

mindsong

music for dementia

Annual Report 2018



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

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.

Our Annual Report is
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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 and changed to a CIO (Charitable Incorporated Organisation) in February 2018.

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

Other services are 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: 1177043

How to contact us

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At the end of each year, I sit down to write this bit of blurb for our annual report. I start to make notes on what's happened over the last 12 months. I read the reports from my colleagues, full of achievements, passion and commitment. I look at the accounts and think – Wow! There are so many generous people, so many supportive funders behind us. Then, once again, I'm bowled over by just how much we've achieved.

Last year was a big one. We changed to a CIO which is a structure that supports our growth more easily. We became an employer. We changed our Objects to allow us to take on a project that has in turn led to a deeper relationship with the NHS. We grew.

Who would have thought, when we became a charity in 2012 with minimal staff and volunteers that in just 6 years' time we would be 430 strong and working all across Gloucestershire.

Becoming an employer was a huge step. Our aim was to be the very best employer that we could, especially for women. I'm glad to say we've achieved that, with good rates of pay, flexible hours and a focus on our work/life balance. As we grow we take on more staff to underpin our services, only I am full-time. We still have no offices and don't spend money if we don't need to.

I hope you enjoy reading this report (AKA The Catalogue of Amazing Achievements), seeing what's new, hearing the stories, investigating how we're doing. As always, we continue to need support, as much of what we offer is free of charge. See our website for how to make a difference to people with dementia, and those that care for them.

Karen Lawton
Chief Executive



How we work and govern ourselves

Mindsong is run by a team of experienced professionals and passionate volunteers, reporting to a board of trustees. Our governing document is our constitution and we are a CIO.

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 wherever we can find good coffee. Cake helps 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. 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.

We sometimes take on new work that is not directly dementia related but does use our skills and knowledge. If the project is based on music having a direct impact on health then we will assess our capacity and the benefits before taking it on.

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

*It was something
lovely, something
positive to have*

Our Trustees

Helen Owen
Elaine Grunbaum
Sylvia Ardron
Dr Anthea Holland
Katy Bagnall
Cecil Sanderson
Philippa Shaw
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Chair
Treasurer
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Our Team (2018)

Karen Lawton
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Annette Miles
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Charles Scott
Kay Tily
Sheila Bloodworth

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Deputy Volunteer Manager
Volunteer Coordinator North Cotswolds
Volunteer Coordinator Cirencester
Volunteer Coordinator Stroud/Forest
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Philly Fowler
Misha Law
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Sophie Whisker
Rebecca Nelson

Director of Music Therapy
Music Therapist
Music Therapist
Music Therapist
Music Therapist
Music Therapist
Music Therapist
Music Therapist
Music Therapist
Music Therapist
Music Therapist

Our incredible volunteers

Each year we try to find a way to get all our volunteers into the annual report. We started with photos, moved on to a list of names. That list grew and the font got smaller as we tried to get everyone in.

In 2018 we broke the page! With 400 volunteers we just can't squeeze them all on without issuing you with a free magnifying glass.

So, here is our thank you...

To all our wonderful, amazing, sensitive, kind, committed volunteers, you come out in all weathers, weekly, fortnightly or just when we need you. You are singers, musicians and generous souls who form important relationships with the residents you visit. You are local. You are friends to those with dementia and each other. You are our army of passionate advocates. You fundraise and spread the word.

You are such a huge part of the Mindsong team and we treasure each and every one of you.

THANK YOU



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 Huntingdon's disease, who live in care homes and in their own 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 Meaningful Music 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.

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

I was quite low before you came (carer)



Music Therapy

Maggie Grady, Director of Music Therapy

We're all innately musical beings; we have our own personal rhythms of heartbeat and breathing rate; we all have the unique timbre of our voice. When we engage in music making, neurons fire in every area of the brain that scientists are able to map, including those linked to our emotions, communication and coordination. This is why music is such a brilliant tool to use with dementia; music can still connect when language and words may be more difficult to access.

