

# A CHOIR IN EVERY CARE HOME

## SURVEY RESULTS: RAW DATA

### WORKING PAPER 2A

KATHRYN DEANE, BARBARA EIFLER AND ROD PATON DECEMBER 2015

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'A Choir in Every Care Home' is an initiative to explore how music and singing can feature regularly in care homes across the country. Funded and initiated by the **Baring Foundation**, it is a unique collaboration between 30 leading national organisations from adult social care, music and academic research. It is led by **Live Music Now**, **Sound Sense** and **Canterbury Christ Church University**.

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The Baring Foundation



### **About *A choir in every care home***

This enquiry is an initiative of the *Baring Foundation* which since 2010 has focused its arts programme on older people, especially those in care homes. Following a roundtable discussion in October 2014 the Foundation decided as a first step to undertake a short-term investigation into singing in care homes which would:

- Collate the existing evidence for the benefits (for staff, family and friends, choir members as well as residents) of singing/choirs for older people/in care homes/links to the wider community.
- Map existing activity
- Explore different models of activity: benefits, challenges and ways forward
- Collate existing materials that support choirs in care homes and produce new materials where needed.
- Consider issues of quality of the artistic experience and art achieved, with special reference to dementia
- Describe what more can be done without extra resources and cost what more activity could be achieved with further resources.
- Launch and widely disseminate this work in a way that will encourage the greater use of choirs in care homes.

Following an open application process a consortium of three organisations, led by Live Music Now, was awarded funds to carry out the investigation.

### **Our working approach**

The worlds of singing, arts and wellbeing, and care homes are all well understood by a wide range and large number of organisations working at both practical and policy levels. These organisations – nearly three dozen at the last count – not only know about the subject, the results of this enquiry matter deeply to them. No investigation could successfully research the issues – nor, crucially, be able to “disseminate the findings in ways that will encourage the greater use of choirs in care homes” – without genuine buy-in from these organisations.

Our working approach therefore invites these organisations to form not a steering group, but a *working* group that shares and learns from each other, that determines work that needs to be done – and that then is involved in carrying it out.

Compared with conventional practices of evidence-gathering and recommendation generating, our approach:

- involves the sector fully from the start – so they own the solutions
- makes full use of the knowledge, expertise and experiences in the sector – it is efficient
- creates a community of practice that is worthwhile in its own right – so leaves a legacy
- creates solutions already agreed by the sector – so are much more likely to be adopted.

### **About working papers**

Our working papers distil the sharings and emerging learnings of both the working group and the consortium, to provoke further debate and discussion. They are subject to change as the initiative develops. Together, they form the evidence for our actions and recommendations for future work. A list of proposed working papers is on the outside back cover.

### **Authors**

Kathryn Deane is director of Sound Sense; Barbara Eifler director Making Music; Rod Paton, executive member NVPN

*Citation* Deane K, Eifler B and Paton R (2015) *Surveys raw data A Choir in Every Care Home working paper 2a*, London: Baring Foundation



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see back cover*

## **Introduction**

This working paper complements working paper 2 on survey analyses, giving some of the detail of the results for the four surveys carried out in mid 2015: two open Survey Monkey surveys, one addressed to care homes, the other to practitioners working in them; and two membership-based surveys one carried out by Natural Voice Practitioners Network, and the other by Making Music.

The presentation varies according to the source material. The NVPN and Making Music surveys being narrative reports; and the two Survey Monkey surveys being the summary data reports generated by the programme. In all cases personal data has been removed.

Many of the questions in the Survey Monkey surveys allowed free-text answers which were later hand-coded (see WP2 p24) and which do not appear in the summaries. The full data (excluding identifying data) may be available on application to Kathryn Deane (below).

For more information about the surveys, please contact:

Survey Monkey surveys Kathryn Deane E: [Kathryn.Deane@soundsense.org](mailto:Kathryn.Deane@soundsense.org)

NVPN Rod Paton E: [rod@lifemusic.co.uk](mailto:rod@lifemusic.co.uk)

Making Music Barbara Eifler E: [barbara@makingmusic.org.uk](mailto:barbara@makingmusic.org.uk)

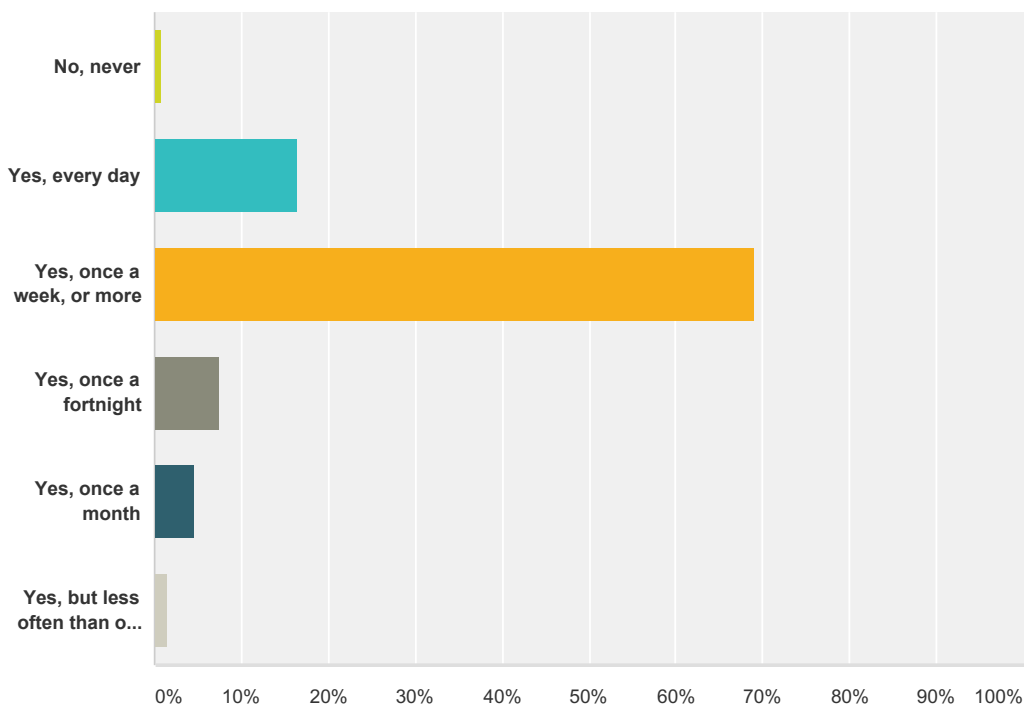
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NVPN	<b>27</b>
Making Music	<b>31</b>

# A Choir in Every Care Home - care providers

## Q1 Are there any singing activities in your care home at the moment?

Answered: 133 Skipped: 4



Answer Choices	Responses
No, never	0.75% 1
Yes, every day	16.54% 22
Yes, once a week, or more	69.17% 92
Yes, once a fortnight	7.52% 10
Yes, once a month	4.51% 6
Yes, but less often than once a month	1.50% 2
<b>Total</b>	<b>133</b>

**Q2 Do you think there are benefits for older people taking part in singing activities?  
If so, please could you tell us what these might be.**

Answered: 130 Skipped: 7

Answer Choices	Responses	
1.	100.00%	130
2.	97.69%	127
3.	90.77%	118
4.	67.69%	88

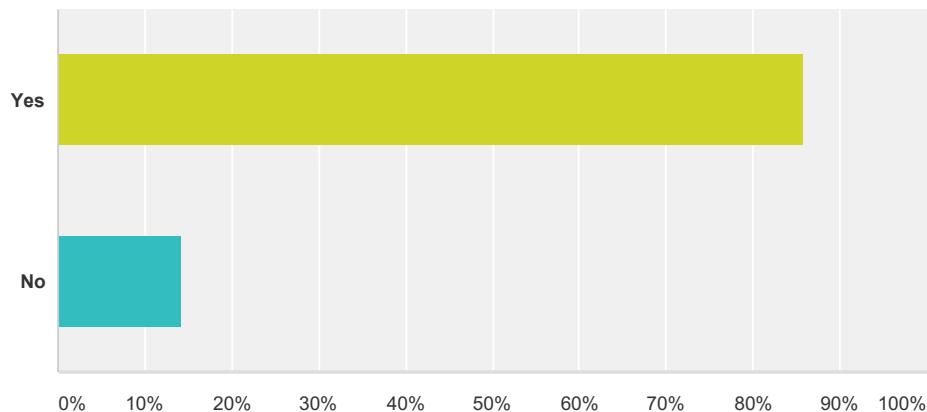
**Q3 Do you think there are benefits for staff and carers taking part in singing activities? If so, please could you tell us what these might be.**

Answered: 129 Skipped: 8

Answer Choices	Responses	
1.	100.00%	129
2.	83.72%	108
3.	62.79%	81
4.	38.76%	50

**Q4 Are any of these benefits you've listed at Q2 also provided by other things you do (such as exercises, medicine, food, welcoming staff) ?**

