

Intergenerational Music Making

Annual Impact Report
September 2022



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Introduction From Our Founder & Director



During 2022 our aim was to continue our work creating healthy intergenerational communities across the UK.

We have continued to bridge the gap between generations, tackling loneliness, isolation, supporting those living with dementia, carers, those suffering from mental health issues, young people and championing black and ethnically diverse groups. Our projects have brought together targeted groups, challenging hierarchy and creating spaces for new voices.



The impact is that by unlocking creativity in the communities we serve we are able to successfully demonstrate and support a place-based, collaborative approach for prevention and health creation.

We have seen communities thriving, igniting happiness, resilience, compassion and energy, improving wellbeing, forging new connections plus developing sustainable solutions.

Throughout 2022 we have highlighted how need and approach must be shaped and adapted across different boroughs considering; funding and budget capacity, access to creative spaces, barriers preventing access, attitudes towards the arts and older people, integration cross-sectorial, staff capacity and training opportunities.

Our projects have focused on building localised community cohorts to ensure continuous development at each stage of delivery. We have seen that through these cohorts, community members, young people, staff and volunteers have been inspired and empowered by interactive training and support to take an active role in creating a legacy whereby the music, creativity and intergenerational connections become embedded within their community.

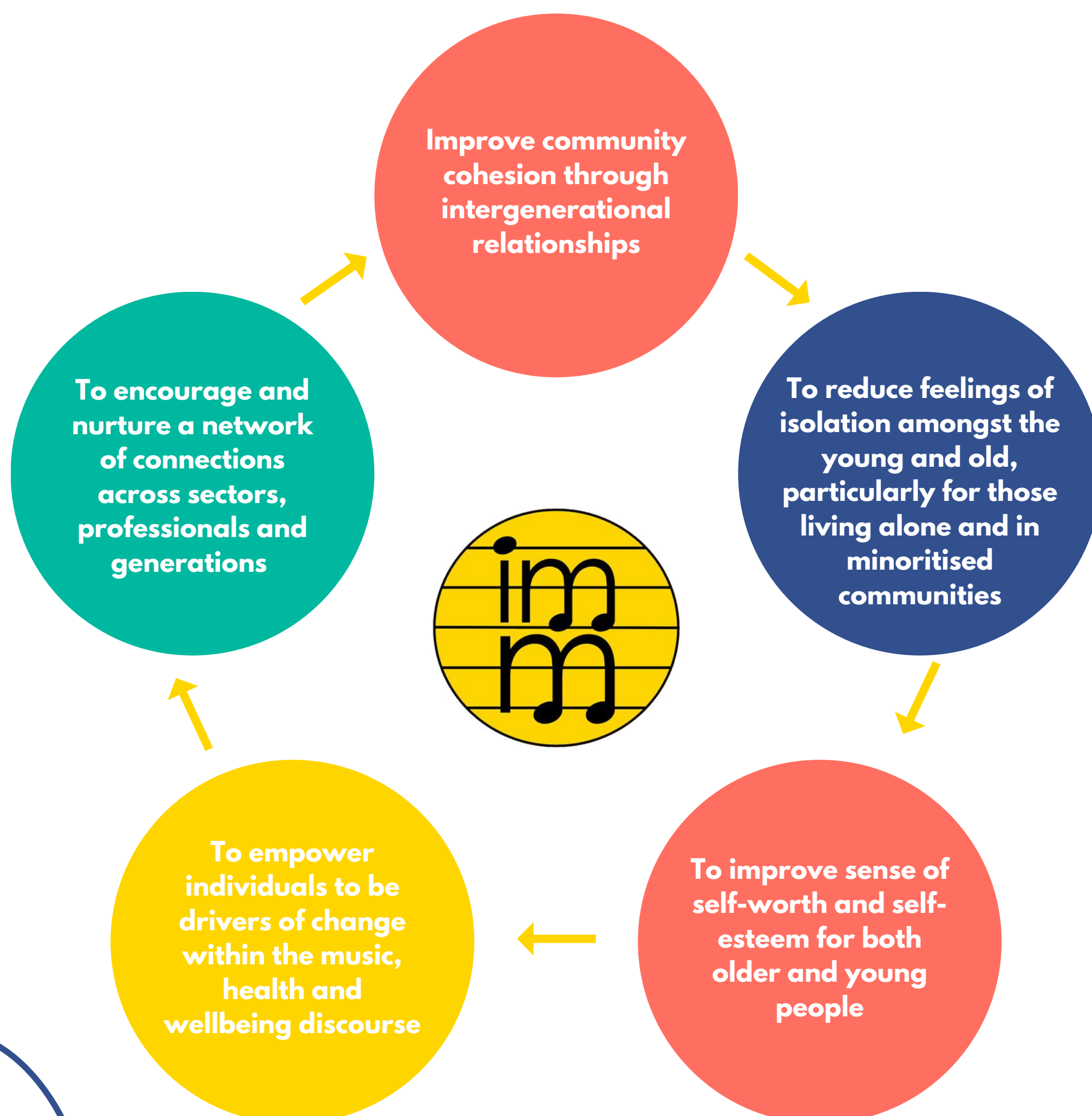
We believe we can achieve this by connecting the voices of all generations with the people designing policies, systems and services. We have learnt that by bringing together our community members, professionals and those with lived experience we have the unique opportunity to bridge divides through music and creativity, creating spaces for creative dialogue, responding directly to individual and community needs and empowering groups to create social change.

