

## What the M4W 'family' say



*'I like everything about it'.*

(Joan, Deal)

*'You do something different each week. You never know what we'll get up to!'*

(Eileen, Canterbury)

*'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](mailto: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 dedicated people.



## Bringing Harmony To Life!



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

**'I wouldn't miss it for the world'**

(Carer, Herne Bay)

Web address: [music4wellbeing.org.uk](http://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.



- Understanding 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.
- Understanding of the brain's receptors & responses to music helps in the design of activities to exercise parts of the brain that are affected, for example, by dementia.
- Activities are designed to stimulate blood chemistry associated with mood and emotions, such as cortisol and serotonin, and memory and social bonding, such as oxytocin.



## Why we do it

Across the world people are living longer. On the whole, this is good news but old age can bring challenges that are difficult to manage. For some of us, these challenges do, or will be considerable, changing almost every aspect of life and the lives of those around us.

The UK health system is not able to help with all of the problems we may face in older age. This means that long-term or degenerative ill-health, bereavement, loneliness or caring for a loved-one living with these issues is pretty much left to each of us to deal with on our own.

M4W enables a coming together with others, like a 'family', who are going through similar experiences. We get to know and trust one another enough to relax, to chat over tea and bikkies, to share stories - good, sad, funny, intimate, challenging - to laugh, hug and sometimes to cry together.

Combine this with opportunities for fun creative activities, musical enjoyment and learning, led by one of M4W's understanding, skilled Therapeutic Arts Practitioners, each with specialised knowledge of age-related conditions.

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