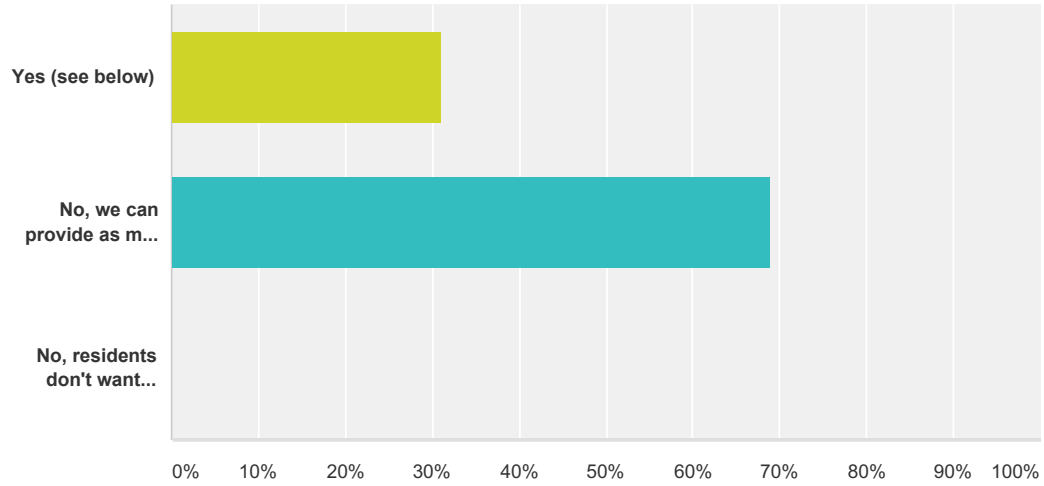
Answered: 126 Skipped: 11



Answer Choices	Responses	
Yes	85.71%	108
No	14.29%	18
<b>Total</b>		<b>126</b>

### Q5 Do you think there are any barriers to providing singing (or more singing) in your care home?

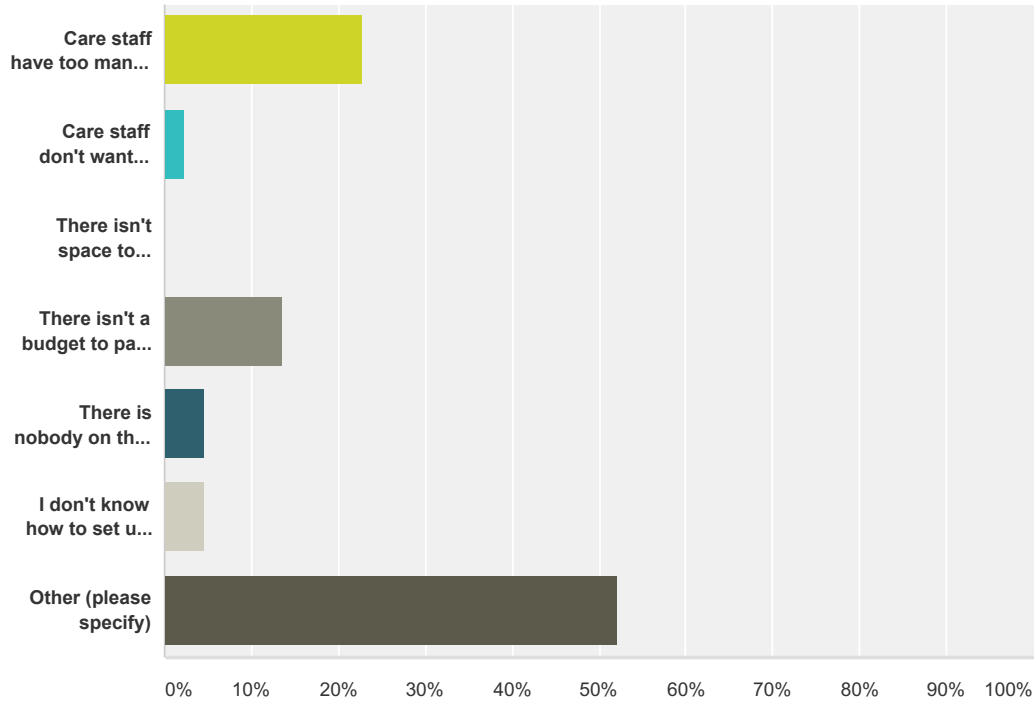
Answered: 122 Skipped: 15



Answer Choices	Responses
Yes (see below)	31.15% 38
No, we can provide as much singing as our residents want.	68.85% 84
No, residents don't want singing, so we don't provide it.	0.00% 0
<b>Total</b>	<b>122</b>

### Q6 If you answered "yes" to Q5, please tell us what barriers you face (tick all that apply).

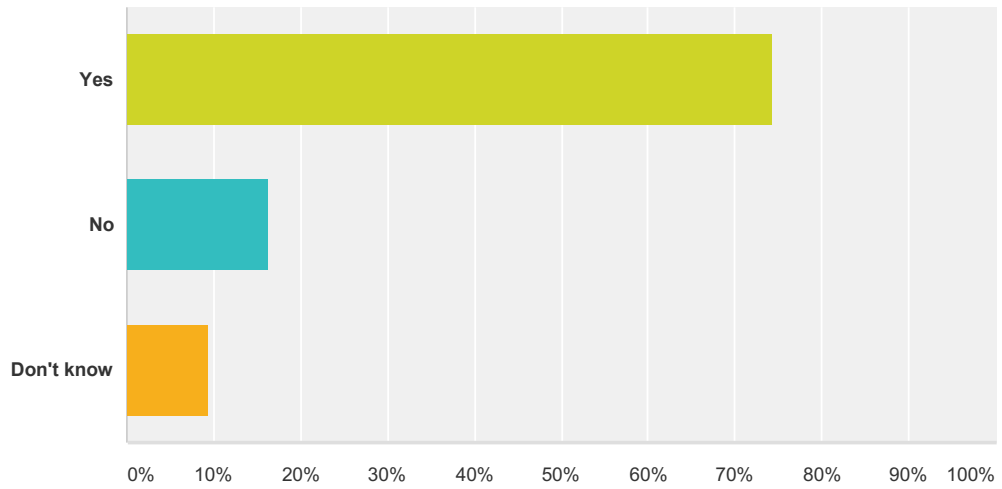
Answered: 44 Skipped: 93



Answer Choices	Responses
Care staff have too many other duties, and no time for singing activities.	22.73% 10
Care staff don't want singing activities.	2.27% 1
There isn't space to accommodate singing activities.	0.00% 0
There isn't a budget to pay for singing activities.	13.64% 6
There is nobody on the staff (or among our volunteers) who can lead singing activities.	4.55% 2
I don't know how to set up singing activities	4.55% 2
Other (please specify)	52.27% 23
<b>Total</b>	<b>44</b>

### Q7 Would anything encourage you to provide singing activities (or more of them)?

Answered: 117 Skipped: 20

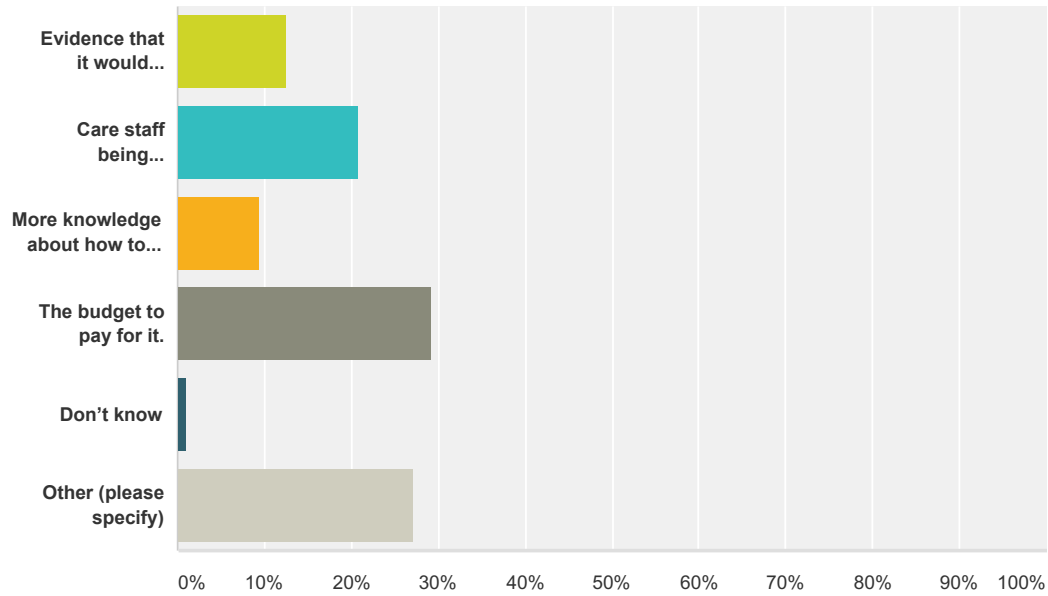


Answer Choices	Responses
Yes	74.36% 87
No	16.24% 19
Don't know	9.40% 11
<b>Total</b>	<b>117</b>



### Q8 If you answered "yes" to Q7, please could you tell us what would encourage you to provide singing activities (or more of them) ?

