of a new study in 2016, which enabled us to explore fresh ways of working both in care homes and in people's own homes. It also introduced us to working in co-production with a host of supportive partners. Below is a summary of this new work; the full Cultural Commissioning Group's report will hopefully be published during 2017.

In 2015 the Gloucestershire NHS Clinical Commissioning Group (CCG) invited proposals for projects that tackled a wide variety of health concerns. Mindsong was successful in its proposal for the theme:

Exploring practical opportunities to support people with challenging behaviour caused through advanced dementia

This was work that we knew needed to be explored and that we were well suited to; a successful bid meant we could start to develop a new strand of

delivery. Another plus for us was working in a co-production, we partnered with Forest Court Nursing Home, Mitcheldean, and Crossroads Care Central and East Gloucestershire.

Over 10 months we looked at whether music therapy could support people with dementia and their carers at times of crisis - where the person with dementia was exhibiting behaviours that might be expressing an unmet need (challenging behaviour), and where its impact was significant for their carer/s.

The project was delivered in two strands:

Strand A: 12 x 2 hour visits for music therapy sessions at Forest Court Nursing Home for residents with challenging behaviour caused by their advanced dementia. Effects on wellbeing and behaviour were measured using Dementia Care Mapping (something we'd been desperate to incorporate into our work) whilst the music

therapist kept detailed clinical notes and used observational rating scales recording levels of engagement, wellbeing and relationships.

Strand B: 12 music therapy sessions for 8 participants and their carers in their own homes (domiciliary work). Participants were identified by Crossroads Care, Community Dementia Nurses and local Day Centres. Participants had a diagnosis of dementia and exhibited behaviour that was significantly challenging for their carer. In addition to the music therapy intervention, our music therapists worked with carers to explore suitable ways of using music to help reduce challenging behaviours outside and beyond session times. The Mental Health Foundation (MHF) Carer's Checklist was completed before and after the intervention to measure carer burden, along with a carer questionnaire. The music therapists kept detailed clinical notes and used the same observational rating scales as above.

Results

Across both strands of the project, Mindsong delivered 171 music therapy sessions to 21 people with advanced dementia and challenging behaviour, alongside their carers.

Strand A

Dementia Care Mapping Results

DCM showed that mood and engagement improved significantly for people with dementia during music therapy, and negative mood and engagement decreased. There were also significant increases in positive behaviour, such as interaction, passive watching, expressive activity and moving around. Positive changes in wellbeing lasted from one to several hours following music therapy for some individuals. DCM also revealed that music therapy addressed crucial psychological needs, including those relating to identity, occupation, inclusion, comfort and attachment. For some, music therapy drew out a capacity for high positive mood, significant engagement and expressive activity that was not observed at any other time.

Levels of Engagement, Wellbeing and Relationship Scales

Despite experiencing advanced dementia, levels of engagement during music therapy were high across the participants' results. Increased wellbeing and positive changes in relationships were also recorded for 20 (out of 21) participants. Those who attended more music therapy sessions saw the greatest increase in levels of engagement and wellbeing.

The results from our observational rating scales do appear to support the positive changes in wellbeing and behaviour recorded by DCM and with refinement may prove to be a simple way of predicting / corroborating DCM results. We will review these scales again, and plan to undertake a study to examine their reliability and validity in 2017/18.

Beyond the Twelve Week Music Therapy Intervention

Individualised music recommendations were produced for residents at Forest Court, and embedded in residents' care plans. These are now being used by care staff. DCM results and use of the care plan approach convinced the home of the benefits of music therapy as a clinical intervention rather than a diversional activity; a breakthrough moment for us. Mindsong has therefore been commissioned by BUPA to provide ongoing music therapy at Forest Court.

"The findings in this project certainly indicate that music therapy does reduce negative mood and engagement for some people and increases positive mood and engagement during and post intervention. These outcomes in turn have the potential to lead to others such as reduction in falls; reduction in incontinence; less medication all of which promote and sustain wellbeing at the same time reducing costs. With increasing pressure on health and social care providers to reduce expenditure on care while at the same time improving standards it would be a sound investment to develop the potential that music therapy clearly has to play in achieving this."

Hazel May, occupational therapist and Lead DCM.

Strand B

Carer Stress / Resilience

Working with patients and carers as couples in their own homes enabled us to support carer resilience in situations of extreme stress and transition.

Despite experiencing advanced dementia, levels of engagement during music therapy were often high across the patients' results. Increased wellbeing and positive changes in relationships were also recorded for every patient.

