



Music in Hospitals

Creating joy through live music



Impact Report 2011

England, Wales, Northern Ireland
and the Channel Islands



about us

Our mission

Music in Hospitals (MiH) is a registered charity, established in 1948. Our mission is to improve the quality of life of adults and children with all kinds of illness and disability in hospitals, hospices, day care centres, special needs schools, nursing and residential homes through the joy and therapeutic benefits of professionally performed live music.

Our vision

To reach out to every healthcare establishment across the UK and to raise awareness of the benefits of live music within healthcare.

Our achievements

MiH is a national charity with offices in Surrey, Manchester, Wales and Edinburgh. During the past year 4,872 concerts were organised across the UK, equating to 13 concerts a day and reaching some 115,000 patients, residents and clients.

England (excluding NW)	1,744	Channel Islands	395
North West	441	Northern Ireland	14
Wales	567	Scotland	1,711

Due to the adverse weather conditions during the winter, some 100 concerts were cancelled. However, we are most grateful to all of our musicians who struggled through the most atrocious conditions endeavouring not to disappoint their audiences, to whom the music means so much.

This report covers MiH's work in England, Wales, Northern Ireland and the Channel Islands.

To learn more about MiH's operation in Scotland visit:
www.musicinhospitalsscotland.org.uk

“Your performers were so passionate and enthusiastic, they got the entire audience smiling, everybody was singing along. We included a ‘happy birthday’ AND ‘penblwydd hapus’ for one of our residents. All in all, it was absolutely brilliant.

Hafan Y Waun Nursing Home, Aberystwyth



**Llew Osborne and Jim Dawson
Queens Oak Care Centre, London**

“There was one lady who beckoned me across to speak to her. She said she had been feeling so low recently that she felt she wanted to give up with life since an operation that went wrong with her leg had confined her to a wheelchair. This lady said that she enjoyed the concert so much; it made her feel like she had renewed her zest for life.

Janet Beale, Bishops Waltham House, Bishops Waltham



Heavy Metal with a little bit of help from Diana Greenman! Children's Trust, Tadworth

“One client in particular, who is dysphasic and joins in very little, was singing along in one section and beaming widely. John saw this and kept the client's gaze repeating a couple of tunes again. Afterwards he said he had “learnt the music at school”. He rarely speaks coherently.

Garget Walker House, Richmond, North Yorkshire



the power of live music

Music is the most emotive of the arts and has great therapeutic properties. A sensitively presented live concert raises awareness of individual needs. This is what a Music in Hospitals' concert aims to achieve for people who are experiencing long-term health conditions.

Live music has the power to release subconscious emotion and tension, soothe pain, relieve anxiety and increase endorphin levels, helping the body make its own anaesthetic and enhance the immune system.

The power of music's influence in healthcare significantly reduces the stress and anxiety of the patient. It creates a supportive ambience for the healthcare practitioners, patients and their families. Music preceded speech and is the universal language of mankind. MiH's concerts compliment the process of fostering care and empathy, the foundation of healthcare providers.

Research has shown that stroke patients recover their memory and ability to concentrate more quickly if they are encouraged to participate in a live musical performance. (University of Helsinki)

The following quote speaks more eloquently than any statistics or graphs:

“*The musician held patients' attention throughout her programme, her versatility amazing everyone. Her introductions were helpful as well as interesting. She encouraged participation and patients readily joined in. Throughout the concert one patient kept getting up to dance to the music and this both moved and delighted us all. Many of the patients said afterwards what a fantastic concert it had been, their faces glowing with pleasure. Staff and volunteers commented on how much they'd enjoyed it, even while often working at the same time.*

Princess Alice Hospice, Esher

Andrew
McConnell
White Lodge,
Chertsey



“ I can guarantee that the quality of the performance will be excellent. The care that is taken in choosing the right type of performers is second to none.
Leyland Day Centre

“ It was relaxing for some and uplifting for others. Shelley had learnt a piece of music given to her by one of our patients on a previous occasion.
Severn Hospice, Telford.



Rick
Christian
South
London
Healthcare
NHS Trust

“ As usual Rick was brilliant. Not only did the patients enjoy the afternoon, but so did the staff. When he started, the doctors on the ward stopped what they were doing and stood at the door for a couple of minutes and listened. The nurses were smiling and dancing all over the ward.
St Mary's Hospital, Paddington



beneficiaries

2,005 concerts for older people and people with dementia

These concerts take place in hospitals, care homes and day care centres. The live music provides a valuable aid to reminiscence. The intimate nature of MiH concerts helps to combat feelings of loneliness and isolation that can be experienced by people in long term care.