Answered: 96 Skipped: 41



Answer Choices	Responses
Evidence that it would provide a significant health (or other) benefit for residents.	12.50% 12
Care staff being enthusiastic about the idea.	20.83% 20
More knowledge about how to set this up.	9.38% 9
The budget to pay for it.	29.17% 28
Don't know	1.04% 1
Other (please specify)	27.08% 26
<b>Total</b>	<b>96</b>

**Q9 Approximately how much does your care home spend each year on the following activities? (We promise to keep this data anonymised) (If you can't provide these figures, it will be helpful to know any reasons for that, which you could put in**

**q.14.)**

Answered: 77 Skipped: 60

Answer Choices	Responses	
Musical activities	96.10%	74
Other arts activities (not music, such as dancing or painting)	87.01%	67
Entertainment activities (such as bingo or watching films)	84.42%	65
Physical exercise (such as yoga)	79.22%	61

**Q10 Is there anything else you could tell us that might be helpful to the project?**

Answered: 46 Skipped: 91

**Q11 What is your name?**

Answered: 114 Skipped: 23

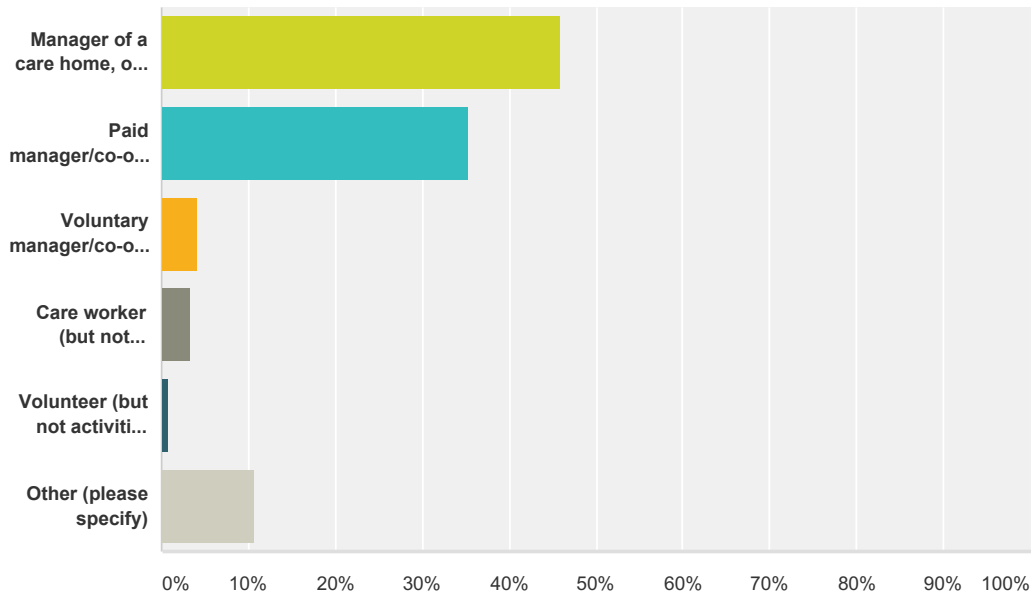
**Q12 What is your email address?**

Answered: 111 Skipped: 26

# A Choir in Every Care Home - practitioners

## Q13 Which of the following most closely describes your job title or role?

Answered: 122 Skipped: 15



Answer Choices	Responses
Manager of a care home, or group of care homes	45.90% 56
Paid manager/co-ordinator of activities for one or more care homes	35.25% 43
Voluntary manager/co-ordinator of activities for one or more care homes	4.10% 5
Care worker (but not activities co-ordinator) working (paid) for one or more care homes	3.28% 4
Volunteer (but not activities co-ordinator) for one or more care homes	0.82% 1
Other (please specify)	10.66% 13
<b>Total</b>	<b>122</b>

## Q14 What is the name of your care home (or other care organisation)? (please tell us if you are part of a wider chain or similar). If you work for several care homes, please choose your most typical or recent, or perhaps complete separate questionnaires.

Answered: 119 Skipped: 18

## Q15 In which UK town or city are you based, or nearest to?

Answered: 121 Skipped: 16

## Q16 How many older people are resident at your care home?

Answered: 119 Skipped: 18

### Q1 What is the name of your singing group or initiative? (if it has one)

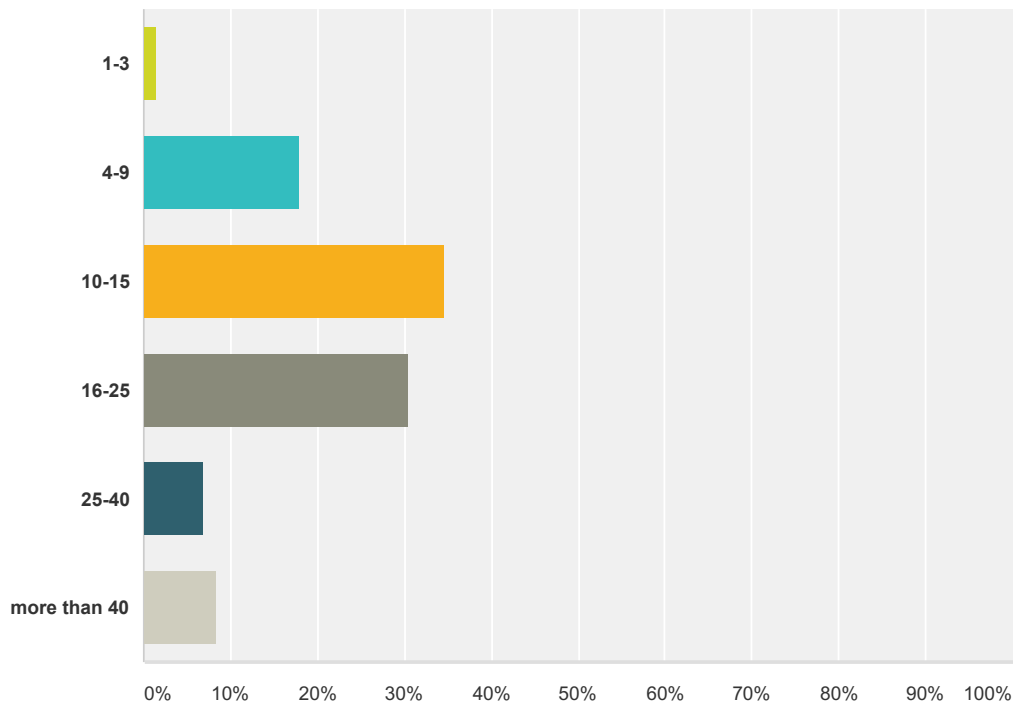
Answered: 71 Skipped: 9

### Q2 Where is the care home in which this activity takes place? (you may prefer only to provide the nearest town or city)

Answered: 75 Skipped: 5

### Q3 How many older people take part?

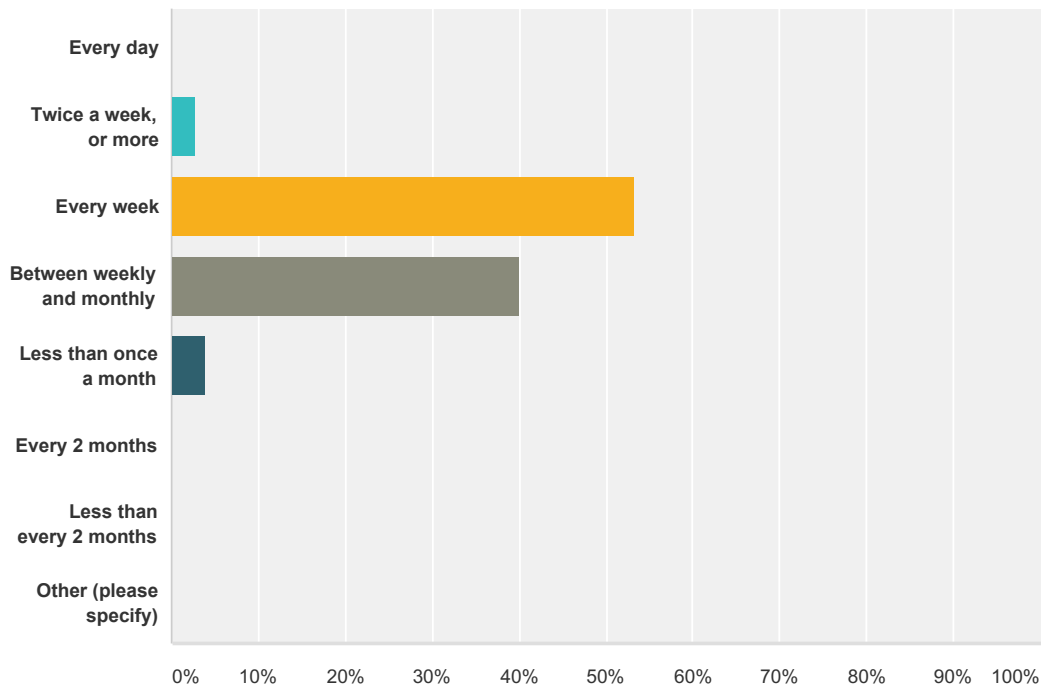
Answered: 72 Skipped: 8



Answer Choices	Responses
1-3	1.39% 1
4-9	18.06% 13
10-15	34.72% 25
16-25	30.56% 22
25-40	6.94% 5
more than 40	8.33% 6
<b>Total</b>	<b>72</b>

### Q4 How often do you run sessions with this group?

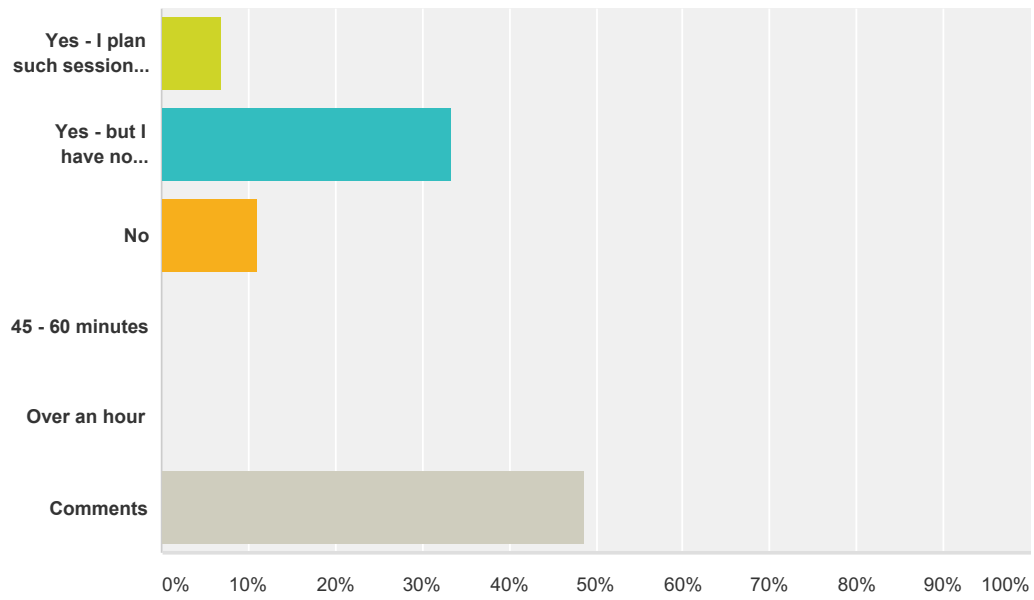
Answered: 75 Skipped: 5



Answer Choices	Responses
Every day	0.00% 0
Twice a week, or more	2.67% 2
Every week	53.33% 40
Between weekly and monthly	40.00% 30
Less than once a month	4.00% 3
Every 2 months	0.00% 0
Less than every 2 months	0.00% 0
Other (please specify)	0.00% 0
<b>Total</b>	<b>75</b>