Three cases showed a significant decrease in carer stress post-intervention. One of these carers was despairing and angry when first assessed but afterwards was 'in control again' while another was less stressed by the need always to be present and 'quite happy to devote my time to [name]'.

Carers' Assessments of Music Therapy

All carers reported positive benefits for their loved ones, including improvements in wellbeing and mood, engagement, language functioning, challenging behaviours, and sleep, and that lasting benefits ranged from an hour after therapy to the next day.

Beyond the Music Therapy Sessions

Many couples also experienced a 'ripple effect'; as the music therapists facilitated the use of appropriate music at other times of the day, carers were able to optimise opportunities for increased communication and interaction. Many employed this themselves and encouraged friends, family and visiting care workers to do the same, often continuing with this after the intervention had ended.

Three of the couples who participated are having additional music therapy; two couples asked to continue after the initial run of twelve sessions, and the third couple were offered further music therapy after a break in the light of clinical deterioration,

It was wonderful; it's his only stimulation

It was something lovely, something positive to have

causing escalating challenges. A fourth couple received ongoing music therapy in the care home where this patient was transferred to. The care home has now commissioned Mindsong to deliver music therapy to its residents as a result of this project, and despite this patient's subsequent demise, his partner is continuing as a volunteer, assisting the therapists at sessions.

All this additional work is subsidised by Mindsong.

We've demonstrated how the use of music therapy to support couples at home and also individuals whose care home placements may be at risk may help reduce such acute admissions.

As a direct result of this study, two care homes (including Forest Court) have commissioned Mindsong to deliver ongoing music therapy to their residents.

The co-production approach has enabled us to engage directly with other relevant organisations, receiving referrals both from Crossroads Care and local Day Centres. As a result of the project we have been invited by the 2gether Trust to present to Community Dementia Nurses and Dementia Leads in the county, and this has already led to enquiries about further music therapy work in this context.

It's been a wonderful, worthwhile experience. You came in when I was quite despairing.

Our Co-Production Team included:

Jules Ford
Cultural Commissioning Programme Manager, GCCG

Helen Vaughan
Joint Commissioning Manager; Dementia, GCCG

Tina Kukstas -2gether NHSFT; Non-Medical
Consultant Nurse; Dementia / MCA & DoLs

Dr Anthea Holland
Mindsong Clinical & Creative Director

Maggie Grady
Mindsong Lead Music Therapist

Karen Lawton
Mindsong Chief Executive

Trudy Wells
Crossroads Care Central and East Gloucestershire

Pippa Jones and Jocelyn Cunningham
Create Gloucestershire

And in liaison with Forest Court Nursing Home:
Zoe Rees, Manager and Becky James, Activity
Coordinator

Delivery Team

Tina Kukstas, Maggie Grady, Dr Anthea Holland,
Hazel May, Fiona Taylor, Jane Rothery, Jane
Crampton, Ruth Melhuish, Dr Justine Foster

We would like to thank everyone involved in this project, including the co-production and delivery team, patients, residents, carers and staff.

The cost of this project was £12,900 – funded by NHS Gloucestershire Cultural Commissioning Group with £2000 of additional investment from Gloucestershire Community Foundation to allow us to continue after the pilot had ended.

I think it's the best thing that's happened to us



Meaningful Music Singing Groups:

Our volunteers are supported and trained by our Volunteer Manager and our Volunteer Coordinator. Volunteers run groups in care homes and day centres providing an invaluable and sustainable service.

This year has seen our Meaningful Music singing groups grow from strength to strength in every sense; more groups, more volunteers, a feeling of greater confidence as they gain in experience and, of course, greater support with a new member of the singing group team. Kate Hicks Beach joined us in October 2016 and has already made a huge difference.

The Meaningful Music service is free and so we are welcome everywhere. Both in homes who are able to buy in other great services, but also in homes where we know that the purse strings are tight.

I really do have a peach of a job – meeting and supporting so many amazing people. I am always humbled and moved when I go to visit a singing group – watching what happens when the very elderly and often incredibly frail people who come to our groups begin to engage with and respond to the song.

I am proud of the model that Mindsong has developed for singing groups. Sometimes – to a casual observer putting their head round the door – it might seem that residents are simply having a bit of a sing-a-long, but so much more is actually happening.

