

COMMUNITY MUSIC-MAKING FOR OLDER PEOPLE AND THEIR CARERS NEWSLETTER

SUMMER 2008



Warsaw Conference 15th / 16th May 2008

The healthPROelderly programme involves 17 partners in 11 European Countries – UK, Netherlands, Germany, Austria, Spain, Italy, Greece, Poland, Czech Republic, Slovenia. The UK lead is CHSS University of Kent.

The project is to produce evidence based guidelines for EU policy makers. The partners have carried out a literature review, are compiling a data base and analysing selected models of good practice in each of the participating countries.

SFYL was selected as one of the three examples of good practice in UK. The other examples selected in UK are the Bromley by Bow project and the Warrington Falls project.

Aims of Conference

Present the results of the healthPROelderly project.

Share information on how health promotion activities for older people work

Discuss draft guidelines and recommendations with experts.

The final report will be drafted by University of Dortmund and published in October.

SFYL Demonstration

SFYL was the only programme provider invited to demonstrate a model.

The demonstration consisted of a short Polish Folk Song performed by a singer and accordionist from KRAKUS, a Folk Song group from Cracow. The singers were in National Dress and the short performance was designed to achieve visual impact and to acknowledge the Polish host organisation.

This was followed by a short Power Point presentation given by Stuart Brown describing the SFYL organisation.

Matthew Raisbeck then led a short session of participatory singing involving physical and mental co-ordination exercises.



A Formative Evaluation of the Silver Song Clubs Project

Thank you to all those who took part in the formative evaluation of the Silver Song Clubs.

The two researchers from the Sidney de Haan Research Centre, Hilary Bungay and Ann Skingley, have now completed their report on the evaluation of the Silver Song Clubs. Ann and Hilary visited and observed six Silver Song Clubs a number of times. They interviewed the Directors and Trustees of Sing for Your Life, the facilitators, participants and led focus groups with some of the volunteers. The evaluation has shown that participants enjoy the sessions, that singing makes them feel better and that they like meeting and getting to know new people. Ann and Hilary have presented the findings of the evaluation at a number of conferences around the UK, and held seminars with local audiences. The report from the

evaluation will be launched in September at the Music & Health Conference at the Christ Church University Centre Folkestone. A copy of the report will shortly be available to download from the Sidney de Haan Research Centre website (www.canterbury.ac.uk/centres/sidney-de-haan-research)

Using the information gathered in the evaluation, a survey has been developed and has been sent out to all the facilitators to administer to the club participants. So far the surveys that have been returned confirm the findings of the evaluation. Ann and Hilary would like to extend their thanks to all those who took part in the study for allowing them to interview them, and for the generous use of their time.



Hilary Bungay



Ann Skingley

Club News



*Mrs Bacon and Anne
of the Bexhill Silver Song Club*

Bexhill

We have worked with the Alzheimer's Society and MAST (memory assessment support team) to establish a Silver Song Club in St Peter's Community Centre in the old town. Participant numbers for this club have often topped 40 and this has included those brought in from local residential homes and Age Concern, Catsfield. Links with a local taxi company have enabled us to provide transport for a number of participants each session.

Brighton and Hove

Stella Hull and volunteers from the Brighton Consort have relocated to the Somerset Day Centre. This move will enable us to offer places to a larger number of participants. Our thanks to Vernon Gardens Resource Centre for hosting the club over the last few months.



Gwyn on piano and Desmond

Canterbury

A new Silver Song Club for Canterbury is being developed working with Querns Community Centre and the Canterbury and District Pensioners' Forum. A pilot session is taking place in June and regular sessions will be established in the Autumn. A number of other organisations are also supporting this including Canterbury City Council and the Northgate Ward Community Centre. This club is supported by Kent County Council Adult Services.

Dover

This club is on the move! Dover was one of the earliest Silver Song Clubs and has been operating since 2005. From the Autumn it will be housed in Coleman House where we will be working with Kent

and Medway NHS and Social Care Partnership Trust and Pat Brown, Admiral Nurse. There will be a focus on older people living with dementia and we will also be encouraging carers and family members to attend.