About Us

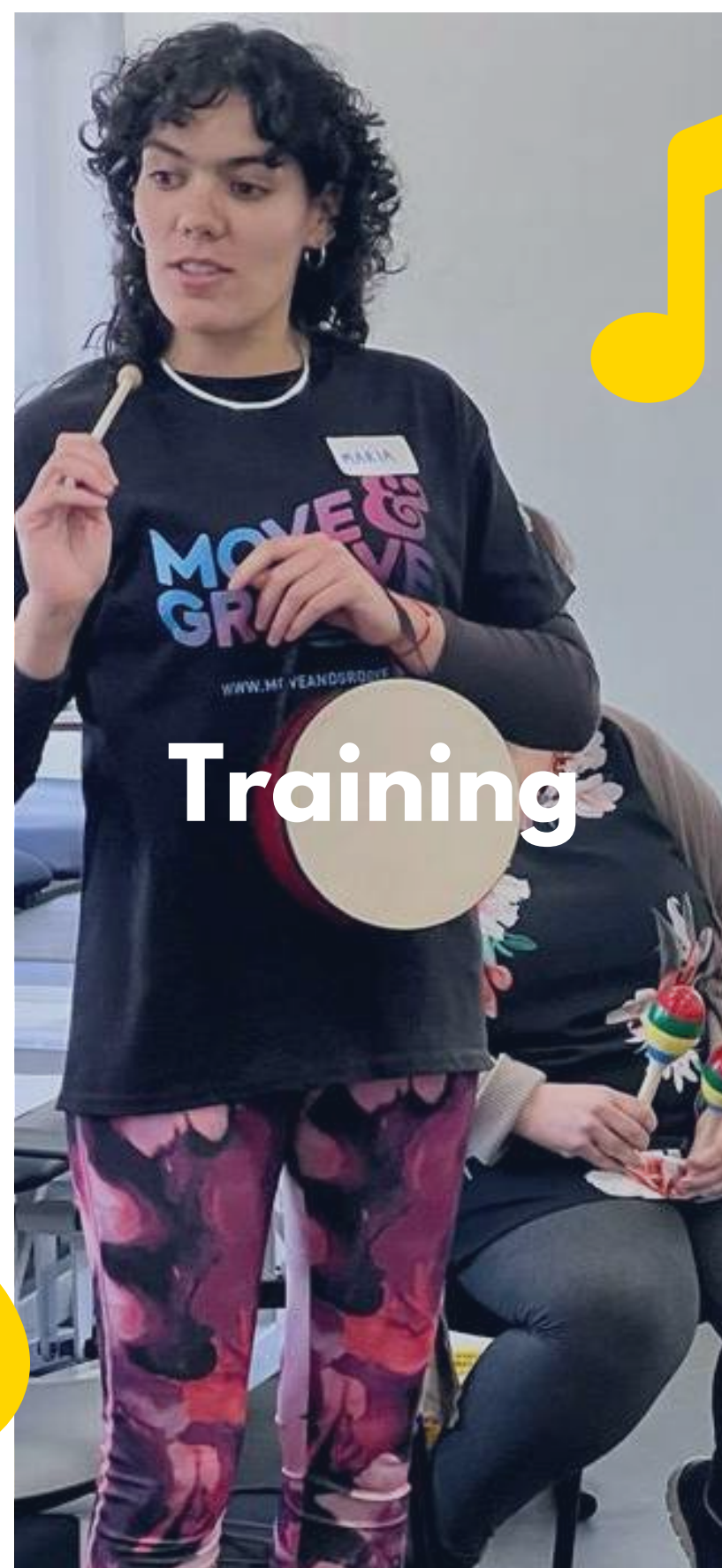
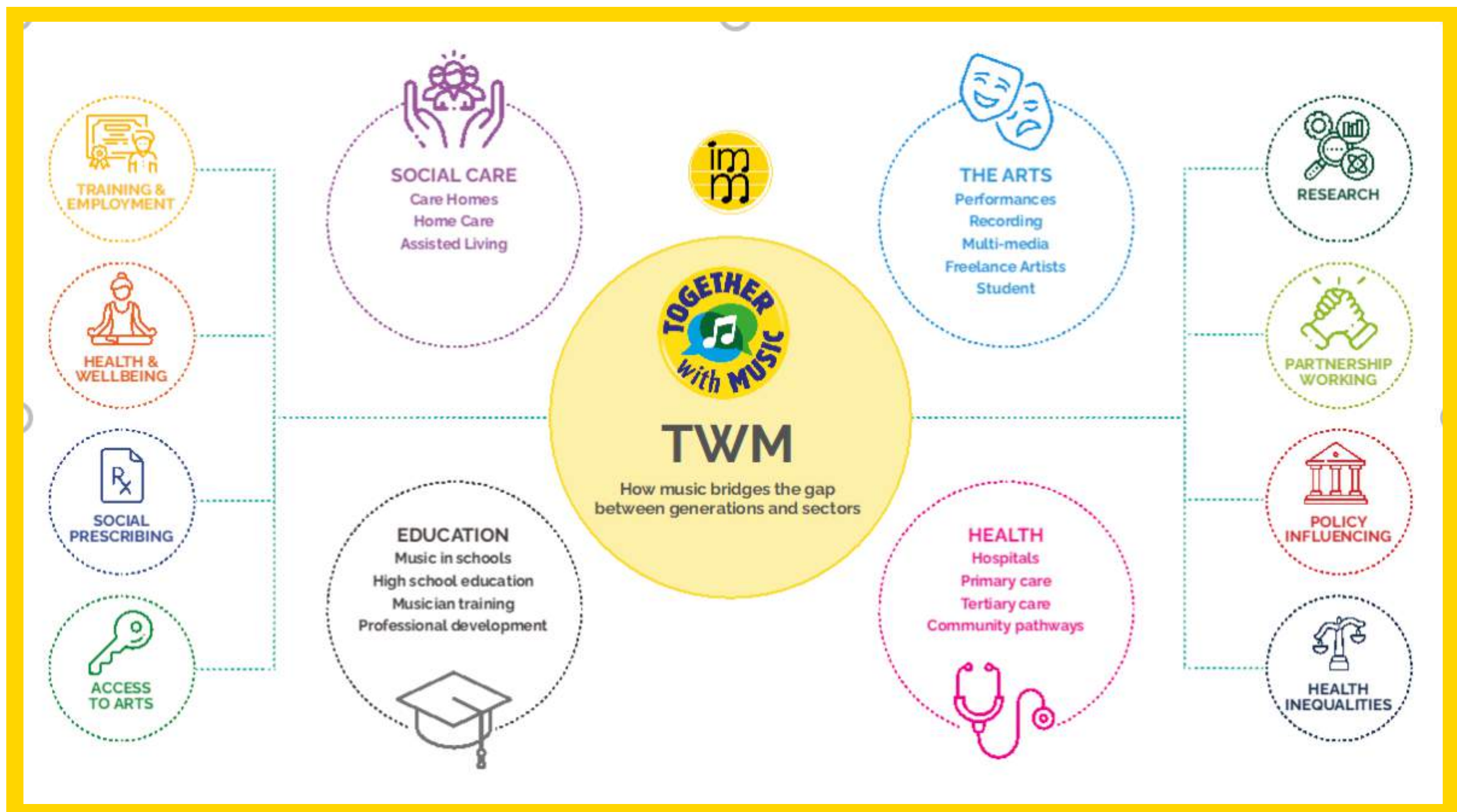
IMM (Intergenerational Music Making) is a national not-for-profit organisation which delivers programmes, training, campaigning and research to improve the mental and physical wellbeing of the old and the young in communities across the UK, through the power of music. We work closely with care homes, schools, hospitals and musicians sharing our unique expertise to deliver and embed a culture of intergenerational practise.

