



St Oswald's
Hospice

The warmest of welcomes to our

Music Therapy

Making memories and connections



Quality time for everyone

Come along to Music Therapy at St Oswald's Hospice

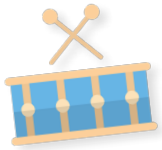


Love to sing? Write lyrics? Or just enjoy relaxing to music?

Then we'd love you to join in some of our music therapy sessions.

We offer a range of music therapies to support you and your family and/or carers.

Music therapy has many benefits...



Boosts:



Mood



Spirituality



Quality of life



Reduces:



Pain



Fatigue



Anxiety





Music therapy is a great way to connect with others, bring back memories and share feelings and emotions that can be hard to talk about.

You don't have to be musical. Our therapies are designed to be fun, inclusive and accessible for everyone to enjoy.

Our trained music therapist and music volunteers are on hand to guide you through your musical journey with us in a variety of one-to-one and group sessions.

"I can't begin to imagine the music group not being part of my life."
Bereaved family member



Open Singing Group

Singing together with others is a great way to help you feel connected and happy.

Our Open Singing Group is open to everyone, including anyone who uses the hospice services, their families, and our staff and volunteers. We provide a relaxed and safe space to come together, sing songs and have fun.

You don't need to be a great singer – everyone is welcome!

Each session begins with some exercises to warm-up our voices. Then we sing a mix of well-known songs together. If there's a song you really like, you can ask for it too!

Don't worry if you don't know the words – lyric sheets are handed out so you can sing along. There'll also be a guitar and/or keyboard accompaniment to add to the musical experience.

Our Open Singing Group takes place every Wednesday 12pm to 1pm in our Chapel and everyone is welcome to attend.

"I look forward to the singing group. I've learned a lot and music inspires me" Focus on Living Patient



Open Music Group

Playing instruments and singing together can help patients, families and loved ones show love and support for each other in a way that can be hard to express in words.

Led by our Music Therapist, the Open Music Group is open to everyone, regardless of musical background or ability. You'll have the chance to explore a variety of accessible instruments, connect with others, and experience the joy of making music together in a supportive environment.



Our Open Music Group takes place every Thursday 11am to 12pm in our Chapel and everyone is welcome to attend.

"It's so nice to be able to meet new people and share experiences." **Adult Inpatient**

Focus on Living Music Group

Making music in a group can be an uplifting experience for you and others. It can help you feel less worried, improve mood and promote overall wellbeing.

Our Focus on Living Music Group is a welcoming and inclusive space to come together and share music. Even if you have challenges with communication or other difficulties, we don't see this as a barrier. Our Music Therapist will guide you through a shared music-making experience that's right for you.

The Focus on Living Music Group takes place on Thursday afternoons in our Chapel. Please speak to a member of your care team if you'd like to join.

Therapeutic Songwriting

Creating a song can help us to explore and express emotions in a way that goes beyond words. It can also help connect with loved ones. When we share our music, we offer a part of ourselves for others to treasure.



You don't need a musical background to write a song. Our music therapist will lead you through the process of what you want to get across.

Together, you will look at lyrics, style of music and which instruments will bring your very personal song to life. When it's ready, you can record the song using professional software and have it as CD or digital format.

Please talk to a member of your care team about arranging a session.



"My brother has been very down since he was in hospital and the only time he gets a light in his eyes is when he talks about the music sessions" **Focus on Living family member**

Stay calm

Be happy

Feel refreshed



Music Reminiscence

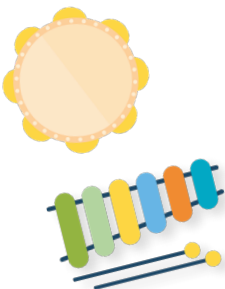
From the first dance at a wedding to the favourite record you ever bought, songs have a unique ability to shine a light on important life events and memorable moments.

By taking part in a Music Reminiscence session, you will work with our music volunteer to discuss and listen to the songs that have had the biggest impact on you and those around you. Family members and carers are also welcome to join in too!

At the end of the flexible and relaxed sessions, you'll have a playlist of around 8 personal songs for you and your loved ones to cherish and enjoy. Just think of it as your own episode of the long-running radio programme, Desert Island Discs!

"Thank you very much for the music therapy you are doing with Colin. He enjoys it immensely."
Adult Inpatient partner

Please talk to a member of your care team about arranging a session.



Come in to our safe place

Our **Music Therapy** sessions take place at the main hospice site in Gosforth.

St Oswald's Hospice
Regent Avenue
Gosforth
NE3 1EE

Any Questions?



Please contact us on **0191 285 0063**

Messages can be left on our voicemail if no one is available and we will get back to you.



Email: **enquiries@stoswaldsuk.org**

Issue Date:
Review Date:



**St Oswald's
Hospice**

**0191 285 0063 | enquiries@stoswaldsuk.org
www.stoswaldsuk.org**

St Oswald's Hospice, Regent Avenue, Gosforth, Newcastle upon Tyne

NE3 1EE. Reg Charity No. 503386