For people with dementia, who may be unable to communicate verbally, the music provides an effective outlet for expression and interaction creating enjoyment and tranquillity.

509 concerts for people with mental health problems and long-term conditions

Our concerts provide the tool to help break down preconceptions and barriers thrown up by mental health problems and long-term conditions. A live music performance offers the opportunity for self-expression, with inclusive participation inspiring confidence and raised aspirations.

141 concerts for people with life limiting conditions

The sensitive approach and breadth of repertoire of our musicians equips them to adjust their programmes to the needs of their audience. They do not provide miracle cures, but facial expressions change from sadness to pure joy as memories are revived, anxiety lifted and pain relieved through the power of music.

158 concerts for people with learning and physical disabilities

The music, colour and movement that are typical in our concerts can stimulate or soothe, invigorate or relax, bringing comfort to mind, body and spirit. Our musicians use a wide variety of musical styles and instruments to captivate the audience and encourage participation at their own level.

Heavy Metal
St Ebba's
Hospital,
Epsom

“ We have one particular lady that we have to be very careful with as she can lash out at any time, totally unprovoked, but Jim sang and chatted to her and she was a pussycat – wonderful to see.

Clare Hall Nursing Home, Radstock



Orpheus
Papafilippou
and Andrea
Kmecova
Royal Star
and Garter
Homes,
Richmond

“ A resident who rarely ventures from her room attended the concert. She used to be a singer and sang Ave Maria with Lynne, which gave her a real boost.

Nether Place, Keswick

“ Margaret specifically noticed who could not respond verbally and made a point of using eye contact and making individuals feel special.

St Ewolds, Jersey

beneficiaries

155 concerts for children and young people

Our musicians perform imaginatively designed programmes to engage their young audiences on a number of levels. Both shy and outgoing children and teenagers become involved in listening and making music together and are given the opportunity to 'have a go' experimenting with voice, instruments and dance.

193 concerts for adults in general hospital care

A stay in hospital can be a daunting prospect. A visit from our musicians can relieve the anxiety and stress, which is so often experienced during such a difficult time and they perform by the bedsides of patients too ill to be moved.



“There was a wonderful variety of different sounds. They had lovely personalities which came through in their performance and their passion for music came across in the way they involved the children. A real boost for the children, parents and staff.

**Manchester Reed Trio,
Clare House Hospice, Wirral**

Manchester Reed Trio, Sandy Lane Children's Centre, Warrington

“The children spoke about the concert all day, and the day before as the posters were up – anticipation, wonder and excitement. When Tony arrived they were ready to go on a musical journey with him. Senior doctors commented on how wonderful the sound was and how it travelled.

Tony White, Princess Royal University Hospital, Orpington

our musicians

We recruit our musicians from a wide variety of cultures and styles. All of our musicians are carefully selected by audition for their high standard of musicianship, communication skills and breadth of repertoire. These skills equip them to cope with the demands placed upon them at our concerts.

MiH concerts present some of the most challenging settings musicians will ever encounter. This is why it is essential that they must have a wide and flexible repertoire enabling them to engage with each member of the audience making everyone feel welcome and part of the concert.

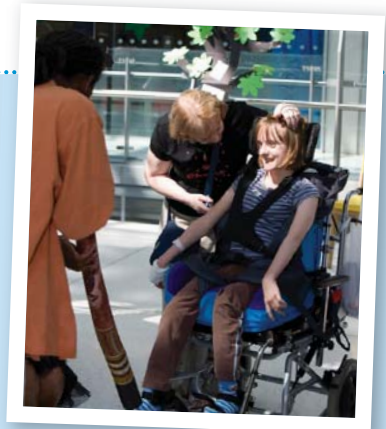
“There have been some magical moments over the past few days with audiences surprising staff with their interaction/singing/joining in during concerts. I met a wonderful 101 year-old; she had never tried a harp and was very excited. Also, there was a gentleman who sleeps most of the time but when *Amazing Grace* was sung he woke up and sang all the verses perfectly beaming from ear to ear and then immediately went straight back to sleep! So we did it again at the end and he reacted in exactly the same way. The other residents were amazed and one nurse was holding back tears. Music in Hospitals’ work really is rather special. Thank you very much as always for offering me this work.

