

LifeMusic Project

Fairoak - The Proposal

- Purchase 10 sessions of facilitated Life Music for Fairoak service users - £500
- Member of staff to attend training to become a LifeMusic facilitator – Free
- Fund a place for a service user who has experienced the LifeMusic method to attend the training the next year - £500
- Travel costs provided by Fairoak
- Evaluation
 - Forms & verbal
 - Observation of behaviour
 - Measurement of adverse events/ use of prn meds etc

LifeMusic

- Uses participatory music with instant access instruments
- Facilitated group work
- 4 basic principals
 - Everyone is musical
 - There are no wrong notes in music
 - Every sound has a meaning
 - Making music is an act of trust
- Aims to
 - enhance wellbeing
 - Deepen people's understanding of themselves
 - Develop positive relationships with others
 - Provide a non-threatening means of self-expression

Benefits of Proposal

1. Staff member trained in Lifemusic facilitation will mean that these groups will continue to be offered at no cost to the service once this project has completed
2. Development of musical skills to aid expression of emotion in a safe and non threatening way
3. Personal development
4. Learning to work together in groups
5. Enhanced listening skills
6. Boosting of confidence, well-being and self-esteem for all involved.
7. Reduction in challenging behaviour from service users
8. Enjoyment and fun
9. The facilitation trained service user will have a means to enhance their life skills following discharge AND the opportunity to become self-employed

Costs thus far..

- £500 initial facilitated sessions – Dragon's
- £549 Instruments – Trust investment

Outstanding.

- £500 training place – Dragon's
- £? Travel costs - Ward

Post Session Evaluation

- Pt
 - 100% reported feeling more relaxed
 - Quite or very relevant rehab activity
 - 75% reported feeling happier
 - 100% would recommend to other pts
- Staff
 - Learnt lots about group dynamics
 - Saw pts develop in listening and confidence

Outcomes

- Average 5-6 attendees each group
- Less PRN requested on days following sessions
- No episodes of challenging behaviour noted on days following sessions
- Behaviour in group changed in those who attended regularly

What next?

- Sessions continue
- Sessions on rehab ward due to commence
- Service user training
- Knock on effect
 - Music appreciation
 - Karaoke
 - Organ music + service user accompaniment