Through shared music, people with dementia can engage together in the present moment, expressing emotions and feelings, bringing back memories and re-affirming a sense of identity. If you've ever sung in a choir, or played in a band, you'll know what a bonding experience that is. By sharing music together, feelings of isolation or loneliness dissipate; connections are made, relationships nurtured, and a new way of communicating develops.

2018 has been another good year of development for Mindsong Music Therapy. We continue to work in Care Homes and Day Centres, but our biggest area of growth has been in our bespoke 'Music Therapy at Home' service, where we're supporting people with dementia living at home and facing

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



complex challenges and situations. It's a real privilege to be able to offer support through music, and results show that we're making significant differences for the people we work with. We have a fantastic, talented therapy team of 10 Music Therapists based across the county and I feel very privileged to be able to coordinate and lead such a great team.

This year our work has been recognised nationally; Anthea, Ruth and I presented at the British Association of Music Therapists annual conference, and we've had a journal article accepted for publication in the peer reviewed 'British Journal of Music Therapy', which will hopefully be published in the May 2019 issue.

Music Therapy

Music Therapy is an established clinical intervention delivered by HCPC registered music therapists. Mindsong's team of therapists are highly experienced and specialise in the context of dementia.

Music therapy uses a highly personalised approach; our therapists carefully tailor each session to meet the needs of our clients in that moment, working on a deep level to support emotional wellbeing, as well as enabling communication and strengthening a sense of identity for the clients we work with. We use a combination of familiar songs and improvisation to enable a creative, shared engagement in the music. For a person with later stages of dementia, this may mean that the therapist sensitively creates music to reflect the person's breathing rate, movements or vocal sounds. Through the music, connections can be made, and a unique musical conversation takes place.

We evaluate our work carefully, and results show that music therapy encourages self expression and interaction, and can bring significant improvements in wellbeing, mood, and communication. These benefits can in turn lead to a reduction in agitation, restlessness and anxiety for the person with dementia. Sharing music together also alleviates feelings of loneliness and can reduce social isolation. We have also found that by working closely with the person with dementia and their carer, music therapy can strengthen relationships and brings much needed support to carers too. Our couples work (Music Therapy at Home) has been shown to reduce carer stress.



Music Therapy at Home

Referrals

- In 2018 we received 35 referrals; 20 from Alzheimer's Society Dementia Advisers, 8 from Community Dementia Nurses, 4 from GP Surgeries, and 3 self referrals.
- After assessing, 25 cases progressed to music therapy. Reasons for not progressing include: earlier stages of dementia – 7 (community singing groups recommended); client was too poorly – 2; client said no – 1.
- 4 of the 25 cases are having extra sessions beyond the usual course of 12.*
- We've worked with 58 people and delivered 262 sessions; 19 husband & wife couples, 1 same sex couple, 2 mother + daughter, 1 father + daughter, 1 father + son, 1 person living on her own. The remaining 9 people include other family members who have been present and joined in the therapy, including daughters and grandchildren.
- We're currently covering a good deal of the county, including: Gloucester, Forest, Cirencester, Tetbury, Fairford, Cheltenham, Prestbury, Stroud and Dursley.

*Beyond 12 sessions

This is a bespoke service which is carefully tailored to each couple/family. In the majority of cases, 12 sessions is enough to make a positive difference, but there are occasions where our therapists feel that longer periods of therapy would be beneficial. Examples of this include a family experiencing heightened bereavement after the death of their son, and very isolated couples with no family support. We do also choose to stay with a couple if there is severe carer burden and little/no outside support available. This year, 4 of the 25 cases had more than 12 sessions of music therapy. All 4 families are paying a contribution towards these sessions.

Impact

We have received positive results for every couple/family. The main benefits are to wellbeing, communication and relationships; reducing social isolation and increased support for the carer. Often benefits spread to wider family and friends meaning improved communication and strengthened relationships, and therefore support. Family/friend visits can be difficult and therefore avoided but many find that singing is easy, is enjoyable, a way of reconnecting without words and therefore visit more often. As our therapists get to know their couples during the course they are able to signpost to relevant services and help carers reconnect with their communities. The following case studies exemplify some of our outcomes.