Our Approach

IMM's unique approach combines clinical practices used in music therapy with bespoke techniques proven to maximise intergenerational engagement. Our pioneering work has influenced and helped shape national programmes and practise including across Social Prescribing and Clinical Commissioning Groups.



Ecosystem & The Three Pillars



Programmes

Music Therapy

**Together
with Music**

**Move &
Groove**

**IMM
Community
Hubs**



It starts with a song!



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Together With Music

Overview



Together with Music is a virtual, intergenerational music programme, a partnership between IMM and Care England, that builds connections between care homes, residents, older people, local schools and youth groups.

Since the launch of Together with Music in 2020, the platform has been host to over 1,450 organisations across the health, social care, education and arts sector establishing many intergenerational connections and demonstrating that during a challenging time of distance and isolation music prevails and has inspired incredible connections.



1400

Together with Music Members



78,000

Individuals Engaging



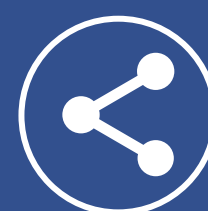
9000

People Living With Dementia



400

Intergenerational Projects



96

Creative Partners



280

Staff Trained

“I can see the difference Together with Music is making and the multitude of benefits that come from connections between generations and communities. Together with Music is creative and responsive and is going to be transformational for overall wellbeing and quality of life.”

Professor Martin Green OBE , CEO of Care England



Together With Music

4 Nation's Songwriting Tour



In 2022 our team completed the Together with Music 4 Nations Songwriting Tour, an exciting project that spanned the whole of the UK linking people in care homes, assisted living, schools, music groups and community members, including those living with dementia and those suffering from isolation and loneliness. This project was an excellent example of how music can be implemented as part of our country's healing and well-being, uniting all through shared musical experiences.

These workshops were delivered in seven locations across the UK and were designed to support individuals and groups in taking steps to re-establish community connections. Through the power of music and song writing we were able to celebrate voices and stories, bringing people together from different backgrounds and generations to explore and develop through the music.



The Tour Focussed On:

Bringing people of all backgrounds and abilities together to celebrate music and life

Empower people to use their voice to share their story

Reintroduce people to the power of music making

Support local volunteers and musicians through creation and facilitation

Build stronger, healthier and more integrated communities through music and understanding

Promote strong partnerships across sectors and communities



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Together With Music CCG



Our CCG programme brings together county councils, NHS, districts and boroughs, social care and education to build integrated care systems and contribute to thriving community connections. We are delivering over 100 projects across the Surrey Downs working with both schools and care homes to improve the lives of both school children and care home residents.



“ The is a resident living with dementia who often suffers from low mood. After the session I came to take her back to her room and her whole face had lit up. She was so happy. ”

Care Worker at Greenacres Care Home

Surrey Downs Health and Care Partnership, is a collaboration of health, social care and local authority partners that set three main goals which this project addresses:

- Help people to lead healthy lives
- Support the mental health and wellbeing of this population
- Support people to fulfill their potential

At the end of this 6-week project, care home staff and activity coordinators were invited to participate in a one-day training course. This session ensured that the staff were equipped with the skills to use music-making tools in their work and to continue intergenerational sessions within the care home.

