

Opera Holland Park & Playlist for Life Project **January 2016**

Project overview

- Since January 2015 the project has been delivered to 9 organisations with a total project reach of around 500 people attending the Playlist Live music sessions.
- To date 56 individuals have received one-to-one playlisting sessions; 39 with an OHP Playlister, and a further 17 with their own activity staff on site following training with the OHP project leader.
- We have delivered a total of 24 Playlist Live music sessions. Through these sessions we have incorporated personal music into our programmes from the playlists of individuals attending.
- A total of 6 training sessions have taken place with care staff, activity coordinators, support workers, and volunteers.
- In November 2015 we held a training session with Andy Lowndes (Playlist for Life Deputy Chair and Head Trainer), attended by OHP staff and members from 3 partner organisations.
- There are now 6 OHP Playlister trained to deliver the project model.
- The project is due to conclude at the end of March 2016, and we will be seeking further funding to continue our delivery and build on the current project reach.



Centre updates

Royal Hospital Chelsea, Campbell Ward

Margaret Thatcher Infirmary, Royal Hospital Road, SW3 4SR

One-to-one playlisting with individual pensioners on Campbell Ward and regular Playlist Live performances in the ward lounge.

- Playlist training completed with activities staff and a number of care staff on the ward.
- An iTunes account has been created and is in use by the activities staff to continue building playlists on the provided iPods for residents.

Chamberlain House Day Centre

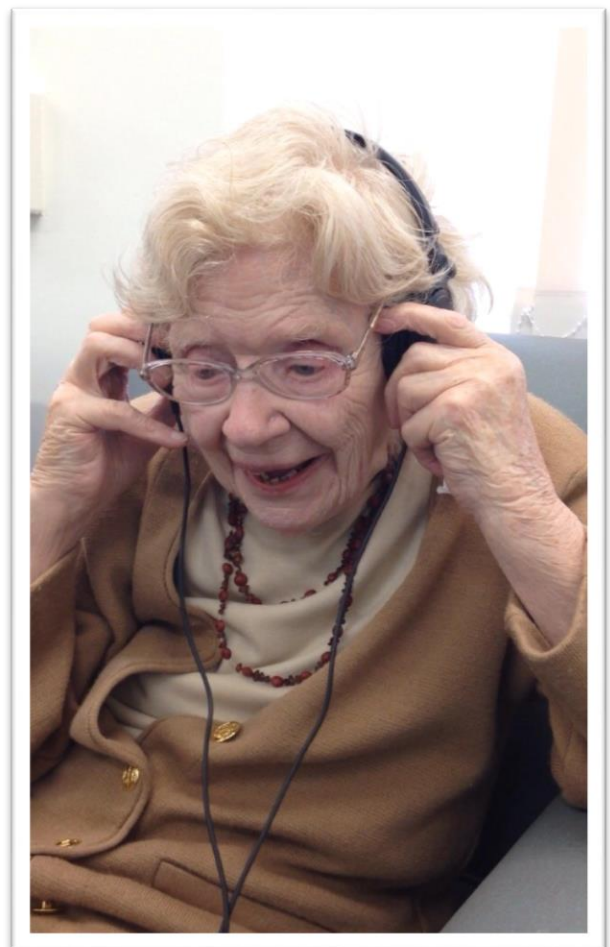
St Charles Centre for Health and Well-being, Exmoor Street, W10 6DZ

- One-to-one playlisting with individual day centre attendees and regular Playlist Live performances.
- An iTunes account has been created for the ongoing use by staff to continue building playlists on the provided iPods.

St Vincent's Alzheimer's Society Day Centre

49 Queen Caroline Street, W6 9QH

- Home visits to a number of day centre attendees to build playlists with input from families.
- October – December 2015 we carried out a *Playlist Conversations* project at St Vincent's with a team of two singers and a pianist. They delivered four live music sessions which incorporated group conversations into the delivery of requested music.



AgeUK K&C home visits

- One-to-one home visits to 8 individuals referred by the AgeUK K&C team.
- Multiple Playlist Live performances have been delivered at the AgeUK My Memories Cafes (north and south) and volunteers have assisted in getting specific individuals to the cafes so that they can hear their favourite music performed live.
- We attended the AgeUK K&C Health Fair at Kensington Town Hall in October to raise awareness of the project.

