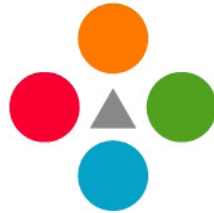


Music in the Air

Following on from the great success of the Breath of Fresh Air Challenge

Annual Challenge 2010



NAPA
LIVING LIFE

*"Over time, my mother lost a sense of who I was and began to believe I was her brother Tom. Normal conversation became nigh on impossible, but in the midst of all this despair there were some extraordinary moments. One day, I took her for a drive in the car and put on a Frank Sinatra CD – she sang every song, word perfect. **The lyrics she heard as a young girl had stayed with her** – Gershwin, Porter, Rodgers and Hart she remembered word for word, yet she didn't know who I was. It was **extraordinary**."*

Extract from 'My Year as National Dignity Ambassador', Sir Michael Parkinson.

Songs and music are relatively easy to access, cost very little and can promote individual choice and wellbeing

£3,000 1ST PRIZE

for the overall winner to help enhance the activities in your care setting and 4 runner-up prizes.

More can be done to bring **music** to life in care settings beyond the traditional sing-alongs and the visiting entertainer

Music offers variety in the day, lifts spirits and helps connect people

With thanks to our main sponsor



Entry form enclosed

www.napa-activities.co.uk

Telephone 020 7078 9375

Email info@napa-activities.co.uk

Make an **extraordinary effort** during the Annual Challenge week

7th - 14th June 2010

Then share with us what you did and what a difference it has made to those you care for.

Tell us about YOUR **'extraordinary moments'** using music or singing with older people:

One to one

In small groups

For larger gatherings

Involving the wider community

NAPA Annual Challenge

Music in the Air 2010

Why music?

- Music in a care setting has the potential to transform the mood in a room and to trigger memory in a powerful way.
- The example given of Sir Michael Parkinson's mother remembering all the words of familiar songs will be familiar to many care staff working with older people.
- However, sometimes a radio or CD player can be turned on with little regard to individual preferences. Music collections in care settings can sometimes focus on one particular time period or type rather than having a wide collection to appeal to all tastes.
- Singing along in the lounge can be fun but are there ways of bringing songs and music into daily living activities for example whilst someone is being helped to have a bath.
- The use of music is a way of offering people with dementia an opportunity for creative self expression, to be heard by others or to take a lead.

This competition invites care settings to share interesting ways of bringing music and singing to all individuals in a care setting including those who are no longer able or willing to participate in large group activities.

The first prize of **£3,000** is dedicated to the activities budget for your residents or tenants. This has been generously donated by **Barchester Healthcare**, our main care home group sponsor this year.

Please note: all Barchester Healthcare homes are eligible to enter the competition as the judging panel will be independent.

Interested in joining NAPA?



NAPA stands for the [National Association for Providers of Activities for Older People](#), a charity and membership organisation dedicated to increasing the profile of activity provision in care settings.

To join NAPA visit www.napa-activities.co.uk or telephone [0207 078 9375](tel:02070789375) to find out more information.

NAPA Annual Challenge

Music in the Air 2010

How to Enter

Step 1:

7th - 13th June 2010 - Music in the Air Week

Getting started

This week invites care homes and sheltered housing schemes around the country to bring the sounds of music to thousands of older people nationwide.

We particularly want to hear the stories of individuals who have found their voice and how you have involved others in the community.

Photographs to tell your story would really help and short CDs or DVDs (10 minutes maximum) are also accepted but not essential. Please note it is essential that CDs or DVDs can be played using Windows Media Player or Real Player, discs in any other format will not be accepted.



Step 2:

13th June - 9th July

Compile your entry

Complete the contact details form enclosed and attach to your entry on separate paper telling us what you have done and how well it has worked. Send your entry to us at NAPA.



Step 3:

August

Judging of the competition will take place and the top five award winners will be notified by August 9th.



Step 4:

8th September - Music in the Air Gala Party

Event at the Royal Hospital Chelsea to celebrate the success stories and present the prizes. The five finalists will be invited to attend with staff and a resident where possible.

What might make you a winner?

What we DO want to see

- Give a range of simple and achievable ways of giving older people an opportunity to sing or enjoy music.
- Be original and creative!
- Combine things for individuals and small groups, not just large events.
- Include people who are unable to get out of bed or out of their room.
- Involve outside support whether it is volunteers, relatives, local children, amateur choirs or bands or community organisations.
- Give examples of how music can create links between staff and residents from different cultures and religions.
- Use music to help individuals to tell stories and share memories about their lives.
- Involve other members of the staff team, not just the activity organiser.
- Use real words and pictures – include individual quotes from older people who have taken part or good quality pictures.
- You can use a CD or DVD but in order to be fair to others, please only send a maximum of 10 minutes running time. Please note it is essential that CDs or DVDs can be played using Windows Media Player or Real Player, discs in any other format will not be accepted.

NB: What we DON'T want

The use of professional entertainers at large parties is NOT what this competition is promoting. We are keen to hear about ways in which the staff team uses music throughout the whole day.



'extraordinary moments'



Music in the Air 2010 Entry Form

For Office Use Only Application Number: Photo Consent: Y / N CD/DVD included: Y / N
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Please fill in your contact details on this page and attach it to your entry.
Use the guidance notes in sections A to G to help you put together your entry on separate paper.

NAPA Membership Number:	Organisation:
Name of Care Setting:	
Full Postal Address:	Telephone Number:
Post Code:	Email Address:
How did you hear about the competition?	Name of Person to Contact:
Did you take part in last year's competition? YES / NO	Job / Position:
Does your care setting have an Activity Organiser? If so, how many hours a week do they work?	