Project areas:

- Leatherhead
- Dorking
- Banstead
- East Elmbridge
- Epsom
- ICP

Abi & Alan's Story

"An Hour with Alan" Together with Music Podcast



Left to right: Alan Sykes, Ellie Colton, Abi Dawson, Chris Durkin

Prior to working at Lavender Hill, Abi was a stay-at-home mum with a background in fashion design. When her daughter started school, she was looking for a part-time role close to home where she could utilise her creative skills in a rewarding job.

Working at Lavender Hill Abi discovered that the residents all loved anything to do with music. However, one resident a former BBC Radio Manchester presenter, Alan Sykes was reluctant to participate in group activities. Abi got to know Alan and his passion for broadcasting and meeting people. She made it her mission to find an activity that would really engage him. Abi involved Alan in a podcast and reached out to Together with Music (togetherwithmusic.org.uk).

“**Didn't you used to be Alan Sykes?!**”

Alan Sykes had joined BBC Radio Manchester in 1971 as their first ever presenter, a role which took him across Europe interviewing music icons from ABBA to Bing Crosby. Introducing his first podcast Alan opens with the story of a recent encounter when he was asked: “Didn't you used to be Alan Sykes!”

“He's had a long career on the radio. As soon as the mic comes on he just comes alive it's wonderful his mood lifts and he's got so many stories and lessons to teach us. I would never have thought this could happen and want to thank Abi, Lavender Hill Care Home and Together with Music for just giving my dad an opportunity to be himself and to speak his truth to the world.”

- Jonathon Sykes, Alan's son



IMM Hubs



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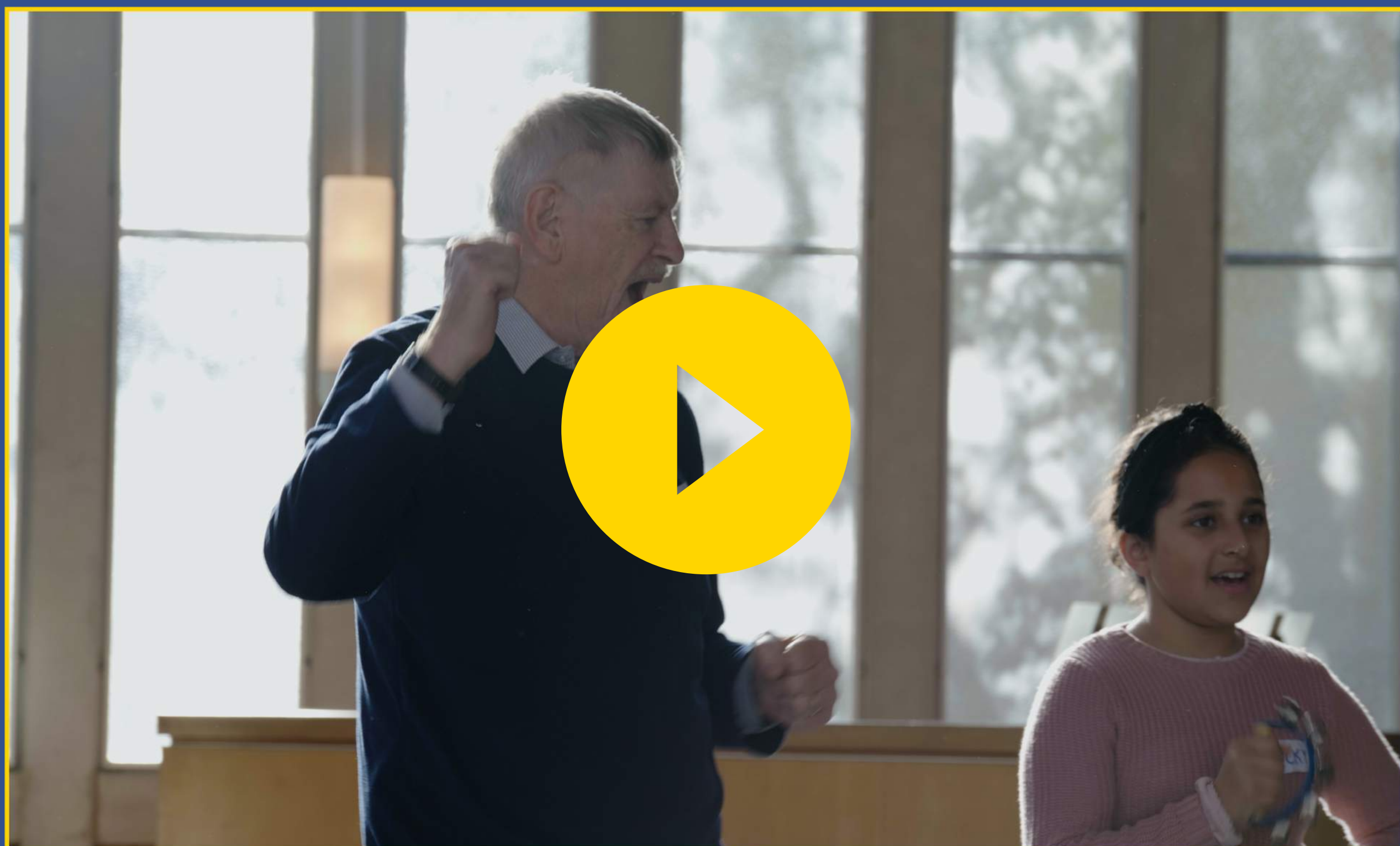
IMM Community Hub

Overview



IMM Community Hubs offer a warm welcome and provide weekly sessions that bring together the community in unique music making workshops. A morning of musical expression, creativity, exploration and community. In the hubs working with partnerships to promote wellbeing and community cohesion whilst bridging the gap between generations through activities designed and led by our professionals and specialist artists from the performing, visual, media and literary arts.

