

Intergenerational Music Making

October - July 2023



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INTERGENERATIONAL
MUSIC MAKING
Generations of Music

Introduction

Project concept:

The intergenerational music and movement programme will enhance & accelerate intergenerational practice through a fusion of music & movement projects to help the most inactive people be more active, improve people's mental health & wellbeing, decrease isolation & loneliness, plus strengthen connections in x1 identified local area.

Patients in the community will self-refer to the community-based Intergenerational 8 week programme aiming to improve physical, emotional and cognitive rehabilitation, address health inequalities, tackle loneliness, isolation whilst creating new community connections between community discharged patients and children in their local community.

The community IMM programme shall offer a weekly physical and musical activity programme that will be tailored to and benefit those referred into the group from:

Our intended outcomes are:

- Improving the mental health and wellbeing for all generations
- Improving the physical, emotional and cognitive wellbeing of patients
- Creating new, intergenerational relationships
- Embedding awareness around the need of music AND physical movement for those rehab patients
- Empowering individuals to use music and physical movement as a therapeutic tool
- Establishing and showcasing an effective community support system / programme

Plan:

Planning Phase Oct-Dec 2022

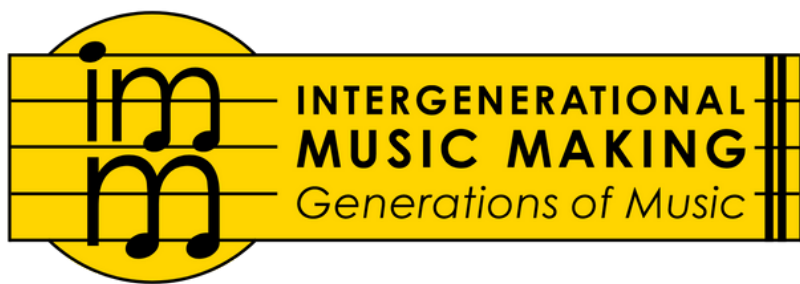
Site visits, initiation of referral process

Delivery Phase Jan – March 2023

8 week delivery of sessions

Completion and Recommendation Phase - April 2023

Evaluation report created, comms/PR piece created and shared



Intergenerational Music Making Evaluation Form

Dates of Delivery:

9th May 2pm-3pm
16th May 2pm-3pm
23rd May 2pm-3pm
30th May 2pm-3pm - residents only
13th June 2pm-3pm
20th June 2pm-3pm
27th June 2pm-3pm
4th July celebration day
11th July 2pm-3pm - residents only

Partners:

Sycamore House, Sycamore Gardens, Hammersmith, London, W6 0AS

Overview of Project:

The aims of the project were to connect the West London intergenerationally through music & movement, By using this project we would giving the participants the opportunity to express themselves & present them with the opportunity to have their voice heard all whilst creating a empathetic & cohesive community. Outside the project we are looking to create a sustainable /meaning connection between the imperial care home & local community school. Throughout the project we wanted to evaluate the sessions to see if the residents & pupils were getting the most of them plus give them the resources/support they need to continue with the IMM programme & cultivate the new friendships between the care home/school after the sessions.

Methodology & Results

Methods of evaluation:

- Case Studies – Highlighting participants who showed improvement in self confidence, built new intergenerational connection and were engaged throughout the project
- Quotes and feedback
- Video interviews & pictures
- Post project video
- Post project PR piece
- WHO-5 Evaluation for residents to measure impact on wellbeing
- HEartS Toolkit for children taken at the end of the project.

WHO-5

The World Health Organisation - Five Well-Being Index (WHO-5) is a short self-reported measure of current mental wellbeing. The WHO-5 consists of five statements, which respondents rate according to the scale below (in relation to the past two weeks). See HEartS scoring below.

The total raw score, ranging from 0 to 25, is multiplied by 4 to give the final score, with 0 representing the worst imaginable well-being and 100 representing the best imaginable well-being (10% difference indicating a significant change).

The WHO-5 has been found to have adequate validity in screening for depression and in measuring outcomes in clinical trials. Item response theory analyses in studies of younger persons and elderly persons indicate that the measure has good construct validity as a unidimensional scale measuring well-being in these populations (Winther Topp et al., 2015)

HEartS evaluation

HEartS Toolkit consists of 7 statements to measure confidence in socialising and interest in music from the beginning and end of the project. Questionnaires are on a scale of 1-5.

- All of the time = 5
- Most of the time = 4
- More than half of the time = 3
- Less than half of the time = 2
- Some of the time = 1
- At no time = 0

Intergenerational Music Making Evaluation Form

Methodology & Results (Continued)

Statements:

- I enjoy listening to music
- I enjoy making music / playing an instrument or singing
- I feel excited about starting the sessions
- I feel nervous about the starting the sessions
- I like talking to new people
- I feel confident when I meet new people
- I enjoy spending time with other people or doing group activities

Results

Survey completed with 28 Children - 11 residents & 3 Staff

HEarts

-
1. I enjoy listening to music 28 children = 5, 11 residents = 5, staff = 5
 2. I enjoy making music/playing an instrument or singing 28 children = 5, 11 residents = 5, 3 staff = 5
 3. I feel excited about starting the sessions 28 children = 5, 11 residents = 5 3 staff = 5
 4. I feel nervous about the session starting 13 children = 4 - 5 children = 3 - 10 children - 1, 10 residents = 3 - 1 resident = 1, 2 staff = 3 - 1 staff = 0
 5. I like talking to new people - 28 children = 5 , 11 residents = 5 3 staff = 3
 6. I feel confident when meeting new people - 17 children = 5 - 11 children = 4 , 9 residents = 4 - 2 residents = 3, 1 staff = 1 - 2 staff = 4
 7. I enjoy spending time with other people doing group activities - 28 children = 5 , 11 residents = 5 - 3 staff = 5