Our groups are all built upon the ethos and principles of music therapy. We train and support our volunteers enabling them to respond to residents, keeping them and their needs at the centre of the session and allowing them to 'own' the group in a way that a performance can't. Increasingly I see our longer term, more experienced volunteers supporting and informing

newer volunteers – which is wonderful.

Music is a powerful tool; reaching through the disease to touch the person behind the dementia.

All our volunteers regularly witness people who struggle to communicate normally, become engaged through song – joining in with the music making as they are able.

The power of music to create a sense of community, to bring people together is well documented. We all know how music brings back memories; and singing helps residents reconnect with themselves and their life history, through the memories and strong associations evoked through song.

Our singing groups are usually great fun with lots of laughter; but they are also a deeper, more nurturing experience, nourishing residents' spiritual needs. Almost all our groups start with a room of disengaged people sitting around a TV or CD player; by the end, the group has been transformed, becoming a small community of people sharing a meaningful activity.

Singing doesn't make the long-term outcome any better – it can't heal dementia – but it can significantly improve the quality of life for a while. What I witness in our singing groups is a group of volunteers working together to share singing with some very fragile members of our society and there is always a sense of love at the centre of what they do. How special is that!

Jane Rothery MBE
Volunteer Manager



In 2016 we provided a mix of weekly, fortnightly and monthly singing groups in the following care homes...

Cheltenham area

Astell House, Lypiatt Lodge, Dowty House, Windsor St, The Grange, Wallace House, Nazareth House, Wentworth Court

Gloucester area

Brunswick House, Trevone House, Hyperion House, Magdalen House, Woodstock

North Cotswolds area

Nutgrove Lodge, Jubilee Lodge

Stroud area

Breadstone House, 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

Cirencester area

Watermore House, Paternoster House,

South Glos area

Kingswood House, Blossom Fields, Oak Trees, Pennwood Lodge

Thanks to Liz Martin and the singers in her amazing Community choirs who have provided lots of new volunteers in South Gloucestershire.

"Mindsong is so beneficial for so many of our residents. Especially those with memory impairment. It has helped new residents feel more comfortable in their surroundings and it has helped existing residents to express themselves in ways they might not have without the group. We love our group of volunteers and we have formed a special bond with them all which is lovely.

Recently we hosted a training session for new Mindsong volunteers in our training room and after they came and visited our session. It was great to show them what Mindsong is all about and show them our group and how well it works. It was also great to be able to give something back to Mindsong as they give us so much."

Rebecca Allott – The Order of St John Care Trust

THE FIGURES

2015

120 volunteers
450 sessions to 443 people
£10,977

2016

200 volunteers
932 sessions to 850 people
£18,136

Training for professional musicians

In 2015 we were commissioned by Orchestra of the Swan (OOTS), based in Stratford upon Avon, to pilot a training programme for professional musicians. Led by our Clinical & Creative Director, Anthea Holland, this training gave an understanding of dementia and players learned to adapt their performance to meet this group's particular needs.

The success of this pilot has led to an ongoing partnership. OOTS has continued to use these new skills to perform in a dementia sensitive way in care homes in Pershore (Worcs) and in Stratford, with Mindsong providing training and support.

I just want to say thank you for the superb training I received with Mindsong this afternoon. It is rare to have access to the very high level of expertise which was available to us today with Anthea, Ruth and Fiona as trainers.

LOUISE BRAITHWAITE
oboe, cor anglais, oboe d'amore

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 2016 we held three sessions, in Gloucester Cathedral, Cirencester Parish Church and Tewkesbury Abbey. Our thanks to the wonderful staff at all three venues for their help, piano moving and participation!

The figures...

In total 120 people with dementia were welcomed at these events. The cost of providing them in 2016 was: £1,062



Concerts & music-based special events

Each year we put on a special event that will reach a wider audience. In 2016 we had a bit of a field day!

Meaningful Music Seminar • 15 April

This was the first seminar that Mindsong had staged and I am grateful to our contacts at Gloucester Cathedral, the Musical Brain, and the Three Choirs Festival, as well as colleagues at Mindsong for making it all happen.

This seminar offered a deeper appreciation about what music means to all of us, as well as an idea of how it actually works. This tied into our work with people with dementia and why music therapy in particular deserves to be an integral part of their complex care planning.

The event was also a belated opportunity for me to pay tribute to my father, the late Ronald Henson; as a practicing neurologist he was well placed to examine neurological aspects of musical experience and, with Macdonald Critchley, to bring together neuroscientists and clinicians as contributors to Music and the Brain. This was the first major publication to explore this.

