

# Community music for people living with dementia



**face** the **music**

# Community music for people living with dementia

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Music making can help people connect, and support and encourage well-being. Music sessions are available for adults who have dementia in the early or later stages, in community or residential settings.

Sessions include a range of music, singing and playing instruments, directed by those involved and tailored to their needs. These run weekly for individuals or small groups, lasting 30-60 minutes.

Music making for people living with dementia can help in several ways:

- increase enjoyment and participation
- improve confidence and self-esteem
- reduce agitation or anxiety
- enhance self-expression and creativity
- aid communication and social interaction



My name is Ed Muirhead, I'm a musician who has worked with people of all ages, including those living with mild to moderate dementia. My experience includes group music-making, tutoring, intergenerational group singing, improvisation & songwriting. As well as years of practical experience, I have an MSc in music therapy.



Music sessions have been very well received by those involved, and by family members and staff carers who have noticed an improvement beyond the sessions.

If you have any questions, please let me know. I'm also happy to meet with you, to discuss music sessions and answer any questions you may have.

Ed Muirhead, 07948 504 355, [ed@facemusic.co.uk](mailto:ed@facemusic.co.uk)

## Further details

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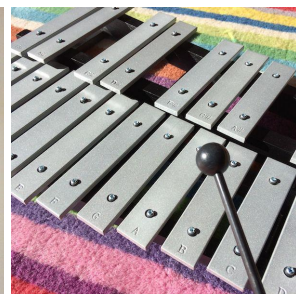
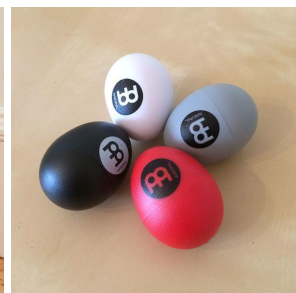
Music sessions may be requested by people who wish to participate, or by a family member or support worker.

Typically, weekly sessions would be provided for individuals or small groups of people.

£30 is the hourly rate, inclusive of travel within Dundee.

A suitable room is required - where lots of music may be made without any issues!

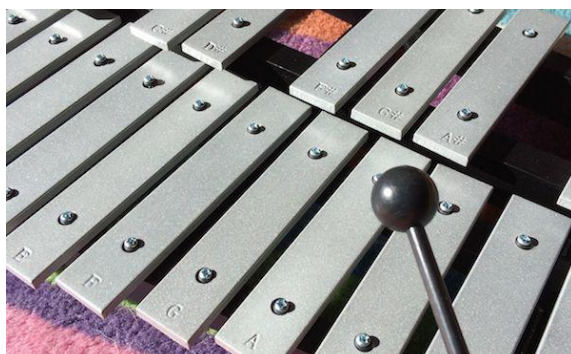
Instruments can be provided: a variety of percussion, guitar, keyboard - plus people may choose to use their own instruments.



*Feedback received in the past:*

*“Service users have said that positive attitude and enhanced wellbeing continues to last throughout the day after the morning sessions.”*

*- Staff member*



*“When you’re singing, you feel happy. And the songs come out a lot better.”*

*- Client*

*“I have observed a definite improvement in self-esteem / confidence in two people who attend.”*

*- Staff member*