Other Feedback

Some comments from our clients this year include:

"[The music therapy] set him up for the weekend, lifting his spirits and making him relaxed." (carer)

"It was transforming, emotional" (carer)

"The music therapy has helped me to cope" (carer)

"Mood was definitely enhanced, lasting some time after each session." (carer)

"Both carers noticed an improvement in his cognition, and a lessening of his dysarthria, both during and after the sessions." (carer)

"I feel the sessions have brought Mum and I closer together" (carer)

"His voice has become much stronger, and he can sustain his voice for much longer now." (carer)

"The positive effect of the sessions has had implications for the extended family as well." (carer)

"The music therapy has helped his communication" (carer)

"I feel the effect for several days; the music therapy really helped me to cope with things." (carer)

Developing the Service

From our experience, this service delivers much needed support to carers, as well as improving wellbeing for people with complex dementia. Accessing services outside the home is very difficult for this client group and we offer a bespoke approach. Our priorities for developing this service include:

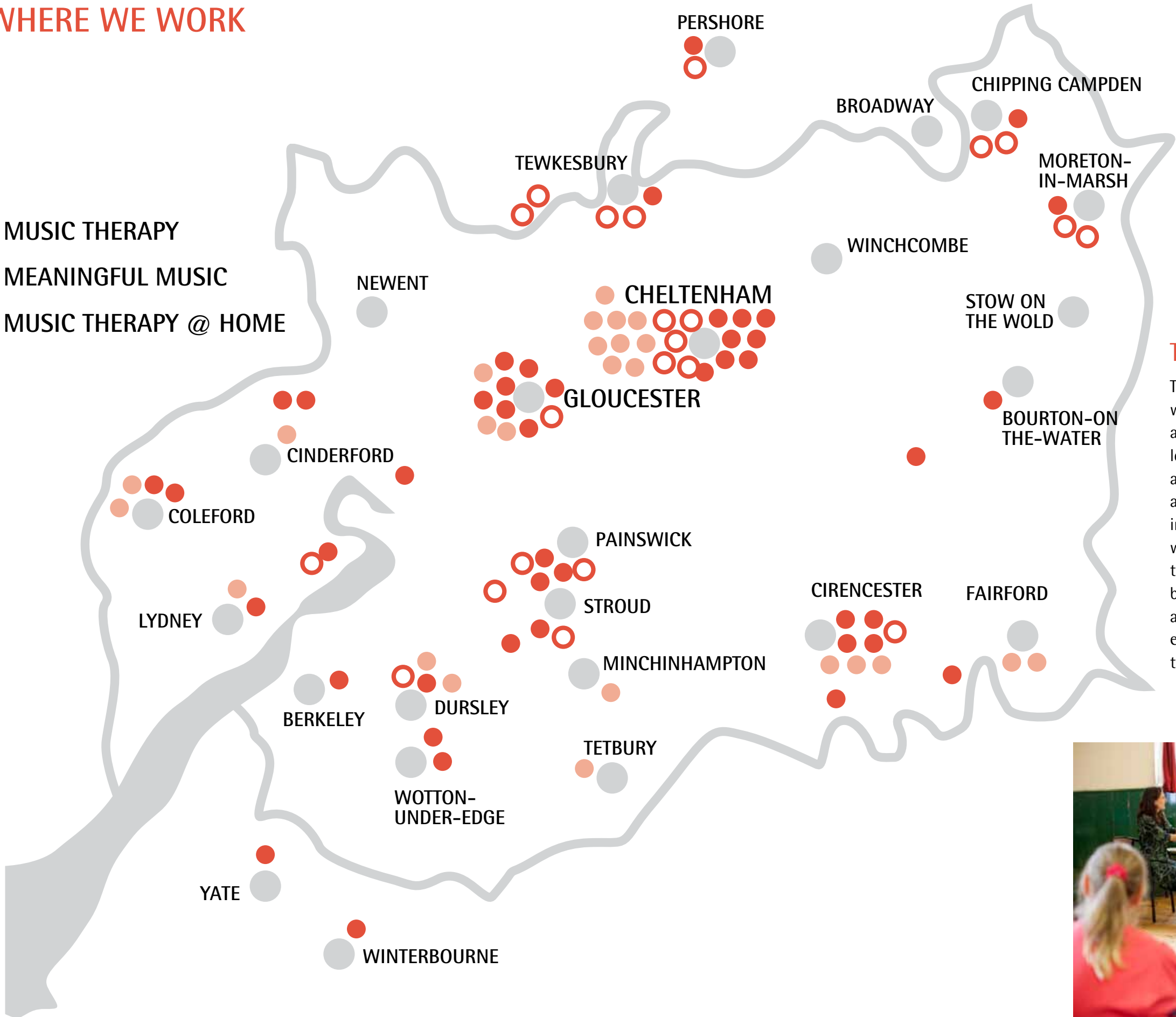
- Reaching all areas of the county – we are gradually increasing our geographic reach but have few referrals in North Cotswolds and central Gloucester.
- To ensure inclusion of people with Young Onset Dementia, and those from LGBTQ+ and BME communities. We are very aware that these client groups are underrepresented in our referrals. There is a significant gap in the county for provision for those with Young Onset Dementia. We need to improve our communication and relationships with these communities, listen closely to them without assumptions, to ensure they have equal access to our service or indeed look at innovative ways to introduce other services for them.
- To explore ways of supporting couples once therapy has finished. Some couples have said they would benefit from meeting others in the same situation, and we would like to explore the possibility of linking couples up (as in the case studies above). We'd also like to trial ongoing community music therapy groups for our couples that are able to leave the house. We have begun exploring this in collaboration with Carers Gloucestershire, and our taster sessions have received good feedback from attendees.