Finally I dedicated the seminar to my late husband, Simon. He sadly developed a very serious and enduring mental illness, leading to spending the

last six years of his life in a succession of care homes. Despite his illness music was always there for him and brought him a solace that nothing else could.

With 91 delegates attending, we had an amazing and moving day.

Dr Anthea Holland



The line up! Alongside our own incredible professionals we were delighted to welcome...

Dr Peter Freedman M.A., B.Sc., M.B., F.R.C.P.

Formerly Consultant Physician, Dept of Metabolic Medicine, Homerton University Hospital Foundation Trust and previous Chair of Medical Council, Chair of the Clinical Ethics Committee and a member of the Homerton Hospital Arts Committee.

James Gilchrist

(accompanied by Anna Tillbrook)

James Gilchrist began his working life as a doctor, turning to a full-time career in music in 1996. James is the President of Mindsong.

Professor Michael Trimble

The R. A. Henson Lecture: Crying to the Arts, and the special role of music

Professor Trimble is Emeritus Professor of Behavioural Neurology at the Institute of Neurology, Queen Square, London. In his clinical work he has been involved in the assessment and management of people with epilepsy, movement disorders and dementia.

Professor John Cox

Long term memories of a singer and psychiatrist: an exploration of words and music.

John is Professor Emeritus of Psychiatry at Keele University and past President of the Royal College of Psychiatrists and a former Secretary General of the World Psychiatric Association. He considers medicine to be both an art and a science; and regards music as a window into the soul. John is a Trustee of the Musical Brain.

Adrian Partington

Adrian has been Director of Music at Gloucester Cathedral, joint conductor of the Three Choirs Festival, Artistic Director of the BBC National Chorus of Wales, Conductor of the Bristol Choral Society, and Director of the new choral conducting course at the Royal Welsh College of Music and Drama.

Dominic Jewel

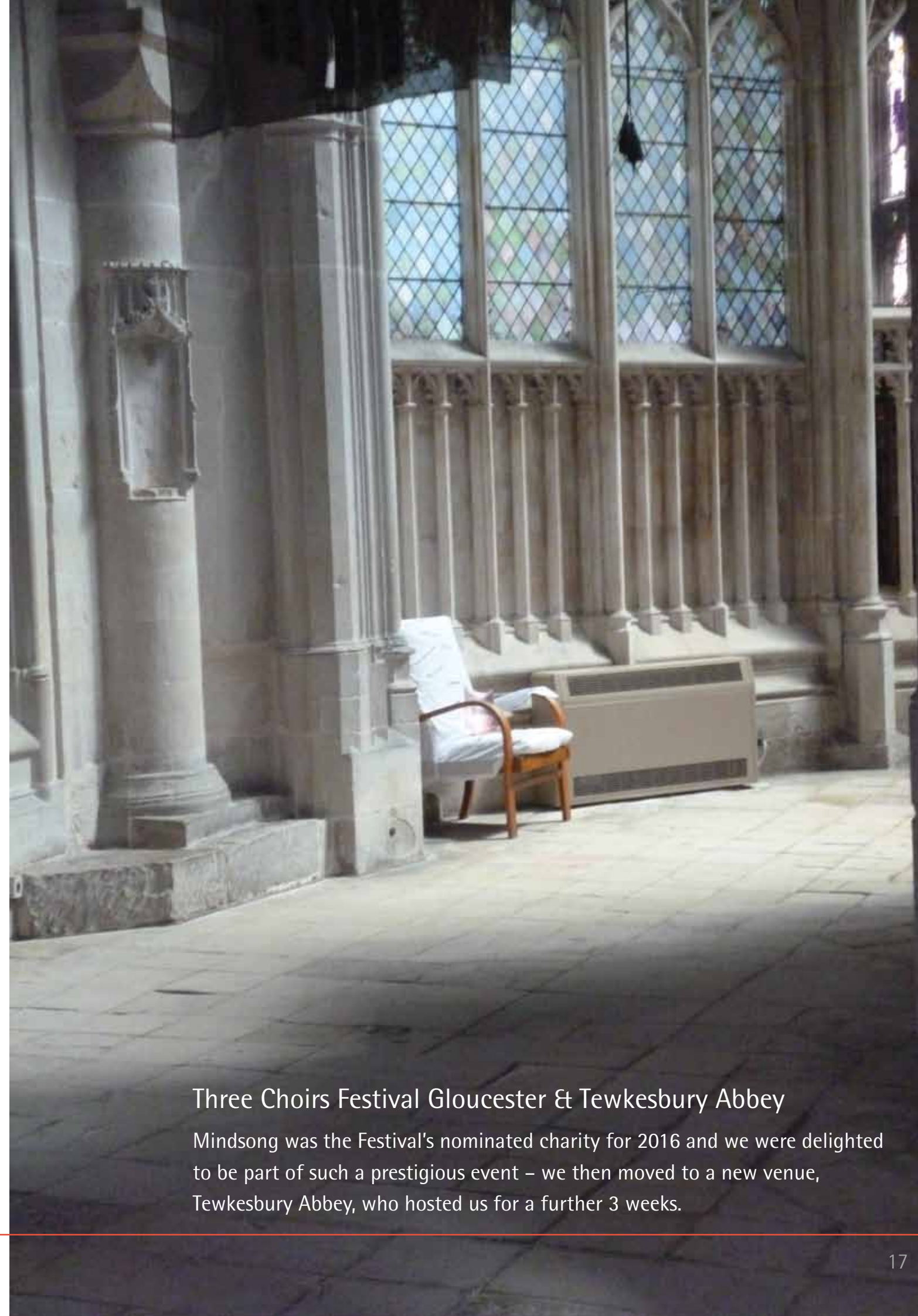
Chief Executive of the Three Choirs Festival 2012/16. Originally a violinist, Dominic spent several years as Sub-Principal First Violin (and orchestral Chairman) at the BBC National Orchestra of Wales. He has worked closely with Mindsong and is now a trustee.