Chelsea & Westminster Hospital

369 Fulham Road, London SW10 9NH

- June – July 2015, pilot completed with CW+ charity at Chelsea & Westminster Hospital. Four sessions led by an OHP playlister, and a Playlist Live performance to complete the pilot. 22 patients took part.
- Continued Playlist Live performances through August/September/October with regular attendance by our OHP playlister on Wednesday afternoons to lead individual playlisting on the Edgar Horne and David Erskine wards.
- From January 2016 we shall be continuing to work with CW+ with an OHP playlister leading the weekly playlisting sessions with CW+ volunteers across both wards. These will link in with regular live sessions as before.
- Next series of live sessions to commence 27th January 2016



Open Age social group at St George's church

Aubrey Walk, W8 7JG

- One-to-one playlisting took place with two attendees from this Open Age social group, concluding with a Playlist Live performance. The programme was completely comprised of music from the personal playlists and we engaged a classical guitarist for the event.

Olive House

185 Townmead Road, Fulham, London, SW6 2JY

Residential Home:

- Two playlisters have been visiting residents at Olive House since October 2015.
- Nine personal playlists completed to date.
- First Playlist Live performance scheduled for 7th February 2016

Day Centre:

- Training session with two sixth form students undertaking work placements.
- The students subsequently worked with 15 residents over their two-week placement and we compiled six meaningful CDs which can be played at the day centre on a regular basis.



St Theresa's Home

40-46 Roland Gardens, SW7 3PW

- Working closely with the activities coordinator (Anita Tsaneva) to create a number of iPod playlists for residents in this home.
- Five iPods delivered in October
- First Playlist Live performance delivered 15th December 2015, incorporating a number of requested songs from personal playlists.

Nightingale House

105 Nightingale Lane, SW12 8NB

- Training completed with activity management team and a number of staff working across the different departments in the care home, including personal care staff.
- Volunteer coffee morning to introduce the project to interested volunteers who would like to assist, working with individuals specifically on the dementia ward to build personal playlists.
- Four iPods provided to start a project pilot by the activity manager in advance of plans for future delivery.

Feedback

“The Playlist for Life project run by Opera Holland Park, has given those who took part the opportunity to quickly and easily access music from their past which has specific meaning to the individual. For the person with dementia music can be crucial in maintaining the person’s well-being. It is one of the most effective ways of bringing to life happy memories from the persons past. This project has been successful in creating instantly accessible means to songs and music which have a personal connection to that person. The staff who ran the project were very dedicated, patient and took the time to get to know the individual. We are very fortunate that our clients were given this opportunity and it has really given them an outlet in which to enjoy the music they love.”

Melanie Randall, Day Support Manager, St Vincent’s Day Centre

“Our My Memories Café for people with dementia has greatly benefitted from the wonderful performances from Opera Holland Park and our involvement with their Playlist for Life project. Much evidence suggests that singing can be therapeutic for people with dementia. Living with dementia can cause people to experience problems with expressing themselves verbally and remembering things, yet memory for music seems to be one of the things which remains the longest. The Playlist for Life project helps people with dementia to enjoy musical memories of the songs/tunes which they have loved throughout their long lifetime. Staff from Opera Holland Park visited some of our group members with dementia at home to help them to explore their musical memories and then in many cases, produced for them a musical record on an ipod or CD. They also trained some of our staff and Befriending volunteers in the skills required to help a person with dementia produce their own personal Playlist for Life. The performers from Holland Park Opera are very skilled at producing interactive performances so that our group members are encouraged to sing along with the confident voice of the performers leading them to the right tune. As well as obviously being highly trained professional singers/musicians, they also have the skill to interact with people with dementia and draw out the most from them.”

Kate Little, Health Development Worker (My Memories Project) AgeUK K&C

“The singing was lovely. I enjoyed it very much as I never get to the opera now. Couldn’t be anything I liked more.”

“What fantastic voices he and his lady friend have. She could shatter a glass for sure! I would love to see them both again!”

“Took me back to my roots: Italian father who forbad me to sing!! Thank you very much.”

Feedback from attendees at the AgeUK K&C My Memories Café 30th November 2015

For more information, please contact:

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