### Q5 Does singing happen in the care home between your sessions?

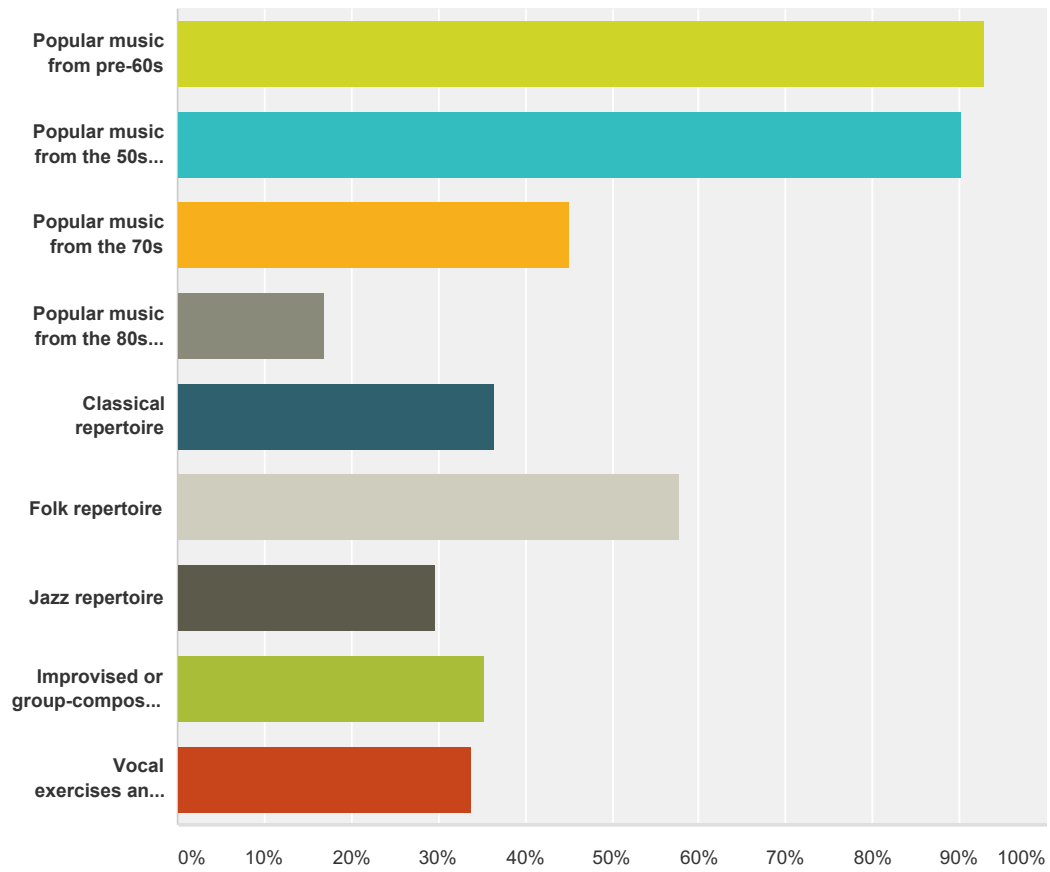
Answered: 72 Skipped: 8



Answer Choices	Responses
Yes - I plan such sessions with the home	6.94% 5
Yes - but I have no involvement in those	33.33% 24
No	11.11% 8
45 - 60 minutes	0.00% 0
Over an hour	0.00% 0
Comments	48.61% 35
<b>Total</b>	<b>72</b>

### Q6 What music do you sing? (tick all that apply)

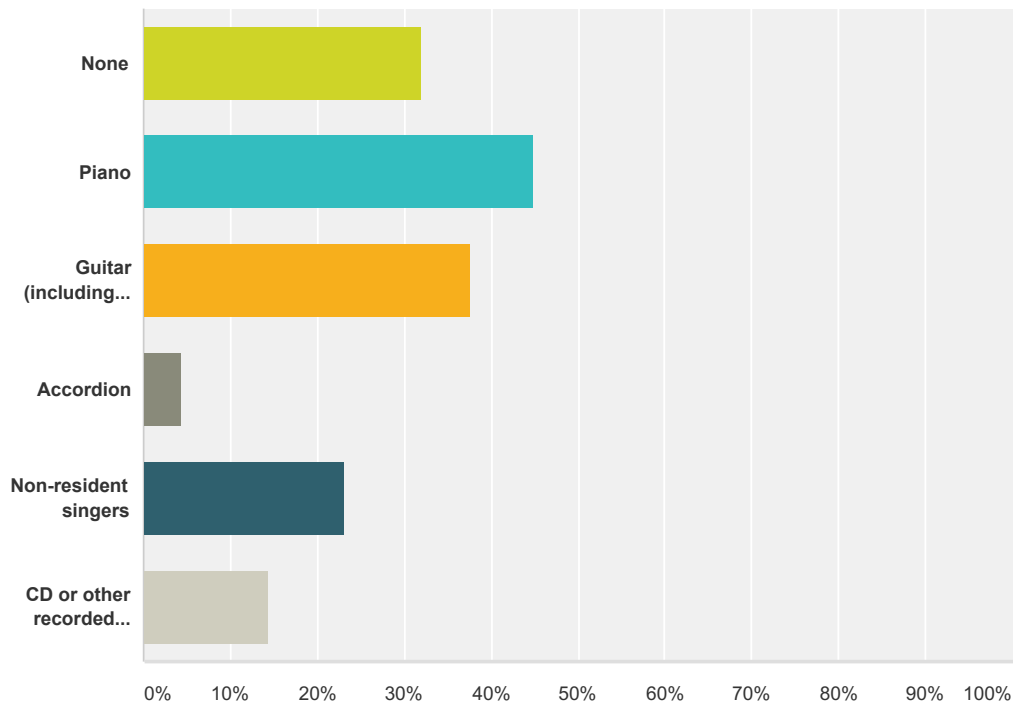
Answered: 71 Skipped: 9



Answer Choices	Responses
Popular music from pre-60s	92.96% 66
Popular music from the 50s and 60s	90.14% 64
Popular music from the 70s	45.07% 32
Popular music from the 80s onwards	16.90% 12
Classical repertoire	36.62% 26
Folk repertoire	57.75% 41
Jazz repertoire	29.58% 21
Improvised or group-composed music	35.21% 25
Vocal exercises and games	33.80% 24
<b>Total Respondents: 71</b>	

### Q7 Do you have any instrumental accompaniment? (tick all that apply)

Answered: 69 Skipped: 11



Answer Choices	Responses
None	31.88% 22
Piano	44.93% 31
Guitar (including mandolin, etc)	37.68% 26
Accordion	4.35% 3
Non-resident singers	23.19% 16
CD or other recorded backing	14.49% 10
<b>Total Respondents: 69</b>	

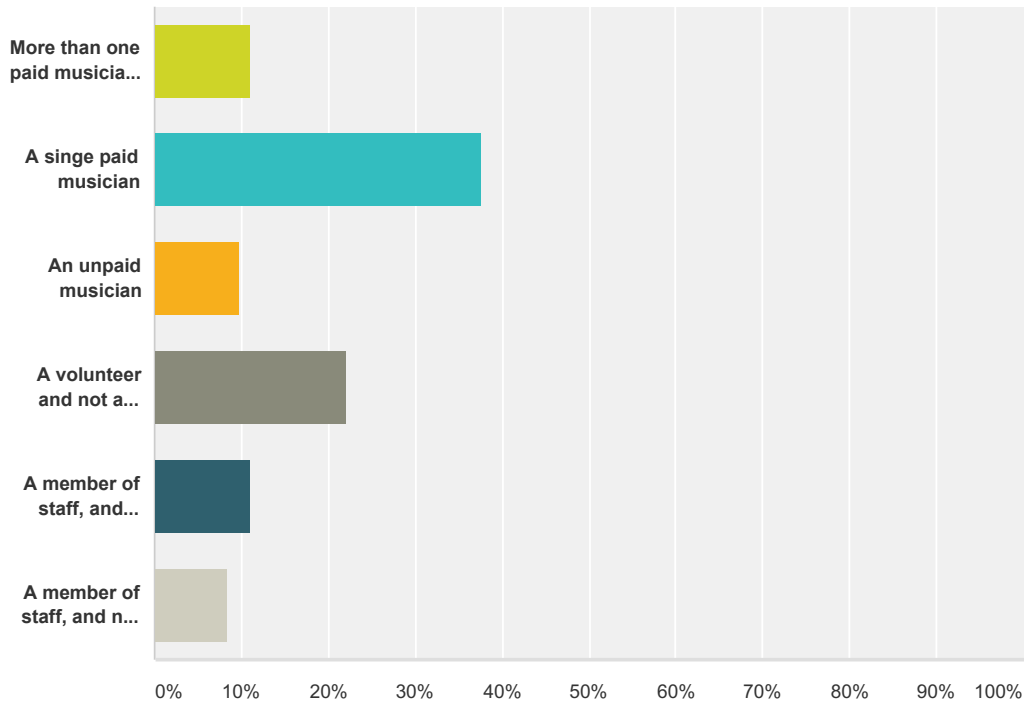
### Q8 What techniques, skills or knowledge do you think are key to successful working in these settings (and do you need any particular equipment, materials, etc?)