Shelley Fairplay – Harpist

“Tony created a relaxing atmosphere of peaceful enjoyment. Parents commented that it gave them a ‘lift’ and how much all the children present had enjoyed it. One mother and daughter thanked me for organising such an interesting and uplifting afternoon.

Royal Marsden Hospital, Sutton

**Tony White, Evelina Children’s Hospital,
London** ©Amanda Vail





plans for the future

We have plans to open further offices in England over the next few years. Experience has shown that a local presence in specific regions across the country has helped the charity establish stronger links with healthcare establishments and local communities. Good examples are the success of the offices in Wales and the North West of England.

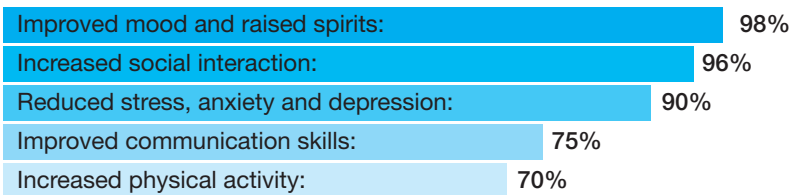
MiH intends to increase its fundraising efforts, which will enable the charity to reach a greater number of patients, residents and clients being cared for across the healthcare spectrum. However, the trustees are conscious of the present decline in economic activity and are aware that fundraising will be considerably more difficult in the foreseeable future. With healthcare budgets drastically reduced we are anxious to raise additional funds to support our valuable work.

Strategic objectives

- to increase fundraising efforts
- to continue to provide fully or partly subsidised concerts through fundraising
- to encourage healthcare establishments to host regular MiH concerts
- to maintain the high standard of artists' musical and presentation skills
- to continue to seek new musicians to increase the diversity of music
- to increase the number of concerts in areas of deprivation
- to raise the profile of the charity
- to forge closer links with healthcare establishments
- to continue to strengthen the charity's geographical presence including, where appropriate, opening regional offices
- to expand Friends of Music in Hospitals.

project spotlight: Sounds Well

This project was generously funded by GlaxoSmithKline and provided 300 concerts in hospitals, care homes and day care centres, benefiting more than 7,000 adults with mental health problems and older people with dementia. The project was a great success and achieved the following impressive outcomes:



Feedback from healthcare centres was extremely positive, for example:

“The staff and patients were talking about the performance all day and all the feedback was extremely positive! Thank you so much – it really makes the world of difference for the patients. **Harold Kidd Unit, Chichester**

“It was a real joy to witness the pleasure the concert brought to our service users. This is an acute unit and things can get hectic at times. During the concert, the atmosphere was wonderful! Everyone went about with smiles on their faces for the rest of the day. Thank you! **Ward 1, The Mount, Leeds**

We have worked on many interesting projects all of which have helped us evaluate the joy and therapeutic benefits of live music in healthcare. Major projects have been supported by:

Booth Charities • Bupa Giving • Department of Health • Freemason’s Grand Charity • Garfield Weston Foundation • GlaxoSmithKline • Grand Charities Guy’s & St Thomas’ Charity • Headley Trust • Millennium Stadium Charitable Trust • Oglesby Charitable Trust • Pfizer Ltd • Philip Barker Charity • Royal British Legion

We thank every one of our benefactors for their generous support.

chief executive's message



MiH relishes challenges and, as this report shows, there are plenty of those ahead of us if we are to fulfil our plans for the future, especially in the present economic climate.

Fundraising is the key to our success. We are enormously grateful to all of our benefactors for their support during the year, too numerous to mention individually.

In March, MiH Ambassadors organised a magnificent Royal Gala Dinner at The Haberdashers' Hall, London. We were honoured that our Patron, HRH The Duchess of Gloucester, was present on the evening. Entertainment was provided by Toby Spence, Yvonne Howard and Caroline Clipsham - a treat indeed. The event was hosted by our Vice-President, Richard Stilgoe, and raised £43,000 (net). I thank all our sponsors, MiH Ambassadors and everyone who supported the evening for making it a resounding success.

During the year people have run in marathons and been involved in a variety of activities across the country to help support the work of MiH. Every penny raised helps us reach those people to whom live music means so much.

Bill Hyde, Administrator Wales is retiring after 15 years. Bill has built MiH Wales up from a handful of concerts in 1995 to 800 at its peak. Congratulations Bill on doing a fabulous job and everyone wishes you a long and happy retirement.