The hubs take place in central community settings, working closely with partners, volunteers, schools and care homes to create a thriving network built on musical creativity and connection. This is one of the songs created by our Woking attendees:



We aim to encourage people to be active members within their community, supporting individual development and community sustainability. We have seen through our volunteer and training programmes individuals gain pride, respect and ownership over the people and places where they live and addresses isolation and health problems.

The Hubs also aim to create care pathways for those living with dementia (whether from home to care home or from hospital to community or vice versa) offering a safe and nurturing community space for those living with dementia and their family and carers.

IMM Community Hub

The Steps



**Building relationships with
local community partners**



**Intergenerational
connections between
young and old**



**High quality training for
staff and volunteers**



**Music and movement
project delivery - led by
trained staff**



**Evaluation and
sustainability support**



MOVE & GROOVE

Move & Groove

Overview



Move and Groove is a national music and movement programme, creating activities across social care and education and delivering projects to support the mental and physical wellbeing of both the young and old. The programme offers innovative training and projects which combine the worlds of music with movement. The pilot for this project started in May 2022 and is currently taking place in collaboration with the Youth Sport Trust and the South Bank University.



Move & Groove aims to tackle both isolation and create community connections. The ultimate aim is for Move and Groove to become a regular national programme within care homes to accelerate the growth and impact of intergenerational practice and maximise the health and social benefits for young and old.

Where Are We Currently Working?

Huntingdon Cambridgeshire

Ashford Kent

Great Bookham Surrey

Twickenham Middlesex

Wimbledon London

Bury Lancashire

Reigate Surrey

New Brighton Merseyside

Weymouth Dorset

Matlock Derbyshire



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A Move & Groove Story

National Day of Arts in Care Homes –
24th September 2022



During The National Day of Arts in Care Homes we delivered our Move & Groove pilot - dedicated to using music and physical activity to change the lives of generations. Amongst the care homes participating were Ivonbrook and Darley Hall Care Homes in Matlock Derbyshire who were paired with Highfields School. The residents who participated were those who were withdrawn, isolated and did not engage in many activities and the children chosen were those with low confidence or limited communication skills. The results of this work were extremely positive, and both the residents and the children involved benefitted from the interaction.

“There was a gentleman of 102 who just said how amazing it was to have that connection with young people.”

“The residents just love it, there’s lots of banter and laughter which I think helps with those personal connections. The students have been surprised that the residents have been so much fun. There was a gentleman of 102 who just said how amazing it was to have that connection with young people.”

- Janice Price, Move & Groove session leader

“It’s important for our residents to live active lives because it keeps them mobile and independent which is what we are about. One lady in particular wasn’t initially up for coming along and one of the children really connected with her. She is just smiling each week which is so lovely to see. Even the week after the project finished there is a buzz about the place.”

