



INTERGENERATIONAL CREATIVE HEALTH SOLUTIONS

An example of an Intergenerational Music framework and programme delivery across Surrey Downs with Surrey Heartlands, Health and Care Partnership and Intergenerational Music Making

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Who We Are

IMM (Intergenerational Music Making) is an award-winning, national not-for-profit organisation, working across UK. We deliver programmes, training, campaigning and research to empower communities and support individual wellbeing across generations. Our projects are designed to actively engage with diverse target audiences, including schools, care homes, hospitals, and the wider community. We tailor our activities to cater to the needs and interests of each group, ensuring that participants of all ages find meaning and connection through music and creative endeavours.

We use music as a vehicle to connection, fusing together our music therapy and community arts knowledge with sports, nature and creativity to bridge societal gaps and connect people of all ages.

We believe in fostering intergenerational collaboration, partnerships and solutions across sectors and strengthening local provisions through robust community connections. Intergenerational practice provides an inclusive forum whereby individuals stories, heritage and culture are celebrated; cultivating empathy and compassion; respect; and understanding; and addresses social issues of the present and future

Find out more about our impact and projects here:

Comic Relief: Find out more about the impact of intergenerational connections on loneliness in care homes [HERE](#)

IMM Hub: Take a look at how our community hubs support the local community and the benefits of intergenerational connections [HERE](#)

Who is IMM?: Learn more about what we do, how we do it and the impact our work has had [HERE](#)

Together With Music: A collaboration between Mole Valley District Council (MVDC), Surrey Downs Integrated Care Partnership (ICP) and Intergenerational Music Making : [HERE](#)





This report will focus on highlighting the importance of adopting innovative, and all inclusive solutions to tackle health disparities and primary healthcare issues at a neighbourhood level. The report will also outline an example project, delivered by Intergenerational music making in partnership with Surrey Downs Care Commissioning Groups and the Better Care Fund. It will provide evidence and the blueprint of how creative health and intergenerational approaches can prove to be a cost-effective and a preventative line of action to better person-centred care across the NHS.

The Need

Across our communities, we are seeing a rise in issues around health inequalities, loneliness, and mental health challenges, profoundly impacting individuals, regardless of age, yet significantly impacted by marginalised socio-economic strata. For instance, recent studies have revealed alarming statistics: in some areas, individuals from the lowest socio-economic backgrounds experience a life expectancy up to 15 years shorter than their more affluent counterparts. Moreover, research indicates that over 9 million adults in the UK often or always feel lonely, with younger adults aged 16 to 24 and older adults over 75 experiencing heightened levels of social isolation. Concurrently, mental health disorders affect approximately one in four individuals, with lower-income communities disproportionately bearing the brunt of inadequate mental healthcare services and support. These data underscore the intersectional nature of these challenges and a need for urgent, preventative interventions to help foster inclusive, resilient communities.

Intergenerational practice in care homes serves as a catalyst for creating cohesive communities where individuals of all ages feel valued, supported, and empowered. By nurturing these connections and fostering a culture of learning and collaboration, we aim to pave the way for a healthier, more resilient society, working to position care homes at the heart of communities.



Intergenerational Creative Health - Surrey

In 2021, the Intergenerational Creative Health Programme: Together with Music showcased a practical approach to improving health outcomes in collaboration with care homes, schools, VCSE, community assets and the wider community. This project was supported by the Better Care Fund and Surrey Downs Care Commissioning Groups and enabled us to deliver an effective and sustainable intergenerational music framework.

IMM was tasked with implementing 60 projects and establishing 6 new intergenerational hubs, working closely with various stakeholders including social prescribers, GPs, schools, care homes, libraries, churches, community groups, integrated neighbourhood teams, artists, and practitioners.

Central to IMM's approach was the empowerment of staff members and the repositioning of care homes as integral parts of the community. This involved embedding intergenerational practices across care plans and cultures, fostering a shift toward a more inclusive and participatory model of care.

As part of these hubs, several care homes transformed into vibrant community hubs, welcoming local members, schools, and volunteers to participate in regular sessions aimed at cultivating meaningful relationships. These efforts were dedicated to building and maintaining connections that support health and wellbeing outcomes for all involved.