Answered: 71 Skipped: 9



### Q9 Who is the singing generally led by?

Answered: 72 Skipped: 8



Answer Choices	Responses
More than one paid musician (please follow your own definition for "musician")	11.11% 8
A single paid musician	37.50% 27
An unpaid musician	9.72% 7
A volunteer and not a musician	22.22% 16
A member of staff, and musician	11.11% 8
A member of staff, and not a musician	8.33% 6
<b>Total</b>	<b>72</b>

### Q10 How many volunteers are involved in supporting the activity?

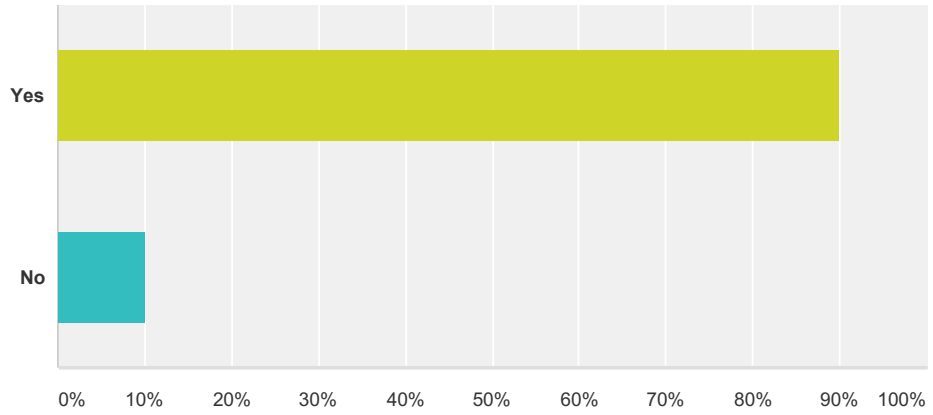
Answered: 69 Skipped: 11

### Q11 How many care home staff members are involved in supporting the singing activity?

Answered: 72 Skipped: 8

**Q12 Have you, or any of the people mentioned above (other musicians, care home staff or volunteers, as far as you know) received any training in working with older people and/or dementia awareness? If yes, please could you provide any details.**

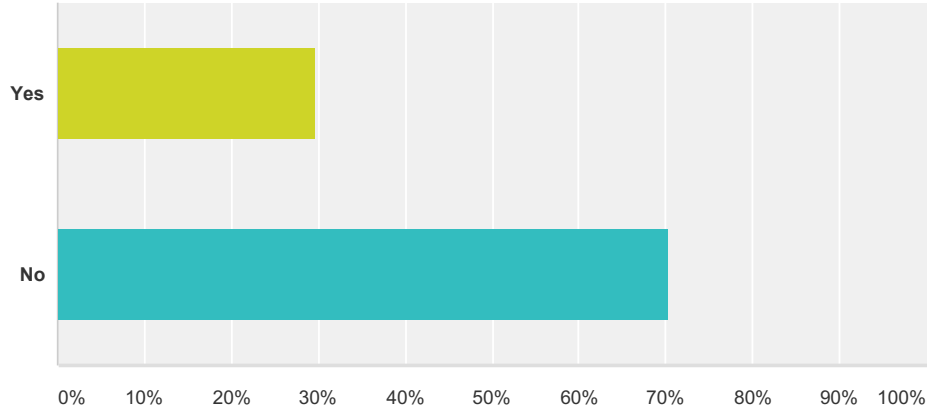
Answered: 70 Skipped: 10



Answer Choices	Responses
Yes	90.00% 63
No	10.00% 7
<b>Total</b>	<b>70</b>

**Q13 As far as you know, have any of the volunteers or care home staff members above received any musical training or ongoing musical support? If yes, please could you provide details.**

Answered: 64 Skipped: 16



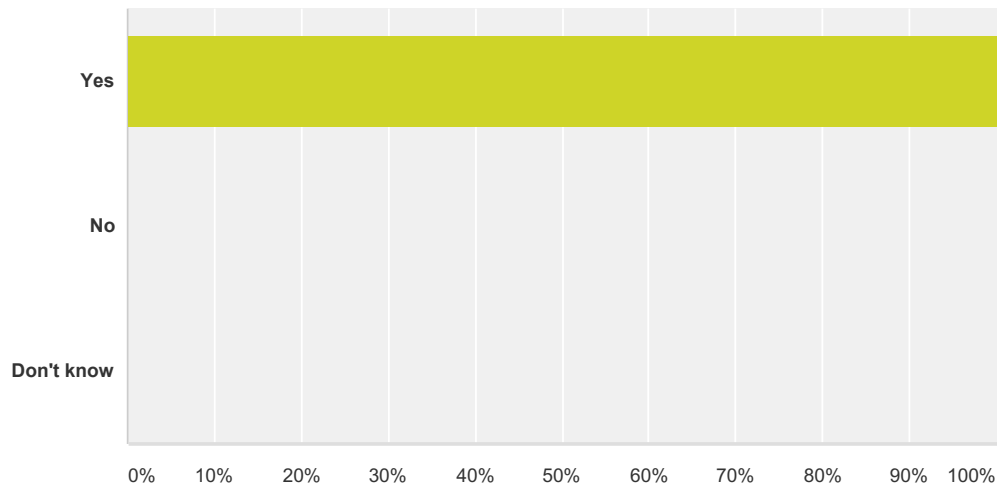
Answer Choices	Responses	
Yes	29.69%	19
No	70.31%	45
<b>Total</b>		<b>64</b>

**Q14 What additional training or support (if any) might you find useful?**

Answered: 54 Skipped: 26

### Q15 Do you think the older people you sing with benefit from the activity?

Answered: 68 Skipped: 12



Answer Choices	Responses
Yes	100.00% 68
No	0.00% 0
Don't know	0.00% 0
<b>Total</b>	<b>68</b>

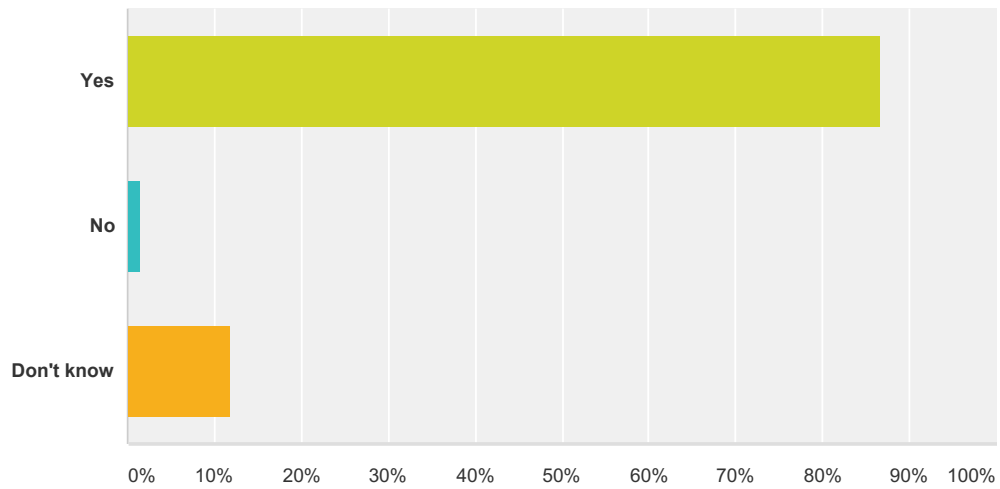
### Q16 If you answered "yes" to Q15, please could you describe the 3 main ways?