Completed entries and consent forms to be sent to:

**NAPA, Bondway Commercial Centre,
5th Floor, Unit 5.12, 71 Bondway,
London, SW8 1SQ**

**Telephone: 0207 078 9375
Fax: 0207 735 9634
Email: info@napa-activities.co.uk**

Music in the Air 2010

Please give us details of what you have done during the Music in the Air Week. Use the sections below as a guide as to what the judges will be looking for. Feel free to include quotes, photographs and copies of any local press coverage but please note the guidance on written consent for photographs on the next page. It would be helpful to know numbers and who was involved when you write up each section (e.g. 3 residents, a carer and 2 regular volunteers).

Please compile your entry for ALL sections below on separate paper.

A) For Individuals

Please give examples of what you did and how individual residents have benefited. This is the most important part of your entry.

B) For Small Groups (2-5 people)

Please provide details of any activities carried out in small groups.

C) For Large Groups

Please provide details of any activities carried out in large groups.

D) Community Involvement

Please give details of any community partnerships created or built upon during the Music in the Air Week, for example links with a local choir, school, business, charity, church, mosque, police station etc. We are looking for innovative ideas and a variety of connections.

E) Involving other staff / relatives / friends

Let us know if and how other members of the staff team / relatives / friends have been involved. Have staff and residents benefited from this involvement?

F) What has your service learned from taking part in the Music in the Air Week?

This might include some of the things that didn't go well, or what you might change in the future.

G) What have you and your staff team achieved? What will you continue to do in the future?

Consent Form

For Office Use Only
Application Number:

Photo Consent: Y / N

Name of Care Setting:
Contact Telephone Number:

1 form per person, please photocopy as necessary.

If you are sending photographs, CDs or artwork please remember to write the following information on the back:

- The name of the care setting
- The post code of the care setting
- The names of the people in the photos

This information is also required when sending photos by email.

We are unable to return photographs, CDs or entries.

Please ask the residents in your photographs to give consent where possible (option 1); if the resident is unable to give consent, we ask that you contact a relative to gain consent (option 2); alternatively a manager may sign the form (option 3).

Please ensure the written consent form below is completed and attached to your entry (we may wish to use some photographs in our follow up report or at the presentation evening).

If you do not wish us to use your photographs please make this clear on your entry form.

Option 1: The resident gives consent

I (Print Name) _____ give consent that the photographs of me taken during the competition week, may be used by NAPA for use in literature, display on NAPA website, training and publications.

Signed _____

Date _____

Option 2: A relative gives consent

I (Print name) _____ give consent on behalf of _____ that photo's taken during the competition week may be used by NAPA for use in literature, display on NAPA website, training and publications.

(To be completed by next of kin, or significant other)

Signed _____

Date _____

Option 3: A manager gives consent

I give consent that photos taken during the competition week may be used by NAPA for use in literature, display on NAPA website, training and publications.

Manager (Print name) _____

Signature _____

Date _____

Checklist – before you submit your entry:

- 1) Make sure you have filled in the contact details form and attached it to your entry.
- 2) Think about all the sections from A to G and what you have done to bring music to your residents.
- 3) Make sure photographs and art work are clearly labelled with the following (even if sent via email):
 - Name of your care setting
 - Post code of the care setting
 - The names of the people in the photographsPlease note we are unable to return photographs, CDs and art work.
- 4) Fill in the consent forms for use of photographs – one for each person, and ensure they are attached to your entry.

GOOD LUCK!



A huge thanks to our main sponsor Barchester Healthcare

Barchester Healthcare is one of the largest providers of high quality nursing and residential services in the country. The organisation has adapted and grown, from one that focused on older people needing nursing care in high quality environments, to providing personalised support for adults of all ages with a range of disabilities. Barchester employs almost 15,000 people to care for more than 10,000 residents at more than 200 locations in the UK and is the only care provider listed in The Sunday Times Top 20 Big Companies To Work For 2009.

We look forward to appearing in the Top 20 again this year.

The Barchester Nordoff-Robbins Initiative (BNRI) is a unique collaboration between Barchester Healthcare and the UK's leading music therapy charity, Nordoff-Robbins. Its aims:

- to promote and support music therapy within Barchester homes;
- to nurture musical communication throughout our care services; and
- to contribute to the field of music and health through research.

Stuart Wood, the BNRI Head Music Therapist is an experienced music therapist in neurological rehabilitation and dementia care, and a researcher in the field of music therapy. Music therapy accesses the parts of the person that are still active, able, and creative. Usually it involves being enabled to make music with the music therapist and with others, through singing and / or playing instruments. A session can be in individual formats, with small groups or be open and social in style. Typically, formal sessions last from 20 to 40 minutes and are held weekly; although they can also happen spontaneously amid public spaces in short encounters. There is usually a range of percussion instruments available, and a keyboard or piano. Music is improvised or created together with the music therapist and with other participants, working towards intimate, musical engagement.

Barchester is passionate about music therapy; everybody has the potential to respond to music. Often music therapy is indicated for people who experience isolation or who 'miss out' on the daily life of the home. It can also be particularly helpful when a resident first moves in to a care home, or in enabling communication among visiting families and friends.

Music therapy promotes self-esteem and encourages spontaneity and creativity. Therapy sessions in a number of our homes have culminated into home bands. Residents have also composed music along with their music therapists and have been performed in concerts for the local community.

Interested in becoming a NAPA sponsor? We are still looking for prizes, donations and supporters for the Gala Evening and other NAPA activities.

Please contact info@napa-activities.co.uk for more information.