Dr Camilla Skene

Camilla Skene works as a GP in Gloucestershire. Camilla's father, Denys Darlow, was a musician and died last year after a long illness with Alzheimer's Disease.

We're planning something similar in the future so please contact us if you'd like to join our mailing list.

admin@mindsong.org.uk



Three Choirs Festival Gloucester & Tewkesbury Abbey

Mindsong was the Festival's nominated charity for 2016 and we were delighted to be part of such a prestigious event – we then moved to a new venue, Tewkesbury Abbey, who hosted us for a further 3 weeks.

Singing My Way to Yesterday – our first art installation

This installation came about because we wanted a visual representation of the impact that music can have on the lives of people with dementia.

13 chairs were placed in the cloisters and ambulatory of the cathedral.

Why chairs and these chairs in particular? Because these chairs are omni-present in care homes. Stiff backed, easy to clean and easy to get out of. Lined up around the walls, in groups by a window. They are where you will find people, watching TV,



chatting or just sitting, and sitting, and sitting.

Every chair or textile was based on our interaction with an individual. We were celebrating and recording the moment when music cut through someone's dementia and communicated directly with them – offering up reflections on long and complex lives, stories long forgotten, unexpressed hopes and regrets, a longing for comfort...a glimpse of life with dementia.

Some were funny, some upsetting, some a glimpse of a very different life.

Our chairs were layered with textiles by artist Pauline Hearn, inspired by words collected and written by Jane Rothery.

Two pieces were partnered with especially composed music by Fiona Taylor.

Our chairs were been donated by Gloucestershire

care homes.

This piece of work was a great way of explaining how music reaches people with dementia and in promoting Mindsong itself. It wouldn't have happened without a lot of hard work from Jane Rothery and her extremely generous husband, Jim. Jane, Jim and I are looking at future careers in furniture removals!

Karen Lawton

*This is my Chair,
This is where I sit.
It's not your chair, yet
It's mine and this is where I am now,
Sitting, to sing my song.*

*It's where I watch the world,
So often, now, increasingly unknowable.
And this is where the world can see me;
Shocked by the knowing of how hard it is
to relate to, to connect with,*



*to avoid,
Me – and what I have become.
It is the chair from where
I look back
And contemplate my life
within the indecent privacy
Of the torn and tattered curtains of
confusion.*

*I can appreciate with equanimity,
Both my most precious joys and secret
griefs,
I can still tune in to memories, though they
are
well-tempered by time
and this lack of a constant mind.*

*So, I sit,
In my chair,
and sing my story
I take some small comfort
in this music of Mine.*

Jane Rothery



image: Philharmonia Orchestra

Joseph Phibbs

Memento Musica: World premiere
Commissioned by Mindsong & Three
Choirs Festival; Gloucester
Philharmonia Orchestra
Conducted by Adrian Partington

Mindsong has a tradition of commissioning new works from contemporary composers as a novel way of extending the reach and understanding of our day-to-day work. Memento Musica, premiered at the 2016 Three Choirs Festival did just that. Composer Joseph Phibbs had taken part in a Mindsong music therapy session and his understanding of the complexity of musical memory and perception as dementia takes hold shone through.

