

Musical Connections

www.musicalconnections.org.uk

October 2018



'Music on Prescription'

'Music on Prescription' is a new project we have started in partnership with York Medical Group. Thanks to a grant from Postcode Community Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery, we have been able to set up two new singing groups, one at York Medical Group's Acomb Road surgery, and one at Tower Court Health Centre in Clifton. A recent BBC programme, 'Trust Me, I'm a Doctor', did a study looking at feel-good chemicals called endocannabinoids, which are thought to be responsible for 'runners' high' – in the study, singing raised the levels of these chemicals in the blood more than running! York Medical Group is hoping that their patients will be able to experience these benefits, while at the same time enjoying the opportunity to make new social connections with other music-lovers - there is a wealth of research which shows a clear link between loneliness/social isolation and ill health, and so it is hoped that the chance to sing AND meet others will provide a real boost to patient health!

'It's a good idea - you're socialising and all getting together to learn songs and harmonise. It's relaxing - I have arthritis, but when I come here, I forget about it - I think you forget your medical problems. That's why I bought a guitar, it's a hobby for me now' (Eddie: pictured above)

Supported by players of



Awarded funds from



One Day One Choir

To show their support for the 'Music on Prescription' project, some of York Medical Group's doctors sang alongside their patients for 'One Day One Choir', a global initiative which encouraged choirs to celebrate the International Day of Peace on 21st September. Everyone agreed singing really does make you feel better!



YO HO, ME MATIES!

After the long summer break, it was lovely for participants in our group at Glen Lodge to be able to renew their friendship with children from local primary school, St Aelreds'. The children have come to do a 3-week, pirate-themed project with the group's regular participants, which include tenants from Glen Lodge independent living community and members of a local group of adults with learning disabilities. The theme has provided a veritable 'treasure trove' of material to enable younger and older participants to enjoy each other's company. Thanks to Tang Hall Big Local for supporting this project.



Community connections help us make more musical connections...

Thank you to Tesco and the Two Ridings Community Foundation

Thanks to a grant from TRCF's Step Change programme, we are able to dedicate increased resources to working with the wider community, which we hope will help us to recruit more volunteers and generate more community fundraising to keep all of our groups and choirs going in the longer term.



The Tesco Blue Tokens scheme is a great way of encouraging the community to support us, and we were thrilled to receive a cheque for £2,000, which Tesco's local community champion, Caroline MacDonal, presented to our delighted Honeysuckle Singers!

Taster sessions available!

Sometimes the best way of encouraging people to try us out is to take the music to them. We have recently run taster sessions for OCA Y (Older Citizens' Advocacy York), Age UK and Dementia Forward – do get in touch if you would like us to run a taster for you, or know of any other organisations that might benefit from connecting with us: enquiries@musicalconnections.org.uk or 01904 373011.

Thank you for reading! October 2018



Funded by your
Ward Committee