Eastbourne

Following a gap in funding this club is being re-launched. Help the Aged are funding sessions for one year and this will enable Patricia Culley and her team of volunteers from the Phoenix Choir to re-establish this successful club in the Venton Centre.

Herne Bay

Facilitator Andrew Mussett has been leading Monday morning sessions at Greenhill Senior Citizen's Club in Herne Bay with support from Anne Belworthy and Canterbury and District Pensioners' Forum. Our thanks go to John Barnes and Kent County Council Adult Services for making this club possible.

Hythe

After a long association with Age Concern this club is moving to Philbeach Care Centre where it will be facilitated by Margaret Barr and supported by volunteers from Folkestone Choral Society. Our thanks to the team at Age Concern for all their help and support over the last three years.



The Way Forward

At their June meeting, the Board reviewed the progress which has been made in 2007/2008 and approved the Accounts and Budget for 2008/2009.

It was agreed that the strategy for development in 2008/2009 would be:

Continuing to develop partnerships with PCTs, Mental Health Trusts and Adult Services to support Wellbeing for Older People.

Continuing to build and sustain the existing network in the South East Region with particular emphasis on Thames Valley, Oxfordshire and Buckinghamshire.

Increasing the provision of service to ethnic minority communities.

Mobilising Sing For Your Life (South West) Ltd, and developing a network of Clubs in the South West Region.

Club News continued...

Margate

A partnership between Sing For Your Life, Kent County Council and Trinity Resource Centre has enabled us to create a new Silver Song Club for older people on Thanet. Facilitator Cathy Richards has been leading sessions since May which are also supported by Jackie Tuppen, Admiral Nurse and local carer support groups. This club is situated in the recently completed Trinity Resource Centre and is well served by local transport links including the 'Thanet Loop' bus service.

Pulborough

Facilitator Rita Russell and volunteers from Billingshurst Choral Society will be starting a new Silver Song Club this summer. Rita already leads the highly successful Littlehampton Silver Song Club and this new venture will link with the work of the newly formed West Sussex Arts, Health and Well-being Network.

Sheppey

A community choir for older people has been meeting on a weekly basis since April. Facilitator Julia Manders, who also leads Faversham Silver Song Club, has been working with a dedicated group of older people at the Sheppey Healthy Living Centre on all aspects of singing. The group have progressed amazingly quickly and are now working towards a showcase performance in the Autumn. They will also be working to take singing to older people living in the community. Our thanks go to Sheppey Matters for the funding to enable this activity to take place.

A warm welcome to some new faces

Edwin Boorman, Patron

We are delighted to welcome Edwin Boorman as a Patron for Sing For Your Life. Edwin Boorman, President of the Kent Messenger Group of Newspapers, has given half a century of conspicuous service to the County of Kent, and enjoys choral singing in his spare time.



Kent Messenger Group



James Fergusson, Trustee

We are very pleased to announce that James Fergusson has agreed to be appointed a Trustee of the Sing For Your Life charity. Now retired, James is interested in fine art and music and owned a Gallery in Petworth following a career in the City. He lives in Arundel.

Tom Newton, Chairman

We are very pleased to announce that Tom Newton, a Director of Sing for Your Life, has agreed to take up the post of Chairman of the Charity.



Karen Wallbridge, Financial Controller

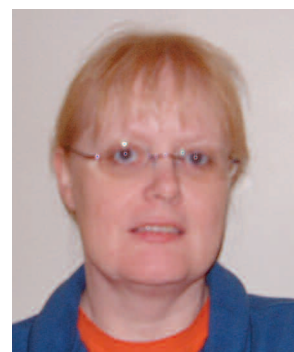
Karen Wallbridge was appointed Financial Controller of Sing For Your Life Ltd on 1st May. Karen is a qualified Accountant with particular experience in both the public and private health sectors. Karen's first task was to implement an accounting system which will satisfy statutory and management needs. This work has now been completed and will be followed in June by the switch of payments from cheque to BACS.

