

What the M4W 'family' say



'They're smashing, the children, to sing with the children, oh yes!'

(Tony, Herne Bay)



'Well, you're all in it together. Like a team'

(Jean, Herne Bay)

'You can see people who are exhausted caring every day are relieved of the stress and anxiety by fully engaging in the activities'

(Nicola, M4W Therapeutic Arts Practitioner)



The current M4W network

People with Parkinson's/other neurological conditions, carers, family and friends:

Ashford
Chatham
Dover
Gravesend
Maidstone

People with dementia, carers, family and friends:

Canterbury
Herne Bay

Open to everyone:

Deal
Margate

Every group welcomes friends, family members of all ages, and volunteers

For more info phone 07790 263762 or email: trish@music4wellbeing.org.uk

Our services are offered free to participants.

We are a not-for-profit organisation. We rely on charitable grants and donations and the voluntary work of many



Bringing Harmony To Life!



Supporting older people who are navigating life challenges: ill-health, caring, in need of company

'I wouldn't miss it for the world'

(Carer, Herne Bay)

Web address: music4wellbeing.org.uk



- M4W singing and movement activities are designed by our team of health and arts professionals using clinical research into specific health conditions, including Parkinson's and dementia



- An understanding of the vocal and movement apparatus enables specifically targeted activities to help maintain physical health, particularly for people whose function is compromised, such as in Parkinson's or Stroke.
- An understanding of the brain's receptors & responses to music helps in the design of activities to exercise parts of the brain that are compromised, as in dementia.
- Activities are designed to stimulate blood chemistry associated with mood, such as cortisol and serotonin, and memory and social bonding, such as oxytocin.



Why we do it

Imagine being told you or your loved one has a health condition that cannot be cured and that will change almost every aspect of your life and the lives of those around you.

Imagine that on a day-to-day basis, you and your family will have to navigate these changes pretty much on your own.

Now think of coming together every week with others, like a 'family', who are going through similar experiences. Think of getting to know and trust one another enough to relax, to chat over tea and bikkies, to share your stories - good, sad, funny, intimate, challenging - to laugh and sometimes to cry together.

Combine this with opportunities for fun creative activities, musical enjoyment, singing and dance, led by one of M4W's understanding and skilled Therapeutic Arts Practitioners, each with specialised knowledge of degenerative health conditions.

Now think of these activities being a constant in your life from the point of diagnosis and going on for as long as you care to engage.

Welcome to M4W!

Music4wellbeing Community Interest Company.
Registered no. 09402378

Evidence of value

Research on M4W activities by the Sidney De Haan Research Centres for Arts and Health has shown improvements in physical, mental, social and cognitive wellbeing relating to the **Five Ways to Wellbeing**:

Keep active: Motivation; general rehab; lung health; vocal/ movement/posture control and function; increased oxygenation/energy/stamina.

Connect: M4W 'family'; new relationships; sense of belonging/camaraderie/community cohesion; emotional/creative self; own/others' cultural identity; the environment.

Take notice: Physical & social environment; arts practitioners/fellow members & creative arts content.



Keep learning: New activities; cognitive stimulation; personal & group productivity/achievement appropriate learning challenges.

Give: Mutual support; sharing of experiences and ideas; helping each other to improve quality of life