- Katherine, Care Home Worker



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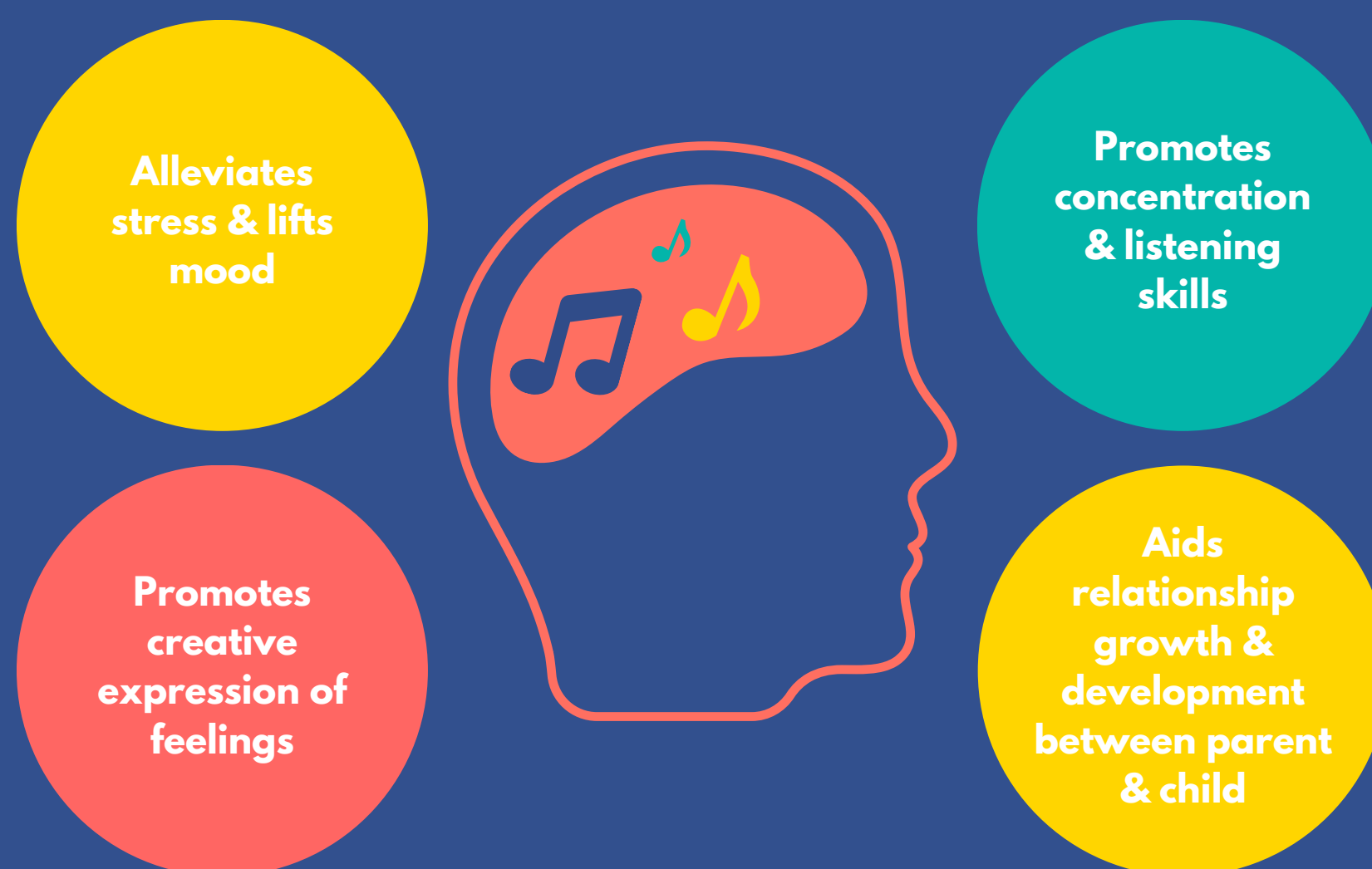
A woman wearing a light blue surgical mask and a dark patterned short-sleeved shirt is playing an acoustic guitar. She is standing in a clinical or hospital room, with white cabinets and a door in the background. The image has a blue tint and decorative wavy lines in yellow, orange, and teal in the corners.

Music Therapy

Music Therapy

Overview

Music therapy is based on the understanding that all human beings are able to respond to music irrespective of musical ability. It is used as a tool for expression that allows us to be in touch with our emotions and allows for freedom of communication without the need for words. Music therapists work with people of all ages who have psychological, behavioural, learning or physical difficulties.



Music therapists can provide pain treatment, a distraction whilst waiting to be seen or discharged from hospital and music therapy can be used to combat boredom for patients and caregivers. Working with mental health nurses can empower staff to use music therapy techniques in their work and therefore reduces the pressure on them. Future work may include educational sessions for staff on the effective use of music on hospital wards.

In 2022 IMM has supported placements at: Frimley Park, Farnham, Wexham Park, Ashford St Peters and the Royal Surrey Guildford hospitals and Woodlands Primary School and Cobham Free School



Frimley Park Hospital

A Music Therapy Story



Patient E was a 15 year old with severe mental health difficulties who was hospitalised for seven months. The aim was that music therapy would alleviate negative feelings and provide a confidential space for self-expression.

During the first (trial) session, the therapist together with patient E wrote a song about walking through the woods. E was shown a simple chord on the guitar to accompany their singing. A member of staff was present throughout the session. E responded well to music therapy and further sessions were advised.

“

Having a music therapist on site reduces pressure, alleviates stress and shares the caseload burden.

”

Our music therapist, Izzy had a further five sessions where together they explored the guitar, kalimba and wrote more songs. Creating something was clearly important for E and there was a clear benefit of music therapy.

When E was engaged there was focus, humour and playfulness, especially with the song writing. E continued music therapy until a placement became available for her and then she moved away from the hospital.

A referral and report was written to accompany E to the placement so that there was continuity in the work we had already undertaken.

“Music therapy is just amazing – my daughter was so engaged, more than I’ve seen her this week”

- Parent





Training

Training Overview

Since January 2018, IMM has been delivering training on Intergenerational Music Making to care staff, students and musicians across the UK. The training aims to inspire, equip and utilise music and intergenerational practice into care, health, community and educational settings. Training is delivered directly to care staff, volunteers, musicians and community leaders and is shaped accordingly to empower individuals to develop their practice.



“ The training was mind-blowing to me! It was extremely helpful for me to understand the clinical thinking behind music and intergenerational sessions. ”
A big thank you!

Tamer, Activities Co-ordinator for Jewish Care.