Later in the summer Karen will advise the Board on the financial implications of the continuing expansion of the Silver Song Club programme.

Celia Jeffery, Management Consultant

Celia Jeffery has been seconded by Boston Scientific Limited, as part of their corporate and social responsibility (CSR) policy.

Celia is the Clinical and Education Manager for Cardiac Rhythm Management and has extensive experience of training and customer support in the health sector. She will be working part time and making an independent assessment of the network; recommending changes and improvements as well as supporting the expansion of the network beyond the South East Region.



A New – Club Lyminge SILVER SONG CLUB

The Lyminge Silver Song Club started at the beginning of 2008 and is held at Lyminge Age Concern on the last Friday of each month. The group is usually about 25 strong and is supported by four to six members of 'Cantores Dominicae' a local choir. The resident piano is badly out of tune, so we provide the Cantores portable keyboard to help with the singing, and we are fortunate to have Matthew Raisbeck as one of our facilitators, as he is also a brilliant pianist. (When he is available the volunteers have a relatively easy time!)

Participants are mostly ladies, but we have a handful of men who provide an enthusiastic male voice interlude when required. The level of competence is high and most can participate with the minimum of assistance. With this in mind, and in an attempt to stretch everyone a little further, in Matthew's absence we 'amateur'

facilitators introduced a few new numbers that we have sung as a choir. When we first tried this we thought it went very well, only to discover that we were threatened with a mass walk out at the following session unless we promised not to do those 'Latin things'!

The thing I miss most about this group is that, due to the centre's transport timings, we are not able to have a coffee break. It is a shame that we cannot maximize on an opportunity to meet individuals on a one to one basis, and form a good rapport with them. However, I think that the attendance numbers show that we are getting something right!

Happy singing to you all!

*Lawrence Lees
Lyminge Silver Song Club*

Admiral Nurses

We were invited to give a presentation and demonstration at the annual Admiral Nurses forum, held this year in Chatham.

Admiral Nurses are specialist dementia nurses, working in the community, with families, carers and supporters of people with dementia. Admiral Nurses are named after Joseph Levy, who had dementia and was known by his family as 'Admiral Joe', and the model was established as a direct result of the experiences of family carers.

Following the conference we have established links with Admiral Nurses in East Kent, particularly with the new Silver Song Clubs at Margate and Dover. They will be working to encourage people with dementia and their carers to attend Silver Song Clubs and supporting our work through publicity and awareness.

Admiral Nurses are trained by the registered charity for dementia and we will be establishing links with them right across the Silver Song Club network.

The Littlehampton SILVER SONG CLUB...

...meets the first Tuesday of the month at the Tamarisk Centre. Our volunteers come from The Angmering Chorale and are a very enthusiastic bunch, and we are very lucky to have four men and four women as regular volunteers. One man plays guitar and another plays piano, and this is in addition to our very talented regular accompanist. As facilitator I like to delegate some activities to keep the group's interest.

The number of participants grows each month. They sing with great gusto and several like to sing solos. Our accompanist plays by ear as well as being an excellent sight reader. We always ask for requests after the initial two or three songs, and there is no shortage of suggestions. At least four of our regulars are over 90 years old!

One of the most popular activities is the "Guess the Names" medley of old music with a name in the title. I then lead into the "Hand Jive" starting slowly and getting faster and faster, causing great hilarity as people try to keep up!

Another way to get physical participation is from one of our volunteers leading a Girl Guide type of "Action Song" where arms, legs and hands are used to gesture in place of a word.

Everyone loves the opportunity to use the instruments whether they are hand bells, chimes or percussion.

If anyone would like more details of any or all of these activities please feel free to contact me through Making Music.

*Rita Russell
Sing For Your Life, Littlehampton*

Live Music Now

Live Music Now was founded in 1977 by the legendary violinist, Yehudi Menuhin and his friend Ian Stoutzker. Menuhin knew from his own experience that music transcends all barriers of language, illness and disability. For people whose lives are particularly challenging or stressful, involvement in live music brings immense pleasure as well as therapeutic and educational benefits.