We're passionate and excited about taking this service forward and reaching more people in Gloucestershire in 2019!

MG Feb 2019

WHERE WE WORK

- MUSIC THERAPY
- MEANINGFUL MUSIC
- MUSIC THERAPY @ HOME



Together in Song

These are wonderful events where people we've worked with are invited to join us in the community, and share in an hour of music making! We sing well-loved songs, have instrumental interludes and play and sing together, followed by time for a cuppa and a chat. In 2018 we held two 'Together in Song's, one in Highnam (Gloucester), and one in Cirencester. Both were very well attended and had a warm, joyful feel to the sessions. 'Together in Song' is facilitated by both our Music Therapy team and our Volunteer team, and so this also gives us the chance to work with each other, get to know one another better, and come together as 'Mindsong'!



Case Studies

In both cases, the Music Therapy enabled the person with dementia to re-connect with a creative ability that was a very important part of their past, and therefore their identity. The rediscovery of these skills presented opportunities for self-expression, and encouraged connections within the local community. Initials have been used to protect client confidentiality.

Case 1

D was diagnosed with young onset dementia at the age of 57. At the time of Music Therapy he was 62. He lives at home with his wife V who is his main carer. D finds it hard to communicate, which often causes frustration, and he lacks motivation. He also becomes anxious if V is not present with him, which puts immense strain on her.

Over the weeks, we built a relaxed working relationship by listening (and sometimes drumming along) to D's favourite music, which was heavy metal. He joined in enthusiastically with singing, playing instruments, whistling and sometimes even dancing.



But it was through his art that D seemed best able to express himself. He would often draw while listening as I played on the piano and each stroke of the pencil seemed to mirror the sounds he heard in the music, in real-time. Occasionally, the music seemed to be the way that he could get started on his drawing. Since sessions have ended, D has exhibited his artwork on two occasions. The first was at a Mindsong 'Together in Song' session in Tewkesbury, in which residents and carers from local nursing homes gather to sing and enjoy music-making together, which D also attended. The second occasion was at the 'Creative Space' of the recent Young Dementia UK 2018 Conference (Birmingham, 20th September 2018).

