

MUSIC ACTIVE



SoCo
music project

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SoCo Music Project has been delivering engaging and inspirational music making activities since 2008.

We believe everyone has the right to take part in music making, no matter what your ability, age, background or circumstances.

Music is powerful, it has a place in everyone's life, whether it's a song that is close to your heart, a process that helps you through challenging times or a way to celebrate your talents.

We're passionate about creativity and using music to support engagement and wellbeing.



Our Approach

At SoCo Music Project we take a person-centred approach to delivery, putting your clients first in order to maximise our impact on the health and wellbeing of all involved: participants, their families and staff. We do this by ensuring that our Music Active delivery is flexible and responsive to the changing needs of the client group, using only the best and most experienced Music Leaders.



Meet the Music Leader - Jim Chorley
A regular performer at Folk Festivals across the country, Jim's passionate and heartfelt story telling has entertained audiences of all ages. Jim can provide a number of rich and engaging activities in your setting: sharing his wonderful songs, singing classics from across the ages, and helping residents tell their own stories through songwriting.



“I loved the social aspect and hearing and singing the old songs.”

What is Music Active?

Music Active is a music programme for the body and the mind, providing engaging and vibrant music-making and multi-arts activities that residents will love. Our programmes can be tailored to suit your needs and as well as being enjoyable and sociable, these interactive sessions offer a multitude of mental and physical health benefits.

From sing-alongs to songwriting, storytelling to music and movement; our provision of multi-sensory experiences offers opportunities for residents to exercise mind and body whilst enjoying a very sociable activity. By using a wide cross-section of music and activities we aim to reach every person in the room.

Our programmes improve, or prevent the regression of, communication skills and help with the maintenance of thought-processing skills and memory organisation. Listening to and participating in music-making can unlock memories, which in turn will stimulate conversations and prompt further communication and interaction. They also provide numerous sensory experiences that are designed to stimulate brain activity; improving function and independence amongst those with dementia.

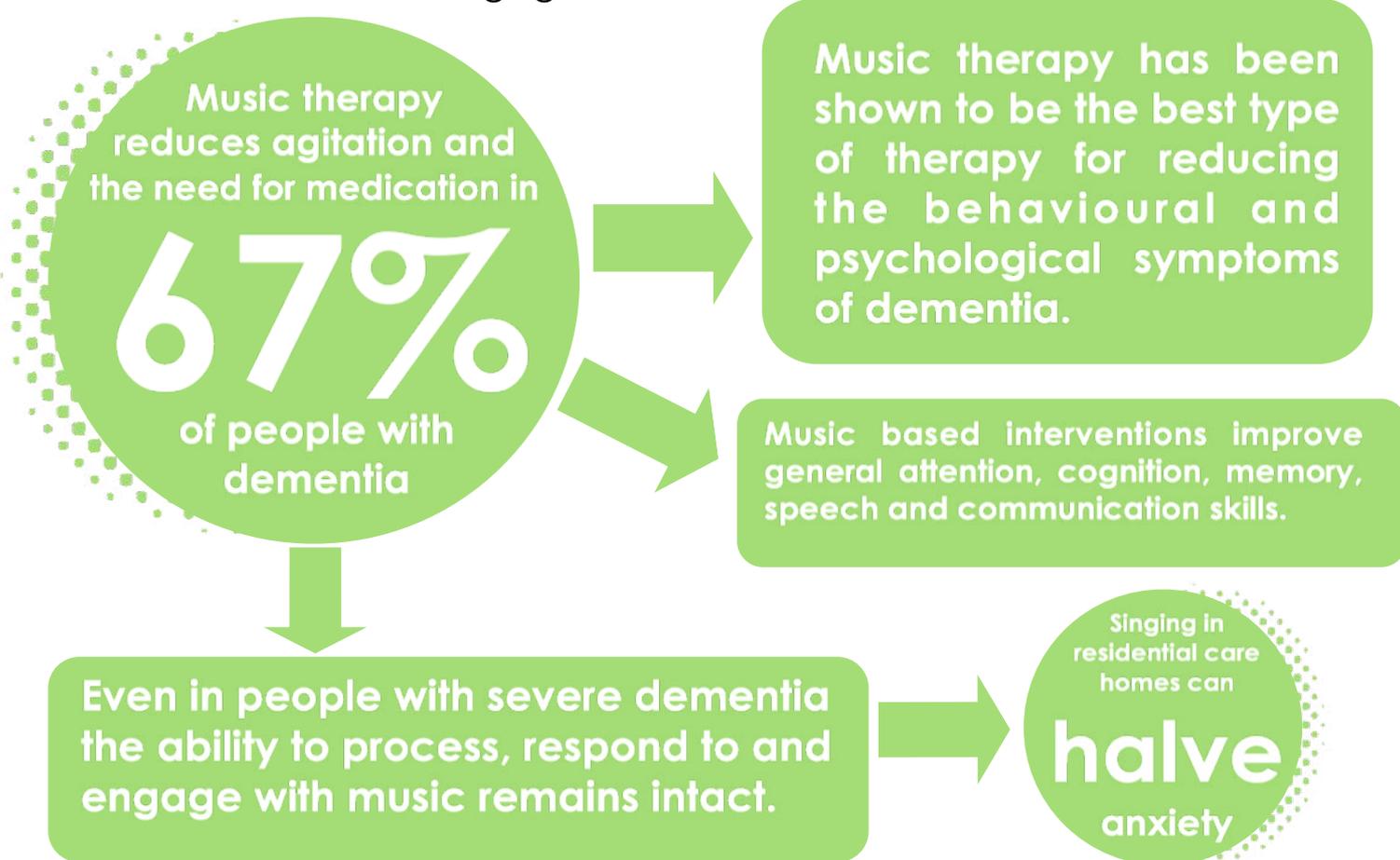
The act of playing instruments and the addition of forms of movement to accompany the singing and music activities, can aid movement and fitness levels whilst also improving dexterity and physical strength.

