



LIZZIE HOSKIN
Head of Community Team
Manchester Camerata

**We're a world-class
orchestra and
Registered Charity,
making an impact
since 1972.**

Our Purpose is Music for Change.



**five
zero**
EST. 1972

Courage to do things differently

Listen to and collaborate with our musicians, communities and audiences

Diverse and inclusive commissioning to reflect the society we live in

Perform and connect with audiences in traditional and non-traditional venues and spaces





The Orchestra

- Award-nominated film series – Untold
- International Touring
 - Hungary, Italy, Baltic States
- Mozart, Made in Manchester
- Nevill Holt Opera
- AMC Gospel choir
- Joy Division Orchestrated
- 'Unquiet' Ambient Electronica
- New Music Biennial with
 - AFRODEUTSCHE** (pictured), Le Gateau Chocolat, Space Afrika

Our Vision

By 2030, we want every person with dementia and every young person in Greater Manchester to have access to world-class music-making.

We aim for our work to be a national (and international!) model and exemplar, as illustrated in the recent **Power of Music UK** report.





Community

コミュニティ

From the 'naughty' boy...

”

Jake was on the fringes of everything. His progress was slow... until he conducted the class project.”



...to 'conductor boy'

“

**The teachers saw him
take the lead, take
control, and gain the
respect of his peers.
From that moment he
never looked back.”**

Head Teacher
Primary School, Manchester



**From distress with
dementia...**

“

**The resident would
shout, cry, and
sometimes try to hit
other residents.
He was isolated.”**

Carer, Manchester



**...to a dance with
music therapy...
”**

**Now he channels his
negativity into music.
He will even get up and
have a dance with
you.”**

Carer, Manchester



**...and to training
carers on the
frontline
”**

**I have found it difficult
at times working in a
sixty-bed care home. But
Camerata has given me
back my confidence.”**

Carer, North Manchester



10 Years of Investment so far

- New digital business with major investment awards from UK government innovation scheme and national healthcare service
- International recognition in health (UK Research & Innovation, British Council, Hong Kong, Taiwan, Sweden)
- Strategic partnerships (Music for Dementia, local government)
- Research (University of Manchester)





Research Partners

10-year Research partnership with the University of Manchester, a leading global dementia research centre:

Highlights:

- ◊ **2018-2020** Published PhD 'In the Moment' Dr Robyn Dowlen, Prof. John Keady, Manchester Camerata
- ◊ **2021** Next Phase Dementia PhD Research
- ◊ **2022-present** Work with UK Health Economist begins
- ◊ **2022** New placement with the School of Nursing
- ◊ **2022-present Post-Doctoral research** in partnership with the National Institute for Health Research into the Health and Wellbeing of Carers and Music

Our Music and Dementia work





HELENA BULL
Senior Project Manager, Community Team
Manchester Camerata

Music in Mind

A pioneering music-therapy-based programme for people living with dementia, which began over 10 years ago

Developed through long-term research in partnership with the University of Manchester and Prof. John Keady

Delivered by the orchestra's specialist team of musicians and resident music therapists

Reached more than 8000 people with dementia so far



What happens during a Music in Mind session?

Music in Mind uses **musical improvisation (not reminiscence)** to encourage people living with dementia to express themselves and **communicate with others through music**

Groups of 10–15 residents plus carers, family members, sitting in a circle, everyone on the same level

Handheld percussion instruments are used to communicate and have musical conversations



Benefits of Music in Mind

Evaluations (HKD Research, 2019) demonstrate consistent impacts and results for people with dementia who participate in Music in Mind sessions:

- ◈ increased social interaction with other residents (100%)
- ◈ increased activity levels outside Music in Mind sessions (77%)
- ◈ a greater sense of wellbeing (100%)
- ◈ increased musical interaction and confidence to express oneself musically (88%).

[Dr Heidi Koljonen HKD Evaluations, 2020]



Music in Mind: Remote Training

- Online music therapy-based training programme for carers
- Began during the pandemic in 2020
- Delivered by the same **specialist team of Manchester Camerata musicians and resident music therapists**
- **Weekly group** and **individual** training sessions
- Access to a specially-designed, comprehensive online resource



Impact on people living with dementia

“[The resident] didn’t get involved in much. He found others to be very intimidating and they made him nervous. He mainly kept himself to himself and became very agitated with certain residents: he would shout, cry, and sometimes try to hit them.

Since restarting the music group, this negative has been turned into a positive.

The sessions have taught him to channel his negativity into music. This has had an amazing result both on him and other residents: it has taught them how to communicate with each other, through music.”



Impact on people living with dementia

[The resident's] eyesight has been quite poor recently and she has become frustrated during activities.

With the music making she is able to express herself more and requests lots of individual music making sessions with carers.

Her mood has improved with the online resources and suggestions from the Music in Mind: Remote team.

Music in Mind has helped lift the mood and helped with concentration in the sessions.



Impact on a professional carer



Impact on our musicians

Amina Hussain

Principal Flute, Manchester Camerata
& Qualified Music Therapist

Naomi Coverley

Principal Horn, Manchester Camerata
& Trained Music in Mind practitioner



Impact on our organisation

- **Forging links and connections** with our local communities
- Using the orchestra's musicians as a **resource**
- **Professional and personal development** for our musicians
- **Impact** both on and off the concert platform



Our next collaboration

- Continuing to learn from each other and share musical experiences
- August 2022: Online, remote training for musicians and health/social care professionals
- November 2022: Live workshops in Japan and a 'relaxed' (informal) concert



ありがとうございました



More information about our work:
manchestercamerata.co.uk/