



**LIVE
MUSIC
NOW**

**INSPIRING MUSICIANS
TRANSFORMING LIVES**

WORKING WITH OLDER PEOPLE IN THE COMMUNITY

Engaging with music and truly talented musicians stimulates responses that can have a profound effect enhancing the quality of life for those taking part.



LIVEMUSICNOW.ORG

OUR DISTINCTIVE APPROACH

LMN selects and trains the most talented musicians emerging into the music profession, choosing those that demonstrate the potential to engage participants in a meaningful way. During their 4-6 years on the scheme, we enhance these skills, equipping them to deliver interactive performances and workshops focused on the needs and enjoyment of the participants.

SONGS AND SCONES

'Songs and Scones' brings isolated and vulnerable older people together to enjoy an afternoon of music and conversation.

Each session begins with an informal participatory music session led by LMN musicians, followed by refreshments. Presenting the music in the form of a social event and giving everyone an active choice of programme provides a setting conducive to sharing

and discussion. It is now widely recognised that taking part in such activities is an excellent catalyst to contributing to making new friends, acquiring new knowledge and to feeling more useful and optimistic in life, supporting people to live independent lives.

HOW MUSIC CAN HELP

With the number of older people across the UK set to rise dramatically there is an urgent need to tackle social isolation and ease challenges faced by the oldest members of our society. A recent report found that nearly one-fifth of over 75s "felt lonely much of the time during the past week" and whilst a quarter of 65-74 year olds live alone, nearly half of over 75s do so. Nick Pearce, Director of the Institute for Public Policy Research, said: "For too many people, growing older is a journey of loss – losing work, mobility and friendships."

“A wonderful afternoon of music, song and talk. Everything was perfect from the building, staff and the tea and scones afterwards”.

Service User



“ Brilliant! Thoroughly enjoyed the ensemble – great musicians, great characters too. Shame they couldn't have played for longer! Loved all the singing, dancing and most of all, the wonderful playing of the instruments”.

Service User

'Songs and Scones' will have positive effects on the wellbeing of older people through:

- the social cohesion that is created through shared music making
- combating isolation and loneliness by giving those present opportunities to socialise with others, leading to the formation of new friendships which will act as a support between sessions
- providing an outlet for creative energy
- bringing some joy and pleasure to balance difficult periods of transition, loss and illness
- positive effects on the physical wellbeing of older people through taking part in singing and dancing

SPECIAL OCCASION

LMN music sessions are joyful occasions. Participants look forward to the shared activity, including moving to the music, engaging in banter and good conversation with the young musicians. Sessions are about social interaction, creativity, having fun, feeling engaged with life, connecting with self and emotions and can have a profound and positive impact on those taking part.

ABOUT LIVE MUSIC NOW

Live Music Now is a UK-wide charity set up in 1977 by renowned violinist, Yehudi Menuhin. The charity retains his original aims of offering the benefits of live music to those with least access to it, and supporting and helping to further develop talented professional musicians at the start of their careers. Each year, LMN delivers around 2,500 music sessions in community settings across the UK.



WHAT'S THE COST?

Get together with another group and invite us in for an afternoon of music and conversation! Costs vary, but can start from as little as £4 per head. Sometimes we can subsidise our activities with financial support from charitable trusts and sponsors. We can also provide materials to help you fundraise for our sessions. We can offer taster sessions if funding is available.

FURTHER INFORMATION

To discuss setting up a programme, please email wellbeing@livemusicnow.org or telephone 020 7014 2829. Please contact us if you'd like a large print version of this leaflet. Am fesiwn Gymraeg o'r daflen hon cysylltwch â wales@livemusicnow.org, 02920 554040.

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