



SONGSTERS

DEVELOPED BY

MUSICAL WALKABOUT CIC

www.musicalwalkabout.com

SONGSTERS

Songsters is a vibrant and evolving community music movement, made up of a variety of inclusive singing groups delivered by **Musical Walkabout** and co-curated with and for people living with young onset dementia, their caregivers and Health & Social Care Staff.

Musical Walkabout developed **Songsters** during a period of consultancy in 2019 with **Shepway Community Mental Health Service for Older People** as a response to their assertion that there was a chronic lack of cultural and social provision for our local dementia community.

Vulnerable adults, carers and healthcare staff are at the highest risk of social isolation's negative impacts, and **Songsters** aims to empower individuals experiencing social exclusion to use music to support their health and wellbeing.

BENEFITS

Musical Walkabout promotes use of their bespoke products **Creative Care Plans** and **Musical Toolkits** to build sustainable and healthy music habits. Regular feedback gives insight into the value participation in community groups can offer isolated individuals.

EXPERIENCE

Musical Walkabout have delivered services, projects, workshops, courses, presentations and events for Arts Council England, NHS, Kent County Council, Age UK, SE Care Home Education Program, The Utley Foundation, Alzheimer's Show, Dementia Pathways, the United Nations and The House of Lords.



SESSIONS

Sessions include setting creative self-care intentions and group goals, establishing breathing exercises to reduce stress and anxiety, and learning an expansive repertoire of songs to share with both loved ones and the local community through performance opportunities. Self-expression is key, with participants also developing person-centred playlists to enhance daily life, and gaining skills in songwriting and poetry in session.

PARTNERS

Musical Walkabout's founder and **Inclusive Music Practitioner Nina Clark** partners with Occupational Therapist Lisa Doherty of **Dementia Support Services CIC** to deliver **Songsters** sessions both online and in-person, using risk assessments and safeguarding policies developed with professionals from **NHS EKHUFT** to confirm every element is Covid-secure and ensure the health, safety and wellbeing of all involved.

COSTS

A 6 month package of co-curated **Songsters** session costs can include an Inclusive Music Practitioner, Dementia Specialist participant liaison (on request), project management, cohort development, promotion, travel and venue hire. Participants submit regular feedback, and external evaluation by researchers from Sidney De Haan RSFAAH is available. Cost on request.

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To learn more about Musical Walkabout, visit www.musicalwalkabout.com or