A network of over 320 auditioned and trained young musicians deliver interactive performances in a wide variety of settings to some of the most disadvantaged and marginalised members of society and last year delivered over 3000 musical sessions.

Under a partnership agreement we will be using Live Music Now musicians as session facilitators for some Silver Song Clubs. We have worked closely with Trudy White, London Director, to choose musicians suitable for this and they will be trained in delivering the Silver Song Club model.

This is a great opportunity for both organisations to share expertise and experience in bringing the joy of participation in music to a wider audience and will prove invaluable to us as we continue to expand.

SILVER SONG CLUB Crawley

There is a special rapport between our facilitator, Adrian Bawtree, and the Age Concern residents. We have lots of fun and all of us have loved the old songs which, in my case, have brought back warm thoughts of my own parents, and these have stimulated reminiscences from our friends, who welcome us warmly.

We have also dipped our toes and voices into more modern songs and I suppose, not surprisingly, so many of our lovely friends know them as well as we do.

The Weald Choir of Crawley, together with Adrian Bawtree, are enjoying very much the atmosphere and camaraderie created by singing together, and we can see the benefits it brings to us all.

*Irene Reed
Chairman, Weald Club*

SILVER SONG CLUBS IN BRIGHTON AND WEST SUSSEX

There are now eight Silver Song Clubs in Brighton and West Sussex, taking place in Brighton, Burgess Hill, Crawley, Horsham, Littlehampton, Pulborough and Worthing. The facilitators are Adrian Bawtree, Lou Beckerman, Margery Hewitt, Stella Hull and Rita Russell. A 'taster' session was held this month in Pulborough.

Making Music choirs involved are the Angmering Chorale, Billingshurst Choral Society, Brighton Consort, Brighton Orpheus Choir, Sussex Chorus, the Weald of Crawley Choir, West Sussex Philharmonic Choir and Worthing Choral Society. They all benefit from providing volunteers to support and help at Silver Song Clubs.

Each Silver Song Club is different, but it is evident that the people involved, both as participants and volunteers, enjoy the sessions.

On Saturday 12th July Adrian Bawtree will be directing a big session in the Assembly Hall, Worthing, when the two groups that he directs in Worthing will be joining together for a joint concert.

Lou Beckerman, the facilitator of the Silver Song Club in Burgess Hill, has called the group that meet at the Age Concern Day Centre, "Octavia", as the majority of participants are over eighty years old. She drives a Skoda car and was recently talking about this group at her local Skoda Garage. One Skoda model is the Octavia, and the dealer was sufficiently interested in the Silver Song Club to pay for recording equipment to be used to make a CD. Consequently the group has produced a CD called 'Octavia Sings'. I believe that everyone in the Burgess Hill Silver Song Club has bought a copy and they are delighted that they have such a record that they can keep and play to their friends too.

*Rosemary Pardey
Co-ordinator for Brighton & West Sussex*



SingUnited 2008

People of East Kent Unite

Last year over 250 people aged between 18 months and 93 years joined together in a Festival to celebrate performances of music, song and verse. Many of the performed pieces were written, rehearsed and performed by intergenerational groups involving, for example, primary aged children, their families and older community members, such as people attending Age Concern Centres.

This year the project has expanded. Currently, over 200 students from seven schools are working with more than 130 older people living in the community on projects as diverse as singing, dance, poetry, IT, play writing, appliqué, photography and cookery.

The impact for participants is far reaching. In addition to sharing knowledge and skills across the generations, the project re-kindles a sense of community.

A range of the participants' collective achievements are going on show at this year's SingUnited Festival on July 5 at Sandwich Technical School, Deal Rd, Sandwich, from 10.30 am – 1.35 pm. Visitors are invited to view an exhibition of work and to share in an interactive morning of song, verse, drama and dance. A free light lunch will be prepared and served by 'Dads and Lads' taking part in the cookery course.