"The use of song (and melody) – a key part of Mindsong's work – lies at the heart of the piece... (which) also seeks to encapsulate a mood, a kind of musical "snapshot" or memento of something that has been lost".

Performed by the Philharmonia Orchestra under the baton of Adrian Partington and in the presence of the Duke and Duchess of Gloucester, this was enthusiastically received and a tribute to the power of Mindsong's work.

Anthea Holland
(shown meeting HRH Prince Charles)

Recital by our president, James Gilchrist and Anna Tilbrook

St Barnabas, Tuffley

Berlioz: Three songs
Ravel: Histoires naturelles
Schumann: Wanderlied
Wolf: Mörike Songs
Mahler: Des Knaben Wunderhorn
Gurney: Two songs
Warlock: Two songs
James Gilchrist tenor
Anna Tilbrook piano

James Gilchrist (who trained as a doctor before turning professional as a singer) accompanied by Anna Tilbrook performed a programme chosen to explore the links between mental health and the creating of music.

Berlioz also trained to be a doctor, but due to his own mental health problems, had to abandon his studies. Ravel too had what was probably an undiagnosed dementia later in life, whilst Ivor Gurney's fragile mental health is well documented. In fact all the composers had, at some points in their lives, 'troubled minds'. Perhaps the main topic of conversation after a witty, superb performance was that a troubled mind is no barrier to producing wonderful music.



Financial review



Financial review

Our policy on reserves

Where it is the wish of donors that reserves are restricted to specific projects, the trustees designate 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 2016 were

The Julia & Hans Rausing Trust	£40,000
NHS Gloucestershire Cultural Commissioning Group	£12,900
Gloucester Community Foundation	£6,000
Morrison's Foundation	£3,270
Health Inequalities Fund	£2,000
Barnwood Trust	£500
Cheltenham Christ Church	£500
Volunteer time (given in kind)	£46,600

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 double our delivery in 2016, far exceeding our expectations, as well as adding to our team of professionals and taking several significant steps forward. 2017 looks like a very exciting year!

Finances

Statement of Financial Activities for Mindsong for the financial year 01/01/2016 to 31/12/2016

	Unrestricted Funds 2016	Restricted Funds 2016	Total Funds 2016	Total Funds 2015
Income				
Grants	12,270	52,900	65,170	32,750
Care Home Contributions	5,708		5,708	7,801
Donations	13,324		13,324	14,214
Other Delivery	7,013		7,013	
Total Income	38,315	52,900	91,215	54,765
Expenditure				
Volunteer costs & expenses	3,183	14,953	18,143	7,194
Delivery of Music therapy	5,160	9,649	14,809	10,008
Cultural Commissioning		12,900	12,900	0
Together in Song		1,062	1,062	949
Other Delivery	1,243	10,022	11,265	3,595
Training	200	459	659	227
Insurance	358		358	346
Marketing	794		794	1,654
Travel	4,667			3,783
Administration	11,933	10,719	22,652	14,207
Subtotal	26,653	60,648	87,302	41,963
Total payment	26,653	60,648	87,302	41,963
Net Receipts (payments)	11,661	(7,748)	3,913	12,802
Cash fund last year end	21,739	7,748	29,487	16,685
Cash fund this year end	33,400		33,400	29,487
Bank Account	33,400		33,400	29,487
Other monetary assets				
Outstanding invoices	2,173		2,173	2,100
Owing for other delivery	400		400	
	2,573		2,573	
Liabilities				
Travel Expenses	82		82	
Independent examination	320		320	160

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: 12 June 2017





A big thank you for the lovely session this afternoon at Tewkesbury. My parents BOTH really enjoyed themselves and it was lovely to see them having fun together and singing along. Dad said very firmly that he 'wouldn't be doing any singing', and was clearly quite anxious about it all before it started, then from the very first bar of the first song, he joined in and sang along better and louder than I've heard him sing for a long time!

I know there's all the chat about how to measure wellbeing following singing, but I can definitely say there was a real buzz and great sense of wellbeing following our TiS today. In fact I haven't seen him smiling like that for months. Thanks to you all!

We also visited the Mindsong Chairs installation in the Abbey which were as wonderful as I remember, and Mum particularly enjoyed seeing them.

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