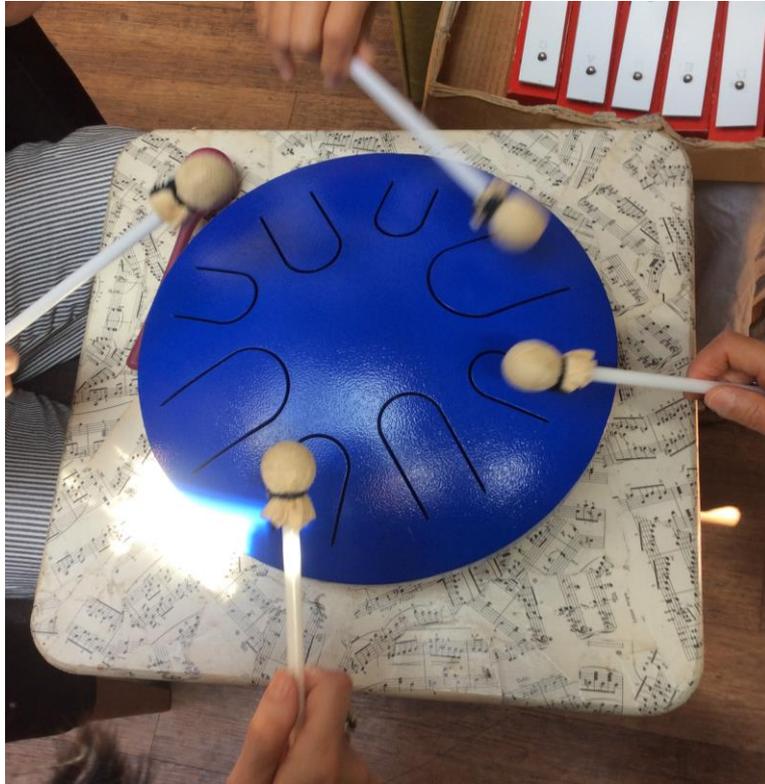


## **Evaluation Report: Music Training for Carers 2019-20**



### **Background**

Open Strings Music (OSM) is Brighton and Hove's specialist community music service for adults of all abilities. Founded in 2013, we deliver a range of creative projects for social inclusion, engagement, and wellbeing, in a wide variety of settings and client bases within partnerships across the city.

Our *Music Training for Carers* project was funded by The National Lottery from January 2019 – January 2020, providing participatory music training for family and professional carers of people living with dementia.

We delivered a total of four 90-minute consultation focus groups and four linked pairs of two-hour training sessions in five community-based locations throughout Brighton and Hove, facilitated by two specialist community musician trainers.

This project was developed from and built upon our NHS Brighton and Hove CCG-commissioned work with people living with dementia and their carers.



## **Monitoring: a) Quantitative Data**

table 1: locations, dates, and participant data

<b>activity</b>	<b>dates</b>	<b>location</b>	<b>participants</b>
focus group & two training sessions	April-May '19	Brooke Mead Extra Care Scheme (BHCC: Brighton and Hove City Council), central Brighton	14 carers 4 tenants (people living with dementia)
focus group & two training sessions	June-July '19	Hop 50+ social centre, Hove	5 carers
focus group & two training sessions	October-November '19	Maycroft Manor care home, north Brighton	12 carers
focus group & one training session	November '19	Carers Centre, west Brighton	7 carers
training session	January '20	BHCC Care Home Inreach Team (Activities Forum), east Brighton	18 carers
<b>TOTAL</b>			<b>60 participants</b>

### Training evaluation survey data (total = 34):

- 100% gave the highest rating for the training
- 97% felt that they had developed skills, knowledge and confidence in using music to connect with people living with dementia as a result of attending the training
- 97% felt that the discussion and activities during the session were useful
- 100% felt that the training objectives were met well
- 100% felt that the training was organised well

## **Monitoring: b) Qualitative Data**

### a) Feedback from focus groups:

The four focus groups identified that they wanted the training to help them to address challenges on the following themes:

- accessibility and inclusivity for participants and staff / family carers
- culture change, including making time for music-making, embedding music in daily routines, and creating a whole-team staff approach



- using sound and music to change atmosphere and help communication
- confidence-building in connecting creatively

b) Feedback from training: evaluation surveys:

- *It was perfect – tailored to our specific home's needs and the lives and experiences of our residents. Thank you. Very inspiring and liberating training*
- *I particularly liked the friendliness, approachability and skills of the lovely instructors and everyone at Brooke Mead. Playing instruments I'd not played before, being inspired to really think about what to do musically from now on. Playing dream music with the group was a dream come true! Thank you very very much!!!*
- *I liked the lack of need for musical expertise, and instead the emphasis being on play. Lots of food for thought. Thank you.*
- *It felt like a totally immersive session, really engaging. I'd like even more training about how to encourage involvement and one-to-one focus*
- *That was really great! That's energised me for the whole day! I feel more alive!*
- *I particularly liked starting the session with activities which didn't require me to be able to play a core instrument which showed me what I can achieve in my own setting. I would love more time, in my own setting, to get targeted support and ideas. Thank you so much*

c) Case study:

Carer P was distressed at start of the training, due to pressures of her caring role. When the session began, she quickly relaxed, and fully engaged with the training. She sang, played a range of instruments and reflected on her process throughout. She told us, *It goes to show that you can make music with anything. Thank you for bringing it back to me. I'll see music everywhere now.*

At the end of the first training session she told us that she planned to get out her old instruments to play with her mother the next day.

In the second training session she told us that she had 'got a good feeling' every time she looked at the instruments she'd rediscovered at home. She told us that she'd initiated a family singsong after the first training session, and that she hadn't sung with her son since he was a baby. She'd also asked her mother (who lives with dementia) to teach her granddaughter to sing a song in German. P has since joined our monthly dementia-friendly Big Brooke Mead Band.



## **Outcomes**

The training was attended by a range of participants including family carers, staff members, people living with dementia, managers, OTs, students, the Dementia and Lifestyles lead for Hallmark Care Homes, and manager of Brighton and Hove Dementia Care Home In Reach Team – this led to an invitation and successful session to Brighton and Hove Dementia Care Home In Reach Team Activities Forum to explore how the training can be rolled out to care homes citywide.

Care home staff on the training reported that they have:

- bought new instruments for their service from a local supplier
- integrated our music-making activities into their group work, facilitating a group of 20 to make music together
- scheduled a meeting to discuss how they can further integrate music-making into the service
- ran an integrated group music session with instruments: residents walking in the corridor had heard the music and joined the group
- made more use of transitional songs to support residents with daily routines

## **Further developments**

The training identified a need to develop further training to build staff engagement in a whole-service approach, to help to support a necessary cultural shift within care homes. As a result we have been invited to develop more training sessions within care homes across Brighton and Hove for the Care Home In Reach Team in 2020, for which we are seeking further funding from Awards for All.

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