Answered: 68 Skipped: 12

Answer Choices	Responses
1.	100.00% 68
2.	100.00% 68
3.	95.59% 65

### Q17 Do you think any of the care home staff benefit from the singing activity?

Answered: 67 Skipped: 13



Answer Choices	Responses
Yes	86.57% 58
No	1.49% 1
Don't know	11.94% 8
<b>Total</b>	<b>67</b>

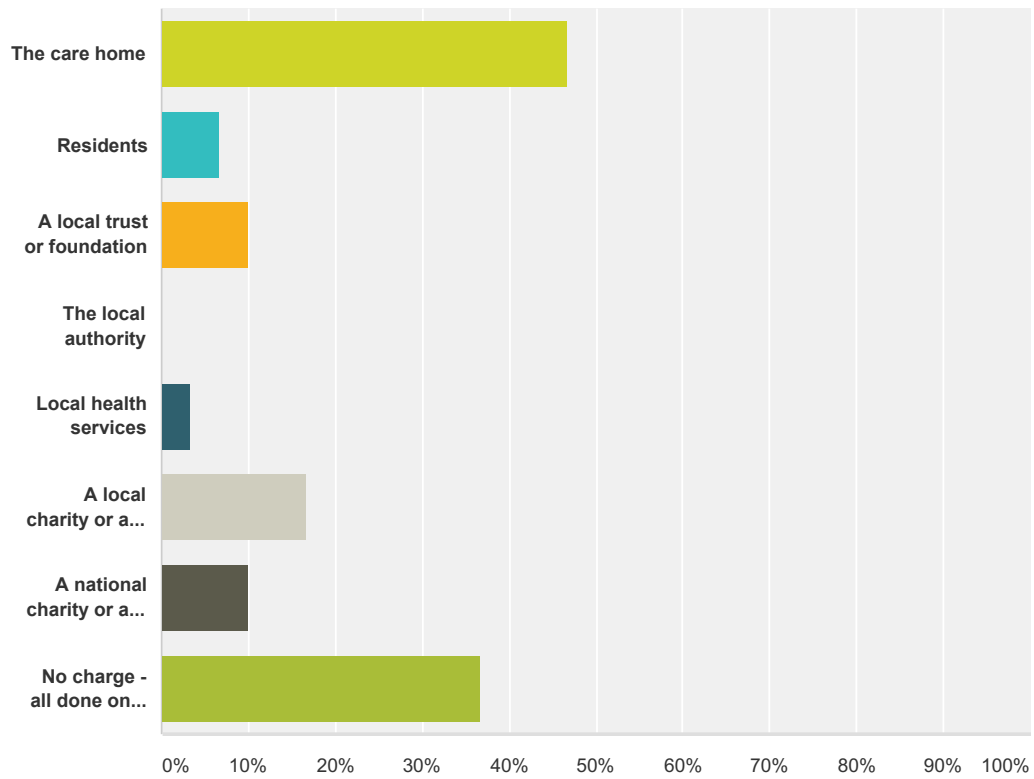
### Q18 If you answered "yes" to Q17, please could you describe the 3 main ways?

Answered: 58 Skipped: 22

Answer Choices	Responses
1.	100.00% 58
2.	96.55% 56
3.	86.21% 50

### Q19 Who usually pays for the singing sessions? (tick all that apply)

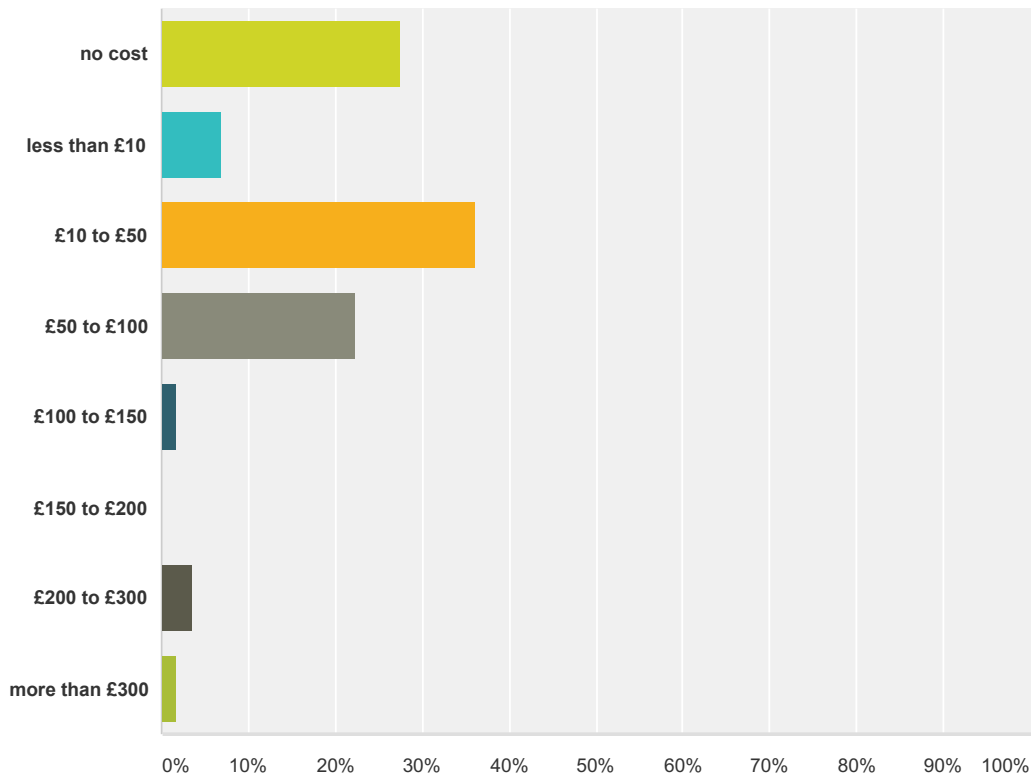
Answered: 60 Skipped: 20



Answer Choices	Responses
The care home	46.67% 28
Residents	6.67% 4
A local trust or foundation	10.00% 6
The local authority	0.00% 0
Local health services	3.33% 2
A local charity or arts organisation	16.67% 10
A national charity or arts organisation	10.00% 6
No charge - all done on voluntary basis	36.67% 22
<b>Total Respondents: 60</b>	

### Q20 On average, how much does each session cost to run?

Answered: 58 Skipped: 22



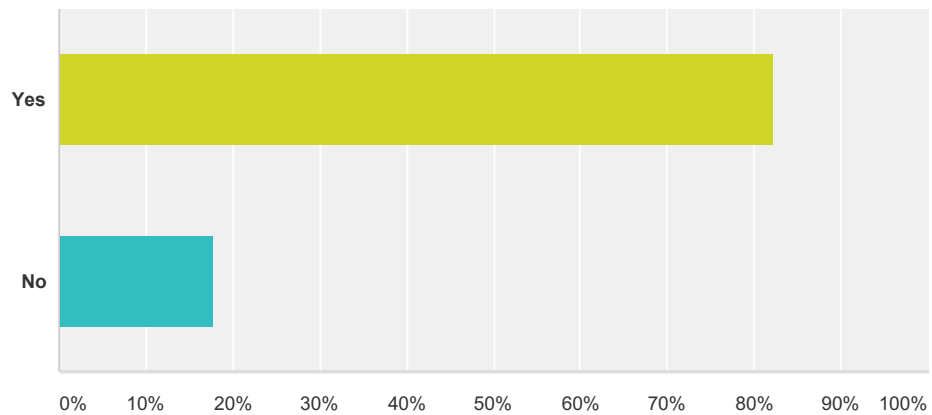
Answer Choices	Responses
no cost	27.59% 16
less than £10	6.90% 4
£10 to £50	36.21% 21
£50 to £100	22.41% 13
£100 to £150	1.72% 1
£150 to £200	0.00% 0
£200 to £300	3.45% 2
more than £300	1.72% 1
<b>Total</b>	<b>58</b>

**Q21 Are there any local organisations or care services involved in supporting this work? Please provide details if so.** Answered: 32 Skipped: 48

Answer Choices	Responses
1.	100.00% 32
2.	9.38% 3
3.	3.13% 1
4.	3.13% 1
5.	3.13% 1

**Q22 Would you like to do more of this type of work?**

Answered: 62 Skipped: 18

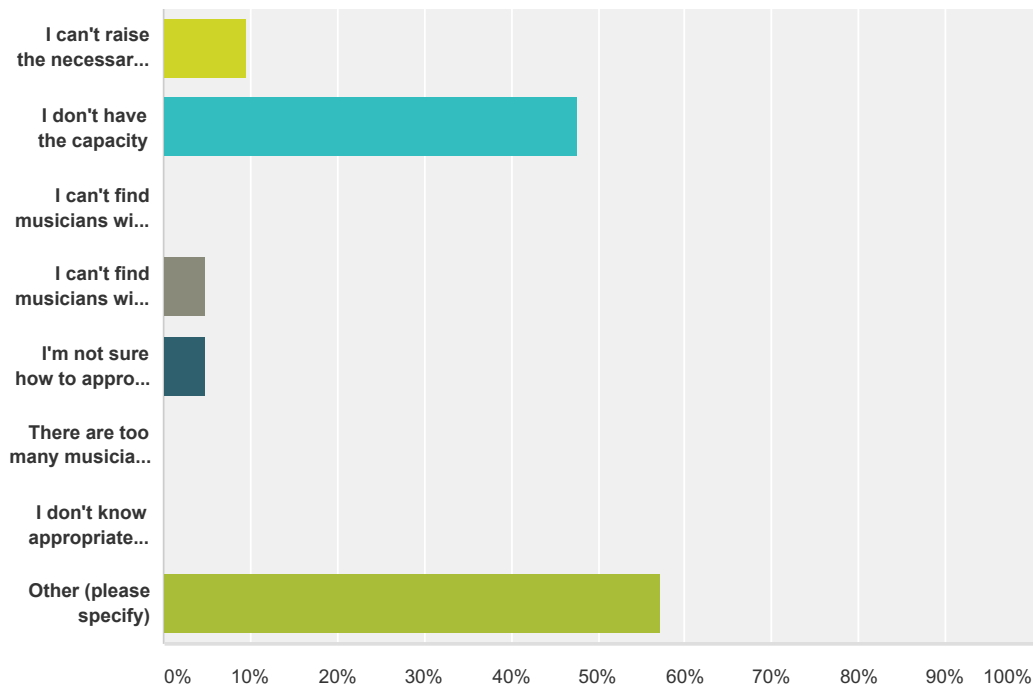


Answer Choices	Responses
Yes	82.26% 51
No	17.74% 11
<b>Total</b>	<b>62</b>



### Q23 If you answered "no" to Q22, what is preventing you doing more? (tick all that apply)

Answered: 21 Skipped: 59



Answer Choices	Responses
I can't raise the necessary funds	9.52% 2
I don't have the capacity	47.62% 10
I can't find musicians with the right musical skills	0.00% 0
I can't find musicians with the right skills for working with older people	4.76% 1
I'm not sure how to approach care homes	4.76% 1
There are too many musicians doing this type of work already	0.00% 0
I don't know appropriate repertoire for this work	0.00% 0
Other (please specify)	57.14% 12
<b>Total Respondents: 21</b>	