Happy face evaluation

7 residents & 7 children took part in this survey;

90% ticked the happiest face when asked ; how they felt before the class
100% ticked the happiest face when asked how they felt following the class
100% ticked the smiley face as they enjoyed the session

Who- 5 wellbeing index

This was conducted with 7 residents & 7 children

I have felt in good spirits - 70% said all the time 30% said most of the time
I have felt calm & relaxed - 80% said all of the time 20% said most of the time
I have felt active & vigorous - 50 % said all of the time - 40 % most of the time - 10% less than half the time
I woke up feeling fresh & rested - 60% all of the time, 20% most of the time, 20% more than half the time
My daily like has been filled with with things that interest me - 50% all of the time - 50% most of the time

Survey monkey

I used a thumbs up/down for these questions - 28 children , 11 residents & 3 staff took part

I enjoyed the music 100% thumbs up
The session made me smile 100% thumbs up
I enjoyed interacting with the children/residents 100% thumbs up

Intergenerational Music Making Evaluation Form

Case Studies

Del (Sycamore House Resident)

Del is a very musical resident with a background in singing. He performed in clubs and now helps to run nights at the local pub. He had so many amazing stories about concerts including watching Elvis perform in LA. Del loved meeting all the pupils and there was always a long line to talk to him! He always joined in all our activities with so much energy which encouraged the pupils to dive in!

June (Sycamore House Resident)

June's family loved music and she grew up with records always playing at home. She particularly likes opera and I performed a few famous songs during the sessions. Many of the pupils recognised these from adverts/films and hearing one another's favourite songs was a lovely way to connect. June very kindly organised tea and cake for everyone each week, again providing a great time for everyone to connect and chat.

Bailey (Pupil Miles Coverdale)

Bailey's confidence grew each week during our sessions. He was fairly quiet during our first session but by week 3 he was happily leading games and talking to many of the residents. It was lovely to see his confidence grow.



Intergenerational Music Making Evaluation Form

Quotes & Feedback

'I love the sessions & seeing my friend Betty' - Fatima - Miles coverdale pupil

'The sessions make me feel excited, i cant wait to get here' - Amelia - Miles coverdale pupil

'Something very nice to look forward to', 'I really enjoy the sessions & seeing the children, i love seeing their faces...i want to cuddle them all' - Jeanette - Sycamore House

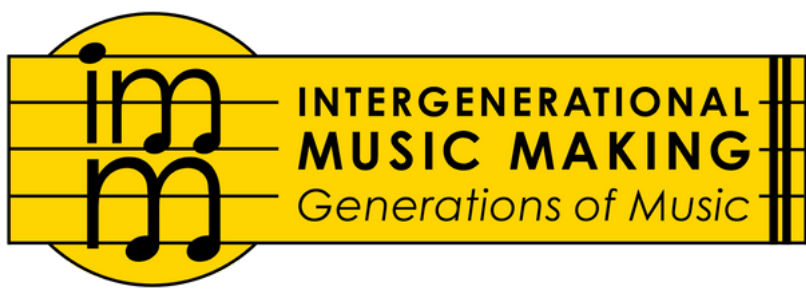
'Oh, good. It's good to see the kids enjoying themselves. Yeah. It was, it was a bit of entertainment.' - Del - Sycamore House

'It's always great for the youngsters to meet older people to sort of come together' - John - Sycamore House

'It's been brilliant it's been educational for us as well' - Del - Sycamore House

'The children are so jolly and so happy', 'It's fantastic seeing the children' - Pearl - Sycamore House





Intergenerational Music Making Evaluation Form

Observations of Sessions by IMM

Activities during sessions:

Games

Guess the tune competition
Clapping games with pupils as leaders
Compass Points
Gimme 1.
Group clapping/actions game

Song learning

In The Jungle.
Do-Re-Mi.
My Bonnie.
Sea Shanty.
George Ezra

Group activities

Exploring famous pieces of music (eg West Side Story or Carnival of the Animals)
Conducting
Song writing

Highlights from sessions

In our first session with pupils from Miles Coverdale performed two songs for the residents, Everyone Belongs and Uptown Funk. The residents loved this, especially the rap in the middle of Everyone Belongs! We all loved their confidence and enthusiasm and it was a lovely way to bring some of their recent classroom activities into Sycamore House.

In the final session we had a party with lots of group circle games. It was lovely to see all the residents and pupils sitting as one group and interacting with music, games and conversation. The pupils performed Shotgun by George Ezra. They had just performed this in their end of year concert and it was brilliant! One resident especially (Kitty) loved it as her grandson had introduced her to this song.

We had a visit from the singer-songwriter Zak Abel which we all loved! We performed a few songs for Zak and he joined in our group games. Zak then taught us some of his songs. Everyone really enjoyed learning new music and having a visitor join the group for the afternoon.

In our first session we learnt My Bonnie Lie Over the Ocean, a familiar song for the residents but new for most of the pupils. We added actions for different letters (eg clap for any words beginning with B) We sang this every week and it was great to see the pupils getting more and more confident with a new song. They enjoyed playing around with the tune (eg singing softy/in silly voices/starting slowly and getting faster) Another weekly favourite song was So Long, Farewell from The Sound of Music. One resident asked if we could sing this to the children as they left and this became part of our afternoon routine.

In week 4 we listened to some songs from West Side Story. We then split the group into three and learnt a 3 part chant with lyrics from WSS. The pupils did brilliantly! They all kept the beat going and it was great to see them really rise to this challenging musical exercise. The chant was new for everyone in the room so it was a lovely feeling of teamwork.

Intergenerational Music Making Evaluation Form

Pictures



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Pictures



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