

MUSIC HELPS

DEVELOPED BY

MUSICAL WALKABOUT CIC

www.musicalwalkabout.com

Singers, Bands
Composers
Songs You Like

MUSIC HELPS

Music Helps is a collection of easy, fun and rewarding staff training courses, events and sessions designed and delivered by community interest company **Musical Walkabout**, co-curated with and for Health & Social Care Staff working with people living with a dementia, elder communities and people experiencing social isolation.

Musical Walkabout developed **Music Helps** in the midst of the Covid-19 pandemic, and delivered its first 12 month trial of online staff training sessions in 2021. Average H&SC staff turnover in Oct 2020 was 30%, equating to 430,000 staff leaving the profession - a worrying deficit. **Music Helps** is a response to the immense pressures healthcare staff are under, and our belief that front line staff wellbeing is integral to a functional care system.

Springing from decades of global research into the benefits of music, **Music Helps** represents a comprehensive toolkit in how to use music to support staff and patient wellbeing in easy, fun and engaging ways. Musical Walkabout's methods have been independently evaluated by **Sidney De Haan Research Centre for Arts & Health**, with strong evidence gathered in its efficacy.

EXPERIENCE

Musical Walkabout have delivered services, projects, workshops, courses, presentations and events for Arts Council England, NHS, Kent County Council, South East Care Home Education Program, The Utley Foundation, Alzheimer's Show, Care Home Expo UK, Dementia Pathways, the United Nations and presented an expert witness knowledge transfer to The House of Lords.



BESPOKE

Musical Walkabout knows how busy and overstretched care sector professionals can be. Use our help to create the perfect **Music Helps** staff training package to suit your team's needs. We offer;

- 1 Day Workshops on a variety of topics (1 full day session)
- ½ Yr of monthly training (6 sessions)
- A full year of monthly training (12 sessions)
- A package of your own design

Sessions include practical tools and exercises using music to reduce stress and anxiety, and designing bespoke **Music Helps** toolkits. Staff will learn how to Creative Care Plan, developing simple healthy habits to use music to enhance the daily life of residents, service users and patients, while supporting staff to engage with the ways that **Music Helps**.

PARTNERS

Musical Walkabout's founder and **Inclusive Music Practitioner Nina Clark** partnered with professionals from **NHS EKHUFT**, Occupational Therapist **Lisa Doherty of Dementia Support Services CIC** and group participants living with dementia, to develop Music Helps. This process ensures our practices are inclusive, ethical, adaptable, useful and practical.

COSTS

Costs can include; inclusive music practitioner, project management, operational development, promotion, travel and venue hire.

To learn more, visit

www.musicalwalkabout.com/musichelps

or simply email nina@musicalwalkabout.com