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The Benefits of Music

Older people living in care homes can benefit greatly from being given the chance to take part in music-making as it can improve their quality of life and create a happier place to live.

Music is particularly beneficial for those living with dementia as it can bring moments of clarity and calm for those that suffer from confusion and agitation. Music's strong connection to emotion can support a reduction in anxiety by distracting attention away from stressful situations. Even for those where some areas of the brain are damaged and communication is restricted, listening to and taking part in music-making can tap into their 'musical memory' and produce a strong emotional response. By accessing the parts of the brain that remain unaffected by dementia, music becomes an avenue for communication and engagement.



“The singing sessions made me smile.”



Our sessions...

- Are **fun and enjoyable** – they help participants to relax, reduce stress and can be used to maintain calmness and reduce anxiety.
- Improve **emotional and social functioning** by using music as a means of self-expression and communication - a particularly effective tool for those with dementia.
- Are **sociable** and bring people together. Our interactive sessions encourage participation from residents, their families and staff, reducing social isolation and building vital connections. They can be conducive to improving and maintaining relationships and trust between residents and caregivers, offering plenty of opportunities to share stories and experiences.
- Promote **positive mental health** by boosting confidence and self-esteem.
- Support improvements in **cognitive function** through the development of creative skills.
- Stimulate participants' **memory** by inspiring reminiscence and exploring musical identity and personal archiving. This is essential for those living with dementia as it can instil a sense of identity and positive memories.
- Create an outlet for **self-expression** through music sharing, improvisation and song/lyric writing.
- Support the development of **physical wellbeing** through the use of movement with music.

Our Activities

- **Live Sing Along Jukebox & Storytelling** - Through interactive live performances and a repertoire that spans the decades, our Music Leaders will provide energetic renditions of favourites old and new. Performances will be interspersed with conversations and stories relating to the songs, the artists and the time period and context in which they were written.
- **Songwriting & Sewing/Textiles** - This programme supports participants to communicate through their own creative expression. Through a variety of sensory stimuli, participants reflect on memories and stories personal to them which feeds into the creation of collaborative compositions and crafts.
- **Music & Wellness/Movement** - Using a combination of music-making activities and games we create the means and opportunities for people living with dementia to express themselves and interact with others both physically and verbally, including those with mobility issues.
- **Online Singing & Songwriting** - These regular online sessions support those in residential care homes through small group activities as well as those in domiciliary care. Sessions reduce social isolation for those that have been particularly impacted by Covid-19 restrictions, bringing families and staff together through musical connections and conversations with a positive focus.

It's essential to make regular visits to the same homes, so the musicians can build a relationship with the residents, and get to know their names. No previous knowledge or experience with music is necessary, though any existing skills can be incorporated into the delivery programme to make it as fulfilling as possible.



Ready to get Music Active?

Select your package and choose from our range of activity programmes. Our experienced music leaders will deliver fun and engaging activities over 2 hour sessions working with large groups, small groups or one to one.

Package 1 12 Sessions

OPTION 1
3 sessions per
week for 4 weeks

OPTION 2
2 sessions per
week for 6 weeks

Use of musical equipment and instruments
provided as 'in kind'

£2100

Package 2 24 Sessions

**SAVE
£180**

OPTION 1
3 sessions per
week for 8 weeks

OPTION 2
2 sessions per
week for 12 weeks

Price includes:

- 12 piece Percussion to keep
- Personalised Songbook
- Recording of composition
- Resource Pack

£4080

**SAVE
£360**

Package 3 36 Sessions

OPTION 1
3 sessions per
week for 12 weeks

OPTION 2
2 sessions per
week for 18 weeks

Price includes:

- 12 piece Percussion to keep
- Personalised Songbook
- Recording of composition
- Resource Pack
- Free Teambuilding Activity

£5940

Package 4 Online

OPTION 1
3 sessions per
week for 8 weeks

OPTION 2
2 sessions per
week for 12 weeks

Price includes:

- 12 piece Percussion to keep
- Personalised Songbook
- Recording of composition
- Resource Pack

£4200

Contact us now for your free consultation mark@socomusicproject.org.uk