634 Staff, Students & Volunteers Trained in the last year

Benefits of IMM training:

- Empowering caregivers through training and upskilling
- Supporting job retention across the health and social care sector
- Cost effective approach to care
- Supporting the wellbeing of staff and patients

Runwood Homes Training

IMM Training at Runwood Homes Conferences



In April 2022, Intergenerational Music Making delivered training sessions for Runwood Care Homes in Nottingham and Essex. 75 care staff took part in the training which was designed to:

- Provide staff with practical tools and skills to facilitate music in all homes
- Boost confidence and share musical ideas across teams whilst understanding the impact of music in supporting residents
- Demonstrate why we use music for those living with dementia
- Provide a toolkit for care staff

“**Now I’ve got the tools to know how to put things in place.**”

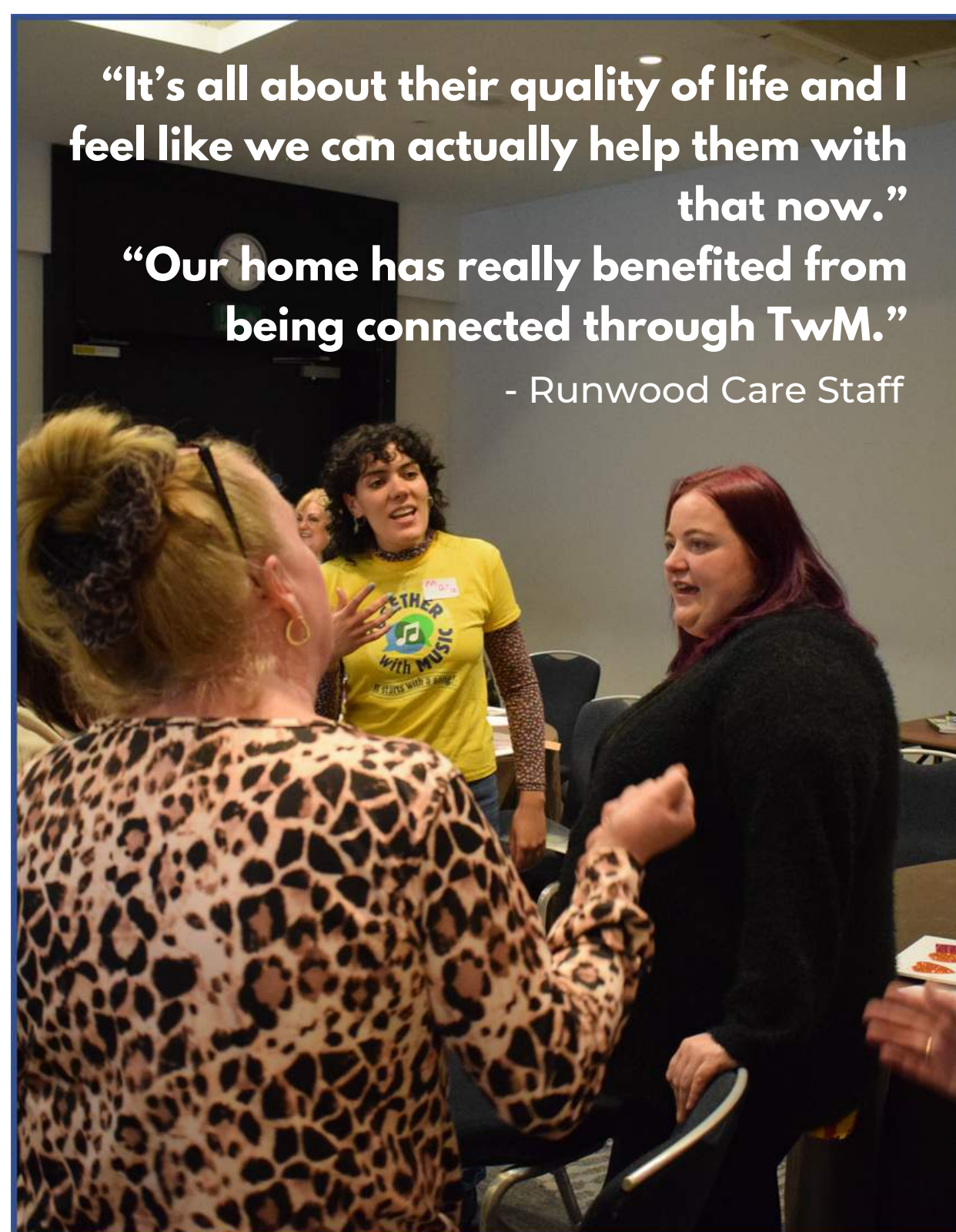
At the end of the training sessions staff members were invited to utilise what they had learnt during their training and to put it into practice with their residents to complete a song-writing challenge using the song “My Favourite Things.”

The aim of the challenge was to demonstrate that:

- Creating songs collectively enhances a sense of belonging and empathy
- Songwriting is a great tool to stimulate self-expression, communication skills and stress relief

Care staff can use music and song writing to support their residents and themselves.

The team at Loganberry Lodge in Colchester were the winners of the challenge!



“It’s all about their quality of life and I feel like we can actually help them with that now.”

“Our home has really benefited from being connected through TwM.”

- Runwood Care Staff



Social Prescribing

Social Prescribing

Overview



In 2022 IMM began work on the programme 'A Spoon Full of Music' in collaboration with Ashford and St Peter's Hospitals. The aim of the programme was to accelerate the growth and impact of intergenerational practice and maximise the health and social benefits for both young and old through an innovative and inspirational intergenerational music and movement programme. The project included clear phases of delivery and training which aimed to address health inequalities, loneliness, isolation, inactivity and mental health challenges for ALL ages. It was delivered at both the Bradley and Geriatric unit.

Bradley Unit

1 Group, 12
Patients

Geriatric Unit

2 Gender Specific Groups, 10
participants in each

NICU

Open, 121 Music Therapy Sessions for care
givers, their babies, and staff.