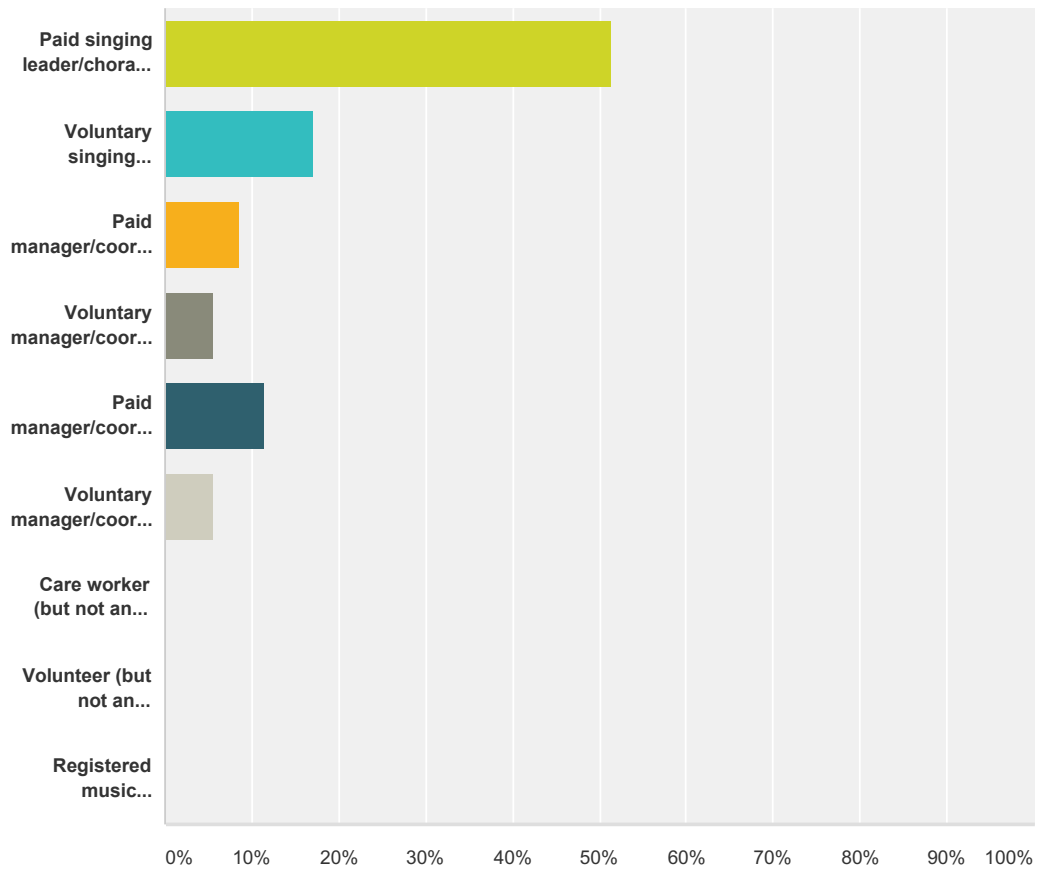
### Q24 Is there anything else we should know? Answered: 25 Skipped: 55

### Q26 What is your email address?

Answered: 55 Skipped: 25

### Q27 Which of these descriptions matches you best?

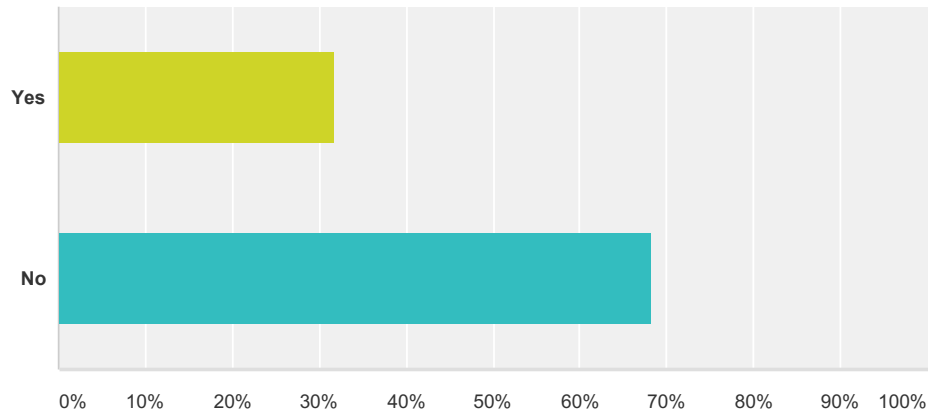
Answered: 35 Skipped: 45



Answer Choices	Responses
Paid singing leader/choral director.	51.43% 18
Voluntary singing leader/choral director.	17.14% 6
Paid manager/coordinator of singing activities.	8.57% 3
Voluntary manager/coordinator of singing activities.	5.71% 2
Paid manager/coordinator of activities (including singing) for one or more care homes.	11.43% 4
Voluntary manager/coordinator of activities (including singing) for one or more care homes.	5.71% 2
Care worker (but not an activities coordinator/manager), working (paid) for one or more care homes.	0.00% 0
Volunteer (but not an activities coordinator/manager), in one or more care homes.	0.00% 0
Registered music therapist.	0.00% 0
<b>Total</b>	<b>35</b>

### Q28 Are you a registered music therapist?

Answered: 66 Skipped: 14



Answer Choices	Responses
Yes	31.82% 21
No	68.18% 45
<b>Total</b>	<b>66</b>

## **Natural Voice Practitioners' Network**

### **Working with older people**

#### **Initial Analysis based on responses to questionnaire**

Number of responses – 30 (from members working regularly with older people in and out of care homes)

#### Areas covered:

Portsmouth, Colchester, London (4), Somerset, Derbyshire, North Yorkshire, Bath Wiltshire, Donegal, Gloucestershire, Oxfordshire (2), South Wales (3), Lancashire, West Yorkshire, Manchester, Northants, Devon (2), Brighton. Worcestershire, Herefordshire and West Midlands, West Sussex and Hampshire.

#### Range of work:

The responses revealed a very wide range of work such as:

- Singing afternoons for groups in sheltered housing
- Singing for the Brain (Alheimers Society) (5)
- Singing for breathing (based in Harefield Hospital)
- Choirs specifically for retired people
- Singing and breathing with Parkinsons groups (3)
- Combined residents, staff and families care home performances
- Funded choirs in collaboration with charities (e.g. AgeUK) and social services
- 'Themed' initiatives and named choirs and singing groups (see below) e.g. Bolder Voices, Singing for Fun, Let's Sing!, Mind, Body, Sing!, 'The Voyage' 'Golden Voices' 'Melodies Within' etc.)
- U3A choirs
- Singing Ambassadors group – training existing choir members to bring work out into care homes
- Community choirs which run interactive performances in care homes
- Singing groups in day centres (some in deprived areas)

Note: a majority of the work appears to be based around community choirs who perform or create interactive performances in care homes and elsewhere. Some of these are choirs specifically set up for older people or for specific health reasons.

#### Receiving Training

Where respondents have received training in working with older people this is usually as part of a wider training programme (e.g. in social work, community music or music therapy).

There are also examples of other types of training specifically geared towards engaging older people in multi-disciplinary activity (e.g. 'Person centred creativity')

### Providing training

Over half of respondents have some or, in some cases, considerable experience of providing training in the specialized skills appropriate for this work. A majority of respondents would be willing to provide training if requested.

Training care home staff directly as well as training voice leaders how to engage staff in singing activity.

### Research

Some members are also involved to varying degrees in research into the health benefits of singing with older people. This includes work with COPD (chronic obstructive pulmonary disorders), Parkinsons and Dementia. Some of this work could be described as cutting edge.

### Repertoires and genres in common use

- 1930s (onwards) songs familiar to participants
- popular and folksong repertoire
- singalongs and action type songs
- original material, specially composed for specific choirs
- music hall songs
- gospel
- spirituals
- rounds
- vocal exercises specifically tailored for older people
- use of large print lyric sheets
- employment of reflective discussions
- sharing memories and stories

### Funded work

There are many examples of work which is covered by public health funding, charities and foundations, arts associations, education authorities or arts providers.

### Selected examples of good practice and successful models

'Golden Voices' (Jules Gibb) – community choir – subject of long-term research by Keele University – featured in ITV programme about inclusion and isolation amongst older people

Pauline Down – extensive experience throughout Wales including intergenerational work, dementia care units, singing for the brain, Arts in Health programmes, HomeLife Cymru, Age Cymru including work funded by Baring Foundation and Arts Council Wales, mentoring community musicians, training care home staff in Gwynedd

Clair Chapwell – specializes in work with older people – has worked in care homes since 1993 - trainer for Goldsmiths, Central School, Age Concern Brent, - wide-ranging experience and contacts within this sector.

Phoene Cave – registered music therapist - pioneer of singing for COPD at Royal Brompton Hospital and at Nordoff Robbins and Whittington Hospital (has worked with 100s of patients with COPD) - British Lung Foundation (providing training, resources, mentoring) - vocal coach using the Estill model - receives funds from Wandsworth to run choir for older people.

#### List of active choirs/singing groups

Some of these groups are based in care homes but mostly they are community choirs which engage older people and perform or run interactive sessions in care homes.

