

# Singing for Memories



## Project aim

To introduce singing for the brain into the hospital setting.  
To improve the social isolation that hospital stay often brings, improving well-being, deconditioning.

## Timeline for delivery

From: March 2019

To: Ongoing



## Measures

Music therapy plays a crucial role in the care of many people with/without dementia, helping minimise apathy, anxiety, restlessness and depression.

Staff have embraced the project and have been heartened by what they have observed.

Funding originally from the dementia fund, now reaching out to community groups. Success measured in patient and carer experience

## Actions taken...

Patients with cognitive impairment talk about going to the group many days after.

Relatives have joined the group and have witnessed the positive impact this has

Patients who may not normally communicate have been observed to sing, tap their feet and interact

Many cakes and cups of tea have been taken !!!



## Project team

Caroline Ashton-Gough  
David Page, Phil Lever  
Sue Martin, Lisa  
Martyn Barter  
Linda Ranger...



## Outcomes achieved...

- Has widened the networks of communication between the community and acute setting.
- Has helped to show staff how music therapy can have positive impact on patient care.
- Carers have been overwhelmed with the session, have participated and also offered donations.
- So many positive patient experiences:

*“ a gentleman remembering his wife when singing, I want to hold your hand” ,a lady normally non communicative  
“singing to every word of her favourite song”*

## Learning and next steps

Dementia CNS & PAHT Hospital Radio to continue to run the group

Alzheimer's Society to return In October

Funding for ongoing therapy sessions from external providers groups to include exercise.