The Claire Fuller Stocktake Report outlines that in order to alleviate the rising pressure on the NHS, we must follow through with a plan to focus on integrating community based organisations in battling health inequalities instead of looking at them as a secondary option. In addition to 'A Spoonful of Music', the IMM hubs are responding to local and national agendas around social connection, isolation and loneliness, employment and training, volunteer networks, health inequalities and more recently the cost-of-living crisis. We have recognised that the wider determinants of health encompass every part of an individual, considering race, economic background, health, gender and culture. We need to find solutions that can fundamentally support an individual by working across sectors and with professionals to create change in a holistic and person-centred way. Through these strong partnerships and integration of anchor institutions it is possible to achieve longer and happier lives - as well as a more sustainable model of primary care that is supported by pillar organisations. These pillar organisations are at the heart of social prescribing and work hand in hand to support the wider NHS ecosystem and person centred primary care delivery. It is through further development of this ecosystem that we will be able to see greater health accessibility, improved health care satisfaction and greater understanding of the positive effects that can be achieved through the utilisation of culturally based organisations in the healthcare system.



Research

Research

We are thrilled to announce that we will be partnering with the London South Bank University to continue our research on Intergenerational Music Practice.



**London
South Bank
University**



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The Difference We Make

We know from experience that music can connect, transcends ages, race and background and empower individuals to raise their voices. Music and specifically intergenerational music can sit at the heart of our community ecosystem providing a response to health inequalities, care, employment, social prescribing and community development.

As we begin to recover from the pandemic, IMM can act as the mediator between the health, arts, social care and the educational sector. It can be at the heart of this new thriving community ecosystem - one that empowers care givers and communities, celebrates and champions the voices and stories of both the young and the old and encourages cross sectoral working and strong integrated care networks throughout the UK - all built upon the joy of musical connections.

IMM is meeting local and national agendas, improving the mental health and wellbeing of the young and older populations and is proving to be cost effective and sustainable. We have an opportunity now to build intergenerational connections and strong communities.



Health Inequalities

Overview

Inequalities include differences in health status, employment, educational opportunities and these inequalities differ between various population groups in relation to the social conditions in which people are born, grow, live, work and age. Inequalities have been identified in the UK and disproportionately impact on those in poverty, disabled, black and minority ethnic communities.



We know this is not just a health issue but also impacts a wider sphere on education, economy and community. We need to work from the ground upwards to provide holistic solutions and we need to find solutions that can fundamentally support an individual by working across sectors with professionals to create change.

Our work sits at the heart of the community shaping intergenerational projects, community hubs and training programmes to meet local needs. Our independent research concludes that there are five key elements to this work:

1

Bringing people together to share meaningful experiences.

2

Enabling equal-status interactions between people from different walks of life.

3

Nurturing people's agency to improve their own lives.

4

Cultivating a shared sense of belonging within and to a specific place.

5

Empowering individuals through training and transference of knowledge, skills and capability.

Health Inequalities

Our Work

We believe we are in a position to work with our service users, partners and volunteers to address inequalities through sustainable connections, fostering community relationships and offering employment and training opportunities. We have observed that by providing spaces where marginalised voices can be heard and acknowledged together with creating opportunities for communities to have direct impact in decision making and delivery, contribute to better health outcomes.



As we now emerge from Covid it is vital that we take steps to rebuild in a more inclusive and creative way by listening to communities and placing service users at the heart of their care. Our work aims to tackle health inequalities and create new spaces where voices can be heard, acknowledged and celebrated. Through music making, songwriting, choral singing, art, movement and so much more, we are working to provide spaces for people to share their stories and make new connections.

2023 will see IMM working with schools, care homes, local musicians and creatives, GP's, social prescribers, NHS, families and community members to ensure health inequalities are addressed. We believe everyone can respond to music and through music people from all backgrounds and cultures have an opportunity to connect and interact with others

It starts with a song!

Awards & Press

We are grateful to have been recognised for our work across the care and educational sectors. In 2022 we were nominated for a number of awards.

2022 Excellence in Health Creation Awards

- **Winner** of the Health Connector of the Year Award (Together with Music)
- **Highly commended** for Health Creator of the Year (IMM)



We were also **finalists** for these awards!

Children & Young People Awards 2022

- Children with Disabilities Award
- Wellbeing Award

British Care Awards 2022

- Putting People First Award (North West)
- Social Care Covid Hero Award (South East)

Additionally, IMM received a number of media credits:

BBC The One Show:

<https://www.youtube.com/watch?v=cIRDYqI7kmg>

BBC Radio Surrey:

<https://www.youtube.com/watch?v=GUxiN09oK7E>

BBC Radio Manchester:

<https://www.facebook.com/watch/?v=1365970937239761&ref=sharing>



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Closing Notes

Charlotte Miller - Director of IMM



Since founding IMM in 2018 I have been passionate to include service users at each stage of design, delivery and sustainability of our projects which are all co-produced enabling us to gain a deeper insight into local communities and individuals.

Moving forward our intention is to enhance the prominence and understanding of intergenerational practice throughout our community ecosystem and position intergenerational activity at the centre of care and health support. This can be achieved by continuing to amplify the voices of those with whom we work. We need to create spaces for debate, challenge and create positive outcomes. We need to build on the power of intergenerational music to support skill development, capacity and creativity. We will continue to demonstrate the power of intergenerational music in advancing social cohesion and by reaching out to marginalised individuals and communities. This can be achieved by bringing together children, young people, the elderly, professionals from across health, social care and the educational sector. My belief is that IMM can create change, energise, and empower community collaboration in order to support communities in the future.



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