By prioritising staff empowerment and community integration, IMM not only enriched the care experience within homes but also strengthened the fabric of the broader community. This grassroots approach underscores the transformative potential of intergenerational collaboration in promoting holistic wellbeing and social cohesion across generations.

60

Projects across 6 boroughs delivered

450+

Participants reached across all ages

133+

Intergenerational sessions delivered

75

Cross-sectoral partners engaged



The Model



60 projects

A total of 60 projects were delivered, linking care homes, school, youth and wider community groups together in innovative music and creative health projects

6 PCNs

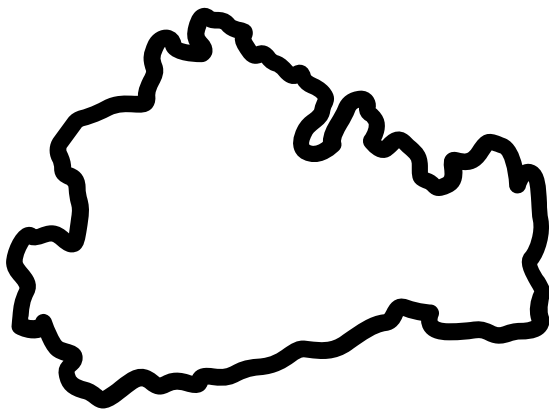
Projects were split across 6 PCNs, with 10 projects delivered in each working with partners from across sectors.

6 Hubs

Post project, an intergenerational creative health hub was established in each PCN to ensure sustainability, training volunteers and work to expand reach and engagement

Who We Worked With

In order to make the 60 projects possible and feasible to run, we collaborated with SP's, GP's, schools, care homes, libraries, churches, community groups, integrated neighbourhood teams, artists and practitioners, recognising the need for a intergrated and relationship focussed approach to support health and wellbeing.



East Elmbridge
Dorking
Epsom & ICP
Leatherhead
Banstead



Feedback

"The programme has been incredibly successful, we saw great engagement from the residents and a definite lift in mood after participating."

Craig, Activities Coordinator

"I also thought this initiative was not only a lovely thing for residents of a care home to do for their stimulation and enjoyment, but for the children too. They all have been asking me to take them back because they want more!"

Chloe Parker Teacher



Evaluation Tools

Pre & Post-Project Questionnaires

Each project participant was invited to complete a pre-project questionnaire prior to their initial session, followed by a post-project questionnaire immediately after their final session.

- **Warwickshire Loneliness Scale**
- **WHO-5**
- **HEartS Toolkit**
- **Arts Observation**

Feedback from Professionals

Written feedback from staff, the Music Therapist diligently documented each session, capturing clinical notes, participant impressions, and project progression insights. These notes underwent thematic analysis to extract meaningful insights.

Thematic Analysis of Clinical Notes

Thematic analysis helped us find important themes across all 60 projects. By carefully looking at the data from each project, we discovered common patterns and insights. This allowed us to understand what worked well and what challenges were common across all the projects. This information will guide our decisions and future projects.

Video Analysis

Video analysis process involved examining recordings of each session, whether conducted online or in person, to gain valuable insights. By closely observing participant interactions, expressions, and responses, we gained a comprehensive understanding of the project's dynamics and impact. This method provided us with rich qualitative data, allowing us to identify key moments, patterns, and areas for improvement.

Case Studies

Case studies offer detailed narratives of individual participant experiences within our projects. These in-depth stories provide a holistic view of the challenges, successes, and transformative moments encountered throughout their journey. We were able to gain valuable insights into the real-world impact of our initiatives, allowing us to tailor our approaches to better meet the needs of those we serve.

Learning and Findings

In assessing the impact of our intergenerational intervention on the wellbeing of both younger and older participants, we have embraced a mixed methods design. We recognise the multifaceted nature of health and understand the importance of considering broader determinants beyond mere physical health. Our approach encompasses social connection, confidence, sense of belonging, and self-expression as integral components of overall wellbeing. Through the intergenerational project, we aim to bolster individuals' sense of self and their connections with others, thereby fostering positive health outcomes that extend beyond conventional measures. By taking a holistic approach, we envision a future where community-level health and wellbeing are seamlessly integrated, facilitating a more interconnected and supportive environment for all participants involved.

Building on what was already taking place across the 6 PCN's mapping assets across the neighbourhoods and fostering a good understanding of the range of services at neighbourhood level helped support a patient and add the resilience of community around them.