V comments

The music therapy sessions made him happier – it got everything out. He would get pent up through the week and it all came out in that session, like a weight off his shoulders. If he's happy and enjoying something it keeps me happy too.

Case 2

H (aged 82) has a diagnosis of mixed Alzheimers and Vascular dementia and lives at home with his partner A, also his full time carer. H's health and wellbeing was a very significant source of anxiety for A, and H became anxious if A wasn't present. H and A are a same sex couple and at the assessment visit A spoke of how difficult it felt to access services and community groups. From the very beginning of the Music Therapy sessions, H spoke about his love of the cello and how he used to play and teach the instrument. Selling his cello 30 years ago (and not playing since) was something he regretted very much. I became increasingly convinced that the best way forward for H would be to find a way for him to play again. Mindsong managed to borrow a cello and from session 4 onwards H enthusiastically played in his sessions, re-engaging with something that had been very meaningful to him since his childhood.

There were many benefits for H; over the weeks, his mood appeared to lift and it became apparent he was gaining confidence and self-esteem. His concentration and stamina increased as did the strength and facility in his fingers. He appeared encouraged by the realisation that he was still capable of learning and improvement, proud of his achievements and seemed less dependent on A to bring company and stimulation. He was able to enjoy joint music-making with me and in doing so connected with a very important part of himself from the past.

It was arranged that H would present some of his pieces at a mini-concert in his own home. The guests invited along were D and V (case 1) who took great pleasure in the event. H clearly enjoyed using his music to bring pleasure to others, and the concert brought opportunities to express himself through practising, rehearsing and performing. During the event, through chatting with D and V, H and A became aware of other supportive groups in the area, which they are considering attending, which may lessen some of the isolation they were feeling.

It was mentioned that H's cello playing would be popular at the local day centre in Cinderford and V has approached the manager on H's behalf to see whether this might be a possibility. Plans are underway to find a date in the New Year. I sense that this has brought both H and A a sense of hope for the future, and the courage to reach out and connect with others in the community.

A comments

You have been an enormous encouragement to H, who also enjoyed it very much, and without the 'Cello' it would not have been possible. Thank you again and look forward to seeing you soon.



Meaningful Music Singing Groups

2018 has been an excellent time for this side of Mindsong activity; seeing our work grow, and, at the same time, become really well grounded.

It is with great joy and satisfaction that we continue to see people with late stage dementia being transformed through the opportunity to sing together. It is such a simple model; we find volunteers who like to sing and we train, support and place them in care homes local to them, where they sing 'with' and not 'at' or 'to', the residents. The residents clearly benefit, joining in with the familiar tunes, becoming engaged and enlivened. Relatives and friends also benefit, enjoying sharing something meaningful with their relative and it is good for the care home too, having local people visit regularly, building relationships with residents and staff. Our volunteers also report that they feel uplifted after a session and value the opportunity to make such a worthwhile difference for very elderly and frail members of our community.

Rather than singling out individual groups or volunteers, we would like to thank everyone for their contribution, we really do appreciate it and, without you Mindsong wouldn't be the organisation it is today.

We are proud to have developed a model that really works: simple, sustainable and effective. And, during 2018 we have honed the way we work with and support our volunteers so that we now have a team of 8 providing the right level of support.

The Volunteer Team

The volunteer coordinators who work 6 hours a week look after their own area groups as follows:

Charles Scott • Forest of Dean

Annette Miles • North Cotswolds.

Kay Tily • South Gloucestershire

Bob Merrill • Stroud

Sheila Bloodworth • Gloucester and Tewkesbury

With Cecil Sanderson keeping an eye on Cheltenham area in a voluntary role and Kate Hicks Beach and myself managing the team it all seems to work well.

Some statistics

(these are fluid due to the movement and situation changes of volunteers)

During 2018 we have been running groups in 48 Care Homes with approximately 400 volunteers.