Bolder Voices  
Singing for Fun  
Let's Sing!  
Mind, Body, Sing!  
The Voyage'  
Golden Voices'  
Melodies Within  
Elder Voices Brent  
Hoot  
My Musical Memories

Plus many other unnamed groups.

#### Summary

1. Responses revealed a wide range of work covering all regions of England and Wales being undertaken with considerable commitment and dedication.
2. The range of activity is considerable embracing both dedicated choirs for older people, community choirs providing interactive performances in care homes, individuals leading singing activities in care homes and singing for people with specific health conditions (such as dementia, Parkinsons or COPD).
3. Many singing leaders have received training for work with older people, either as an element in a wider training programme (such as music therapy or community music) or through short courses run by other providers or charities.
4. A majority of respondents would be willing and competent to provide training. This would include training both singing leaders and care home staff.
5. A number of respondents are involved in research into the health benefits of singing with older people. Some of this research is cutting edge.
6. Repertoire employed by singing leaders is also wide-ranging and is characterized by familiarity (to participants), accessibility and suitability

for older people. There is also evidence of specially composed work and vocal exercises specifically geared towards older people.

7. There is plenty of evidence of funded work in this area from a variety of sources including arts associations, local authorities, health authorities, charities supporting the ageing population and foundations.
8. There are also examples of outstanding practice which could serve as models for future work and training.

## Conclusion

On the basis of this initial survey it is clear that the NVPN is able to provide a considerable resource of experience and expertise in singing activities with older people both in and out of care homes. It provides evidence of a wide range of practice being undertaken by practitioners with high levels of energy, enthusiasm and professional competence. The task now is to harness this resource in order to be able to make this work more visible, disseminate the work more widely and to identify and develop examples of successful practice, specific models and training programmes.

## **Survey of Making Music members, July 2015 – summary of results**

### **Response numbers and types of groups:**

Making Music has over 3,100 groups in membership, of which 58% are vocal groups, 28% are instrumental groups and 14% are amateur promoters (presenting professional artists). We received a total of 152 responses, amounting to 5% of members. In the middle of the holiday season in particular I thought this was an amazing response on what is a very niche subject for our members (not their core activity).

We sent the survey to ALL members and 23% of respondees were instrumental groups and 8% promoters. We did this as we wanted to gauge the interest of all our members in engaging with their local care home. Whilst not directly relevant to this project, the responses from the non-vocal groups are indistinguishable from those of the vocal groups in terms of interest in this kind of interaction, its benefits, what works well and what doesn't, etc., so I have included their answers in the results below, since they seem perfectly useful.

### **Existing and future activity in numbers:**

60% of respondents already undertake activity with a care home.

Of those that don't half would be interested in taking up such activity.

72% of respondents think that individuals within their group would be interested in undertaking activity in their local care home.

### **Existing activity – the narrative:**

#### **What activity do you already undertake?**

22% of respondents only undertake activity once a year, at Christmas.

Others perform more than once a year, up to and including a group who only perform in care homes. Often performances will have a participative element. Some groups do more involved workshops or regular activities and even 1-2-1s.

#### **How did the connection come about?**

In 27% of cases there was an approach from the home.

In 24% of cases the group approached the home.

In 47% of cases the connection came about because of an individual in the group or known to the group (e.g. relative, friend, colleague) was in or worked in a care home.

In some cases there was a mixture of the above, and then a few cases where either connections were lost in the mists of time or came about through other charities or events.

The view was expressed that it should be an approach from the home rather than the other way around.

#### **Why are groups doing this and what is the benefit to the group?**

The overwhelming majority of respondents specifically mentioned this activity as being related to giving back or doing something for their community or fulfilling their charitable objectives. This overlaps with seeing what benefits and joy this activity can bring to residents.



Ancillary benefits mentioned are satisfaction for the group in seeing what a difference they can make, team-building, confidence building for groups who don't otherwise perform, ability to try out different repertoire and a different way of engaging with audiences.

### **What works and what doesn't?**

#### **WORKS:**

- Playing/singing repertoire the audience knows
- When residents can participate in some way (singing, instruments)
- Under one hour long
- Inclusion of social element, e.g. tea & cake
- When the staff of the care home are fully on board and support the activity (behave appropriately, set up, help participants etc.)
- Being flexible and able to respond to the situation
- 1-2-1 sessions
- When group knows how to engage residents and understands their medical conditions

#### **PROBLEMS:**

- Home prefers activity in daytime  difficult for many amateurs
- No money for activity, so difficult for groups to bring their MD or accompanist
- Space often too small
- Often there is no piano, when there is, it's likely to be out of tune or worse!
- Finding dates is tricky
- High staff turnover in homes, i.e. build up a relationship but then that person is gone
- If staff not committed and involved  communication can be a problem and event itself

### **Could/should Making Music offer support and what could it do?**

82% thought Making Music could/should do so  with provisos that:

- This is not the most important thing Making Music can do for groups, so it should not do this work if it does not have the resources or capacity to do this.
- Other voluntary organisations may provide some of the right sort of advice and training already (e.g. working with people with dementia)

What, if anything, should Making Music be doing?

- Guidance/training on:
  - Dementia & working with people with dementia
  - How best to structure a session, e.g. keep it simple, keep it flexible, keep it familiar
  - Practical stuff: DBS checks, insurance etc.
  - Leading workshops
  - Dealing with difficult situations
  - The kind of activity members could engage in  performance, workshop, 1-2-1s, case studies
  - How to approach care homes  who is the right person, etc.
  - On care homes and how they operate/what they might be interested in
- Funding advice
- Signposting: keep list of groups that engage in activity with care homes
- Online forum for members who undertake this kind of activity to talk to each other
- Provide free online music resources (song sheets etc.) for groups to use
- Training for care home staff on the benefits of music and what they can get out of visits from groups
- Workshops/events where interested groups can exchange ideas and experiences
- Signposting care homes to local groups
- Training for care home staff on how to keep activity going between visits/after events

### **Working on A choir in every care home**

Leader Evan Dawson, executive director Live Music Now

E: [evan.dawson@livemusicnow.org.uk](mailto:evan.dawson@livemusicnow.org.uk)

### **Lead consortium**

*Live Music Now* was founded in 1977 by Yehudi Menuhin and Ian Stoutzker CBE to train the best young musicians to give workshops in a range of challenging settings. It now delivers over 2,500 sessions each year, in care homes, communities, special needs schools, hospitals and more.

LMN project manager: Douglas Noble, strategic director for wellbeing

E: [Douglas.Noble@livemusicnow.org.uk](mailto:Douglas.Noble@livemusicnow.org.uk) W: [www.livemusicnow.org.uk](http://www.livemusicnow.org.uk)

*Sound Sense* is the UK membership body and development agency for community music. It represents some 1,000 community musicians, promoting the value of the work and assisting in their professional development. Community musicians work in all areas of disadvantage, (health, social care criminal justice and more) almost a half of them with older people, largely through singing.

Sound Sense project manager: Kathryn Deane, director

E: [Kathryn.Deane@soundsense.org](mailto:Kathryn.Deane@soundsense.org) W: [www.soundsense.org](http://www.soundsense.org)

*The Sidney De Haan Research Centre for Arts and Health*, Canterbury Christ Church University is one of the UK's leading research units in the growing field of arts, wellbeing and health, and is known internationally for its work on the role of singing in promoting health and wellbeing through its research and community projects

SDHRC project manager: Professor Stephen Cliff, centre director

E: [s.cliff@btinternet.com](mailto:s.cliff@btinternet.com) W: [www.canterbury.ac.uk/research-and-consultancy/research-centres/sidney-de-haan-research-centre](http://www.canterbury.ac.uk/research-and-consultancy/research-centres/sidney-de-haan-research-centre)

### **Working group**

The latest list of working group members is at W: [www.achoirineverycarehome.co.uk](http://www.achoirineverycarehome.co.uk)

#### *Arts sector*

British Association of Music Therapists  
Creative and Cultural Skills  
Live Music Now  
Making Music  
Mindsong  
Natural Voice Practitioners Network  
Nordoff Robbins

Sing for Your Life  
Sing Up  
Sound Sense  
Superact  
Tenovus Choirs  
Voluntary Arts  
Welsh National Opera

#### *Care sector*

Abbeyfield  
Age of Creativity  
Age UK  
Care England  
MHA

My Home Life  
National Care Forum  
Orders of St John Care Trust  
Skills for Care  
West Kent Dementia Action Alliance

#### *Wellbeing*

Arts and Health South West  
Creative and Credible  
National Alliance for Arts Health Wellbeing  
Mental Health Foundation

Royal Society for Public Health  
Sidney De Haan Research Centre  
South East Arts and Health Partnership

## Working papers planned

*This list is subject to change as the initiative develops*

- 1 Jul 15 Gathering 1: preliminary learnings and later observations
- 2 Dec 15 Survey results: musicians in care home; care homes with music
- 2a Dec 15 Surveys: raw data
- 3 Dec 15 On quality
- 4 Jan 16 Trends in care homes
- 5 Dec 15 Gathering 2: learnings and observations
- 6 Mar 16 Thematic literature review
- 6a Mar 16 Literature review: raw data
- 7 Feb 16 How to run a great campaign
- 8 Mar 16 Models of singing
- 8a Apr 16 Case studies of singing
- 9 Mar 16 Resources for singing
- 10 Apr 16 Barefoot singers

## This working paper

Deane K, Eifler B and Paton R (2015) *Surveys raw data A Choir in Every Care Home working paper 2a*, London: Baring Foundation

Version control:

V1 published 1 February 2016

V0 unpublished drafts V0-V2 titled Survey raw and various

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