This has been an exciting year. HRH The Duchess of Gloucester attended a MiH concert on the children's ward at St Mary's Hospital, Paddington. It was touching to see very shy children slowly blossom as they became involved in the music and, finally, forgetting themselves and having a wonderful time.



Whatever Music in Hospitals does is brilliant.

Cold Springs, Penrith

The quote above relates to the hard work and dedication of the 'team' and all MiH musicians. Thank you!

I have been invited to address conferences at home and abroad, The Royal Society of Medicine and local service groups. It goes to show the recognition that MiH has achieved in the field of live music in healthcare.

MiH has grown substantially over the past 63 years. We continue to achieve the successes that are acknowledged in this report through the pure dedication of our trustees, committee members, volunteers, my colleagues and our musicians, who travel far and wide to reach their many varied MiH audiences. My most grateful thanks also go to our President, Patrons and Vice Presidents. I thank everyone who has contributed so much to MiH and we look forward to another exciting and successful year.

Chief Executive

England, Wales, Northern Ireland and the Channel Islands



MiH Team photo at Bill Hyde's retirement lunch (left to right): Linda Clausen, Linda McIntosh, Lisa Freund, Trish Smart, Paul Flynn, Jess Ingham, Bill Hyde, Diana Greenman, Vicky Wreford, Sid Richards, Kath Hyde.



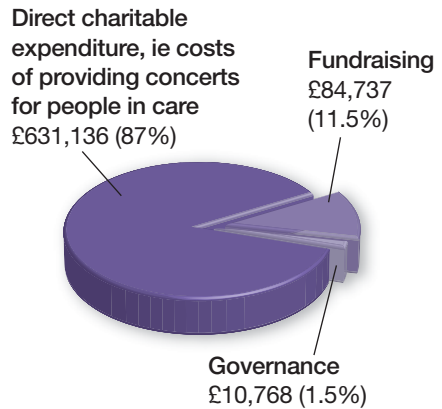
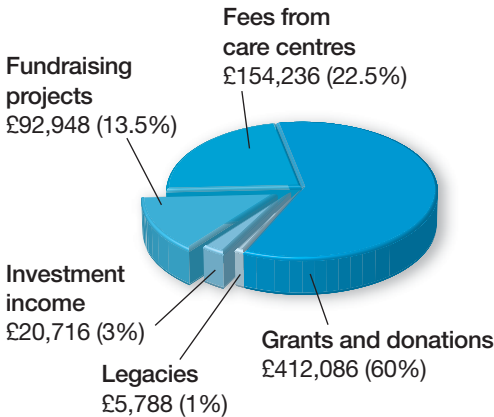
financial

The audited accounts for Music in Hospitals can be accessed via our website or obtained from MiH offices. The figures below are extracted from the unaudited management accounts for the operation covering:

England, Wales, Northern Ireland and the Channel Islands

INCOME £685,774

EXPENDITURE £726,641



We thank the many individuals and organisations whose financial support has made our work possible. We also thank The Haberdashers' Hall, which kindly allowed us to use their magnificent hall for our Royal Gala Dinner & Cabaret.

HRH The Duchess of Gloucester, left, Yvonne Howard and Toby Spence at The Haberdashers' Hall.



how to support Music in Hospitals

We constantly need funds to continue bringing the joy and therapeutic benefits of live music to our audiences.

Money raised is used in the most effective way possible to fulfil our mission. It also helps support administrative costs needed to ensure that our concerts are performed to the highest standard, along with fundraising efforts to secure the future of our work.

It is easy to make a donation:

- Online – just press the Donate button on our website
- Cheque
- Credit card
- CAF voucher

Other ways to support us:

- ‘Perfect Present’ – Gift a concert to surprise a loved one
- Become a Friend of Music in Hospitals
- Organise a local event to raise money for concerts in your neighbourhood
- Friends to Dinner – invite friends round and raise valuable funds
- Enter a run – 5K, 10K or a marathon and other challenges
- Shop online through our web shop at www.buy.at/MusicInHospitals

Further details can be obtained from our website or any of our offices.



Sid Richards, Jess Ingham and Nazali Khan at the finishing line of the Bupa Great Manchester Run – well done!



Music in Hospitals

England, Wales, Northern Ireland and the Channel Islands

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Company Secretary & Chief Executive

England, Wales, Northern Ireland and the Channel Islands: Diana Greenman

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