If you would like to know more or if you would like to book a place for lunch, please contact Trish on 07790 263762

Lou Beckerman – Churchill Fellowship

Lou Beckerman, Silver Song Club facilitator for Burgess Hill, was awarded a Winston Churchill Travel Fellowship in 2006 to research 'Music as Medicine in Palliative Care' in the United States. She spent six weeks visiting hospitals and hospices both observing and also sharing her own work as a community musician and sound and song therapist.

On the 13th of June this year she was invited to a medallion ceremony at the City of

London Guildhall where Lady Mary Soames, daughter of Winston Churchill, presented her with a unique engraved silver medallion. The participants of Burgess Hill SSC (Octavia!) enjoyed seeing the medallion and picture of Lou with Lady Soames of whom they would have recollections.

Lou's annual sound and song weekend 'Sounding Out – Feeling Good!' to encourage 'faint-hearted singers' will be held in Seaford this September. There are a few places still available. For information visit www.loubeckerman.com or telephone 07778 553109.



Funding and Supporters

We would like to say a big thank you to the following for their support:

- Ashford Health and Well-being Partnership
- Alzheimer's Society
- Awards4All
- Boston Scientific
- chances4change (Big Lottery Fund)
- CHSS (Centre for Health Service Studies)
- The Coalfields Regeneration Trust
- The D'Oyly Carte Charitable Trust
- Dover District Council Project DELTA
- Eastern and Coastal Kent Primary Care Trust for Dementia and Admiral Nurses
- Hastings and Rother Primary Care Trust
- Hampshire County Council
- Headley Trust
- Help the Aged
- Joan Strutt Trust
- Kent Community Foundation
- Kent County Council Adult Services
- Kent County Council Education Service
- Kent County Council Members Community Grants
- Kent and Medway NHS and Social Care Partnership Trust
- Land Securities
- Live Music Now
- The Percy Bilton Charity
- The Sidney De Haan Research Centre for Arts and Health
- Sheppey Matters
- Shepway District Council Community Chest
- Shepway Health and Well Partnership
- Victoria and Keith Shipton Charitable Trust

Expansion in the South West

Sing For Your Life will soon be offering programmes in the South West Region. A sister company, Sing For Your Life (South West) Limited, has been incorporated and will apply to become a registered charity.

The first directors are Stuart Brown, Peter Clarke and Peter Hobbs.

The contact address is: Harewood, West Hill Road, Ottery St Mary, Devon EX11 1TU Tel: 01404 812556

The first Silver Song Clubs will be commissioned in the Exeter area.



Silver Song Clubs DVD

Funding from a variety of sources including the Sidney De Haan Research Centre for Arts and Health, Dover District Council Project DELTA and chances4change enabled us to produce a DVD about our work. Silver Song Club Sessions in Gravesend, Dartford, Northfleet, Old Basing and Worthing were filmed and a number of people interviewed. Our thanks go to all those involved and particularly those who gave their time to talk about their experiences. Also thanks to John McLeod and Vidox Video Productions for all their hard work and endless edits. If you would like a copy of the DVD please contact us.

"I am very pleased to hear about your choir of the over 80s. I am sure they enjoy it immensely. I gave up singing many years ago, but I still miss it. Keep on singing because I found once you stop the voice goes. You are doing a great job. My very best wishes to everyone.

*Yours,
Dame Vera*

BURGESS HILL

A few months ago we were completely thrilled to receive a letter from Dame Vera Lynn. She happens to live locally and I had let her know how our Silver Song Club – or Octavia, as we are known – takes delight in reminiscence of her and her music. She graciously replied in her own hand:

Lou Beckerman

This Newsletter is published by Sing For Your Life Ltd., Shepway Business Centre, Shearway Business Park, Folkestone, Kent CT19 4RH. Tel: 01303 298546/298549

Email makmusse@aol.com

Website: singforyourlife.co.uk

Articles for the newsletter are welcomed and should be sent to The Editor.

Any opinion expressed in this Newsletter reflects the opinion of the author and is not automatically endorsed by Sing For Your Life Limited.

The Newsletter is published on the website but hard copies are available on application.

If you wish to read the Newsletter regularly please register your Email address with us and we will send out an Email advice when each issue is published.