Each group sings to an average of 12 residents every week or fortnight. That is approximately 576 residents that we are singing with on a regular two weekly basis or more across the county, with an approximate 10,400 hours of singing being given by our volunteers. What a gift.



Our Residents

At the centre of what we do are our residents, living in care homes and no longer able to be part of the communities they once lived in, worked in and enjoyed. Whilst the residents are the focus of what we do, the volunteers are Mindsong's beating heart. They offer ongoing friendship, bringing the community into the homes that they visit. It's a lifeline and vitally important. They sing with their residents, and more, get to know them, befriend them and make sure they aren't forgotten.

Music, Friendship and Community – a great combination

An email from a volunteer sums up what our singing groups bring to residents better than an explanation can.

'We had a good session yesterday, but I just wanted to write a heartwarming note...!'

Firstly everyone seemed more awake when we arrived. I sat next to (resident) who was in a wheelchair rather than the soft armchair, so he was more upright and seemed more alert, if a little twitchy. He started chatting to me and, as you might expect, it was..a lot of mixed up sentences. There were lots of engineering references, maybe from his flying days – wheels, rust, new idea, etc. so, although he was engaged and telling me something, I could not wholly understand his thoughts.

We started singing. He turned and smiled. He held my hand tightly for the whole hour. He sang every lyric enthusiastically and after each song said "That was good!". It nearly brought me to tears. It was amazing to see something switch on and maybe give his brain a relaxing period of time. I did stare anew in wonder at how good this therapy can be.

This simple email underlines what happens..

This volunteer knows this resident, she's known him for 2 years, and she knew him when he used to visit for respite, and when he used to welcome

us all as though we were at his house for a drinks party. She's also talked to him and knows he was an engineer and a pilot, that he lost his first wife and one of his children. She's known him as his dementia has progressed and has sat next to him for several months while he slept and seemed unaware of our presence and our singing there. She's known him through much of his journey with dementia and that background and the ongoing relationship that she and the rest of the volunteers at his home, has allowed her to see this genuine ray of light in his journey and to see how truly what we do can make such a difference.

Development through 2018.

We have established a real Mindsong presence in the North Cotswolds, which we had previously been unable to do. There are now flourishing groups in all the major towns.

We have also been able to establish new groups in Dursley, the Forest, Gloucester and Cheltenham.

Several homes that we have worked in have closed over the year – very sad for relatives, staff and our volunteers. We have been able to find new singing placements for all the volunteers who have had to move.

Now that we have such a solid foundation we have been able to branch out a little – responding organically to requests that are made. Here is news of some of these ventures.

Welcoming new Citizens

We have provided a group of singers to sing a Capella at some of the regular 'New British Citizenship Ceremonies'. We were asked once, and were so well received that the little 'choir' (mostly from Quenington) have been asked back several times and have become a regular feature. It is very moving to watch New Citizens finally receive their permission to stay in the UK. One can only imagine the difficulties some of them have faced during their journeys. It is usual, in most traditions to have music at a welcome ceremony and it is a joy to sing a welcome on these occasions. We sing some Mindsong staples and a range of well-known songs from around Britain.

Work with Young People

We have been lucky enough to have several young and very musical people volunteering with us this year – they really make a difference and bring something special to the groups and they are also appreciative of the chance to get useful experience which adds to their CVS.

We have also worked on a project with GAM (Gloucester Academy of Music), supporting one of their staff in taking music and children from a local junior school, into a care home where Mindsong already have a well-established team of volunteers. GAM went into the school to work with the children and prepare material prior to the sessions. The volunteers were able to mentor and support the children and be of great practical help, as they already knew the residents well. This was a good project, though, as a pilot, several good lessons were learnt. It was lovely to see children interact with the residents and good to hear them learning songs that might otherwise get lost! One young person suggested 'She'll be texting on her mobile' as a new verse for 'She'll be coming round the mountain'.

We have also worked with young people regularly in another care home in Churchdown where, building on the initiative of a volunteer who is also a teacher, children from a local school come regularly to the Mindsong singing group. Again, a successful inter-generational project.

