



SI Grange - over - Sands Singing for Memory

For people with memory
problems, dementia or
speech difficulties

#SoroptimistBournemouth2019



**Women inspiring action,
transforming lives**



2. What is SFM

Fun, Joy, therapy, Support

- ☑ **A get together with friends over a cup of coffee, then an hour's joyous sing song. Going home feeling happy and more relaxed than when we came in. Who wouldn't like that!**
- ☑ **Seriously, it is a dynamic structured singing programme** that enables people with memory problems and their carers to enjoy the positive benefits of singing in a social situation. (think of Last night of the Proms , or an Abba sing along)
- ☑ People are no longer isolated by their dementia but belong to a group with a purpose as everyone contributes to shared song.
- ☑ They feel energised and uplifted. Someone starts you on a song and suddenly you are awake again, alive and remembering who you are
- ☑ **Carers** have the opportunity to relax as there are many eyes to help to monitor and assist.
- ☑ It is a supportive non- judgemental environment.

☒ **The SfM programme is energetic & enthusiastic**

- ☒ It includes action songs, stimulating body connections and helping co-ordination.
- ☒ Simple instructions are given – keeping the brain following sequences
- ☒ Eye contact is made so people are acknowledged and make contact with others
- ☒ It uses visual stimulation, parachutes of bright colours, passing bean bags, blowing bubbles, dancing
- ☒ It plays with words and sounds; reading lyrics to known songs helps word recognition
- ☒ Learning new songs and actions or taking part in rounds gives a real sense of achievement.

Women and Dementia

- **850,000** people with dementia in the UK
- **500,000** are women
- **65% of informal carers** are women



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Statistics from Alzheimer's Society 2019

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3. Why set up SfM- Women and Dementia

- ☐ In 2014 we wanted to set up a Service Project in our local community that exemplified our aims and served a need.
- ☐ Our local area has high percentage elderly people
- ☐ Dementia is a very real, growing and worrying problem
- ☐ Women are twice as likely to develop dementia as develop breast cancer.
- ☐ 90% of attendees at SfM are women,



4.
What we did and what we do
The Team

- ☐ We assessed the need, raised funds and worked in partnership with the Alzheimer’s Society to run their programme SfB. There was some initial training for the Singing Leader and Dementia Friend training for the club
- ☐ We put together a team. Our current team is 2 Singing Leaders, 1 administration leader, 15 helpers. There are 6 of us at each session.
- ☐ In 2016 Alzheimer’s withdrew their support. We assessed our capabilities – skills and commitment, stamina, the sustainability, manpower and funding and YES we decided we could run it ourselves.
- ☐ We adapted the programme to become Singing for Memory, widening the criteria to include any form of memory loss or speech problems
- ☐ We advertise and promote it
- ☐ We continue to train our team, on aspects of dementia, health & safety, singing techniques & encouraging singing ,
- ☐ To date we have held 190 sessions, over 100 people have benefitted, 4000 hours of

service have been given by the team.

CD, Photo Albums & Morning Coffee



“Wonderful to be able to share these happy times whenever we wish”

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How we have developed SFM CD/BOOK Coffee

- ☐ There are weeks when there is no SFM so wanted our attendees to be able to relive the enjoyment of the sessions in their own homes
- ☐ We made 2 photo albums and a CD of the favourite songs with a set of song sheets. All the attendees have been given copies and they are treasured items.
- ☐ The CD has been very useful in palliative care
- ☐ In August we treated everyone to morning coffee and a sing song at the Grange Hotel. The look of pleasure on their faces as they came in and their comment is this for us ! was a joy to behold



Outcomes for attendees
It is the Highlight of our week

- ☑ Enabled attendees to overcome the stigma and isolation of dementia and take part in a social situation
- ☑ The attendance has risen from 18 in 2014 to around 30 at recent sessions
- ☑ There is a feel good factor for all attending,
- ☑ The stimulation of the session can help to slow down the deterioration
- ☑ True friendships have been established between attendees
- ☑ There is peer support for carers providing empathy, coping strategies, practical solutions and net-working opportunities



- Educated, empowered and enabled us to support people living with memory loss
- Sense of ownership in the club and has brought members into the club
- Using our professional skills and knowledge
- Has raised the profile of Soroptimism locally
- "Even the Soroptimists go home smiling"

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Outcomes for the club

Slide

- ☑ 5 years on SfM is firmly established in the local community and we take great pride in this
- ☑ We know so much more about Dementia and memory loss and are more confident in dealing with it
- ☑ It is a sustainable project that has become part of our lives
- ☑ Local people certainly know what Soroptimists do
- ☑ We all still excited by it - **Click for smiling quote**



8. What have we learned

Photo of group

- ☐ It's a big commitment in both hours and expectation. Firstly you need a vision, then a "driver" and "facilitator" and a team of helpers
- ☐ There is a need for team continuity and training, it is a structured therapy programme, not just a sing song
- ☐ Be prepared for sadness
- ☐ We have enjoyed using our professional skills, medical, musical, teaching, counselling and mentoring
- ☐ Vicky a post graduate student spent a year with us, this enabled her to be accepted for a PGCE with a specialism in music and special needs.



Giving Service is more satisfying, beneficial and cost effective than fund raising for a similar project

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Main lesson
Giving Service

☐ Giving service is so satisfying



**10. Final Video
concluding remarks**

Thank you for listening, hopefully this short video exemplifies some of the aspects I have covered.

May we be the first to wish you this message

If you would like to find out more about Singing for Memory, especially how the sessions run, please visit our web site where there is more detailed information www.sigbi.org/grange-over-sands