A word cloud featuring the following terms: understanding, excited, connected, community spirit, supported, empowered, confident, belonging, and happy. The words are arranged in a circular pattern, with 'community spirit' and 'belonging' being the largest and most prominent.

Results from HEartS - taken by the children at the start and end of the project:

100% of children had an increase of confidence and a decrease of nervousness.
47% Increase in confidence
43% Reduction in apprehension to meet the elders

Results from WHO5 taken by the residents at the start and end of the project

84% Increase in overall wellbeing

75% of participants agreed with the statement

"I enjoy spending time with other people or doing group activities."

90% of care home residents changed their answer

from 'some of the time' to 'never' when asked "Do you feel lonely?"

50% of the care home residents reported

that they have been interested in new things and felt more confident.

Further Development

In contemporary healthcare landscapes, the demand for comprehensive and inclusive solutions within health and care systems has become increasingly imperative. The traditional model of healthcare often falls short in addressing the complexities of individual needs, community dynamics, and holistic well-being. As such, there's a growing recognition of the necessity for person-centred and place-based approaches that transcend conventional boundaries and foster holistic partnerships across the lifecourse and communities.

In essence the aim of IMM's framework complements and offers the mechanisms and solutions for integrated neighbourhood teams to deliver their frameworks to allow health, social care and community provision to work more effectively together, taking a holistic approach to allow residents to stay physically and mentally health in their own neighbourhoods, and creating pathways for recovery that include outcomes such as a reduction in isolation, and involvement in local activities that promote good health.

IMM's FRAMEWORK FOCUSES ON:

1. Person-Centred and Place-Based Solutions:

- Person-centred care prioritises individuals' unique needs, preferences, and values, ensuring that services are tailored to their circumstances.
- Place-based solutions recognise the influence of social determinants of health and acknowledge the importance of local contexts, cultures, and environments in shaping health outcomes.

2. Across the Life-course and Communities:

- Health challenges often span various life stages, necessitating solutions that cater to individuals from infancy to old age.
- Solutions must also extend beyond individual care settings to encompass broader community contexts, addressing social, economic, and environmental factors impacting health.

3. Holistic Partnerships and Approaches:

- Collaborative partnerships between healthcare providers, community organisations, government agencies, and other stakeholders are essential for addressing multifaceted health issues effectively.
- Holistic approaches integrate medical, psychological, social, and environmental interventions to promote overall well-being and resilience.

4. Importance of Focusing on Mental Health Issues:

- Mental health disorders are prevalent worldwide and significantly impact individuals' quality of life, productivity, and overall health outcomes.
- Person-centred, place-based solutions for mental health prioritise early intervention, access to culturally sensitive services, and community-based support networks.

5. Addressing Loneliness:

- Loneliness and social isolation have emerged as critical public health concerns, associated with adverse physical and mental health outcomes.
- Solutions focus on fostering social connections, building supportive communities, and integrating loneliness interventions into healthcare and social care settings.

6. Emphasising Prevention and Social Interventions:

- Prevention strategies aim to reduce the incidence and burden of diseases by addressing underlying risk factors and promoting healthy behaviours.
- Social interventions encompass a range of initiatives targeting social determinants of health, such as education, housing, employment, and social support networks.

Intergenerational Practice: Creating Change Together with Dr Claire Fuller **- WATCH NOW**



How do we action

IMM's model provides the community with a centralised access point and essential structural resources. Built upon the already tested framework that underpins the INT structure, it facilitates efficient delivery and implementation. The Together with Music program took into account various factors including Information, Culture, Roles, and Buildings and built an inclusive and scalable solution that works with existing provision, inspires new partnerships and places people at the heart of their health and wellbeing. This holistic approach effectively enabled and supported systemic change, ensuring the program's success.

Intergenerational Creative Health Solutions

Engage Stakeholders



Carers - informal and formal



Children and young people



Families



Volunteers



Older People



Healthcare Professional

Build Networks



Places & Spaces



Workforce



Education



Housing



Culture



Social Care

Take Action



Access to Art, Sports & Nature



Partnership Working



Training & Employment



Research



Policy Influencing



Project Delivery

Reach Outcomes



Health & Wellbeing



Reducing Health Inequalities



Community Cohesion



Early intervention and prevention



Inclusive practices



Cost effective