Team members regularly give talks about our work and Mindsong in general – and have worked closely with the several organisations to help raise awareness of the benefits of music for people with dementia. The volunteers too are incredible advocates for Mindsong and, as well as promoting music, they fundraise and, between them they raise thousands of pounds for Mindsong.

Get-togethers

We have enjoyed a whole series of Volunteer get-togethers across the county: these opportunities are always a great way for volunteers to meet and share experience and also for us to keep in touch. Sessions have included a lovely concert by a group of recorder players, a great meeting in a volunteer's house, a sing-a-long at a supportive breakfast club event as well as more traditional get-togethers. All these occasions allow volunteers peer-support and help keep the singing groups fresh and relevant.

Jane Rothery and Kate Hicks Beach

New Projects

Breathe in SING OUT

We were asked by NHS Gloucestershire Clinical Commissioning Group (CCG) to take on a new project that didn't quite fit our dementia remit, Singing Groups for people with a diagnosis of COPD (Chronic Obstructive Pulmonary Disease). The brief used all of our skills, was happening in areas we were already working in and was for our own demographic – older people with health problems.

We saw the opportunity this new work represented, including becoming part of the NHS culture change that is Social Prescribing.

'Social prescribing sometimes referred to as community referral is a means of enabling GPs, nurses and other health and care professionals to refer people to a range of local, non-clinical services.'

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

There are many different models for social prescribing, but most involve a link worker or navigator who works with people to access local sources of support.

Community-centred ways of working can be more effective than more traditional services in improving the health and wellbeing of marginalised groups and vulnerable individuals. For this reason, they are an essential way of reducing health inequalities within a local area or community.'
Public Health England

We named the work **Breathe in Sing out**. In essence it is a course of 12 NHS funded sessions led by a trained Vocal Leader. The leaders are well versed in pulmonary disease and the mechanics of singing. The aim is to use the social enjoyment of group singing to sneakily teach new ways of breathing.

The course is all about self-management of your condition, reducing social isolation and boosting feelings of wellbeing.

We ran one course of 12 sessions in four areas: Lydney, Stroud, Gloucester and Cheltenham. Attendance grew steadily over the 12 weeks with some serious investment in promotion to GP surgeries, pharmacies and clinical referrers.

We continue to run these groups in 2019, expanding our reach to Cirencester, Tewkesbury and Dursley.

My peak flow average has increased from about 200/250 to an average of 300/310 and the songs have increased my confidence and I am happier.

It brightened my week – I looked forward to each session. It enhanced my quality of life



Gloucestershire
Clinical Commissioning Group

Suitcase Stories

In October 2018, Anthea Holland and music therapist Fiona Taylor spent a day training three community musicians based in Worcestershire. It was part of an Arts Council funded reminiscence and music project called 'Suitcase Stories 2' run by Jenny Davis, who works for Arts Uplift. Mindsong's role was to train the musicians to deliver music to care homes.

We delivered material similar to the Orchestra of the Swan training (from the Biopsychosocial model) using role play, supporting a session at a local nursing home and giving the musicians lots of feedback. The musicians responded with enthusiasm and were very positive in the evaluation.

Here are their comments:

'It's really helped me be more conscious of what I'm doing and ultimately more inclusive, which is what we're all aiming for really!'

'Thanks again for a top notch training day.'

'Thanks for today. It was wonderful.'

Ruth Melhuish then delivered a further morning's training each based in a nursing home.



Financial review

In 2018 we transitioned, as many charities now have, from Mindsong with a Trust Deed (registered number 1149189) to Mindsong CIO (registered number 1177043).

In this report we present two sets of accounts. The final set for Mindsong 1149189 and the first set for 1177043.

Our grateful thanks to Roger Downes at Andorran Ltd.

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.

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 2018 were

- Julia and Hans Rausing Trust
- The Fore
- The Rank Foundation
- David Thomas Trust
- Gloucester Community Foundation
- Nicholas Jones Trust

Our deepest gratitude for the support and generous fundraising of:

- | | |
|---------------------------------|--------------------------|
| Donations imo Graham Partington | St George's Entertainers |
| Donations imo Dot Houghton | Stroud High School |
| Donations imo Peter Frost | D Barnard |
| Donations imo Harry Gould | Chris Hall |
| Donations imo Jill Ruck | Susie & Ashwin |
| Donations imo May Barnard | Vasser Smith Freemasons |
| Charles & Katy Bagnall | St Martin's Church |
| S Lyon | Christ Church Cheltenham |
| Jill Ruck | Catholic Women's League |
| Zurich Insurance | Mu3ac (U3A) |
| The Mears Foundation | Charles Scott |
| Bethesda@6 | Rachel Cottell |
| Roy Crompton | G Hill |
| Money.com.uk | |
| Freemasons (Forest) | |
| Mrs & Mrs Lee-Browne | |
| Royal Gloucester Freemasons | |
| NARPO | |
| Kate Hicks Beach | |
| Julia & Hans Rausing | |

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.

Finances • Mindsong 1149189

Statement of Financial Activities for Mindsong for the financial year 01/01/2018 to 31/03/2018

	Unrestricted Funds 2018	Restricted Funds 2018	Total Funds 2018	Total Funds 2017
Income				
Grants	30,244	60,000	90,244	93,500
Care Home Contributions	5,891		5,891	10,393
Other music therapy income	600		600	2,200
Other Delivery	410		410	1,235
Donations	9,134		9,134	19,160
Total Income	46,280	60,000	106,280	126,488
Expenditure				
Cost of fundraising	54		54	180
Volunteer costs & expenses	6,111	5,000	11,111	28,149
Delivery of Music therapy	6,526	6,000	12,526	38,400
Together in Song				969
Other delivery	75		75	613
Training	120		120	2,000
Insurance	517		517	404
Marketing	407		407	1,621
Equipment	73		73	712
Travel	801		801	1,485
Administration	3,837	6,000	9,837	28,759
Trustee expenses				660
Total expenditure	18,521	17,000	35,521	103,952
Net Receipts	27,759	43,000	70,759	22,536
Cash fund last year end	55,936		55,936	33,400
Cash funds transferred to CIO	83,695	43,000	126,695	55,936
Other monetary assets				
Outstanding invoices	35,261			2,573
Liabilities				
Independent examination	480			402

Finances • Mindsong 1177043

	Unrestricted Funds 2018	Restricted Funds 2018	Total Funds 2018
Income			
Grants	11,500		11,500
Care Home Contributions	8,896		8,896
Other music therapy income	2,156		2,156
Other Delivery	2,740		2,740
Clinical Commissioning	80.30	35,000	35,080
Donations	56,288		56,288
Total Income	81,660	35,000	116,660
Expenditure			
Cost of fundraising	216		216
Volunteer costs & expenses	26,160	10,000	36,160
Delivery of Music therapy	16,745	15,000	31,745
Clinical Commissioning	433	11,962	12,395
Together in Song	274	500	774
Other delivery	2,534		2,534
Training	-10.13	1,000	989.87
Insurance			
Marketing	4,045		4,045
Equipment	216	500	716
Travel	1,266		1,266
Administration	12,716	16,000	28,716
Employment	1,755		1,755
Trustee expenses	24		24
Total expenditure	66,374	54,962	121,336
Net Receipts	15,287	-19,962	-4,676
Cash funds transferred to CIO	83,695	43,000	126,695
Cash funds this year end	98,981	23,038	122,019
Other monetary assets			
Outstanding invoices	62,160		
Liabilities	642		
Independent examination	480		

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: 24 June 2019



Mindsong makes such a difference to Paternoster House, it brings back memories, lifts their spirits. The residents have made lovely friends as it has helped them in engaging with other.

We would not do without them.

Activity Coordinator Paternoster House

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Email: admin@mindsong.org.uk
Website: www.mindsong.org.uk

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