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## Update on MIDDEL

**Sixteen UK care homes are part of this important international research project.**

In each home 10-15 residents participated, together with several members of staff.

Twelve homes chosen at random received free intensive music interventions for 6 months. Four homes carried on as usual.

The MIDDEL project was also undertaken in Australia, Germany, Norway, Turkey and The Netherlands.

Results of the Australian study are already in. More results, which include the UK data, will begin to come out towards the end of 2023.



You can read more about the study on the MIDDEL website.  
<https://www.middel-project.eu/>



## MIDDEL in numbers



**1000** residents

**500** care home staff

**80** care/nursing homes

**40** researchers

**20** music providers

**15** volunteers

# What people say about MIDDLE

**A small committee of family carers monitored the MIDDLE UK project to bring a public perspective.**

Elaine told us that her "mother and mother in law were both diagnosed with dementia and died with the disease. My experience with Mum singing in the community made me realise what an important activity this was to keep the brain engaged and stimulated to bring back held memories of happy times. My hope for this research is to make singing a standard therapy for people suffering in the community and care homes." Beryl said that she got involved in representing the layperson's viewpoint in MIDDLE because she had several close family members who all had various forms of dementia: "I have seen at first hand how music and music making revives their memories of happy times, soothes them and improves their mood. It also makes the task of those who care for them easier."

University of Nottingham researchers are always seeking members of the public like Elaine and Beryl who can contribute their experience by volunteering to participate in research steering groups and committees. If you would like to find out more, please contact Kate Horton, Public Involvement Co-ordinator: [Kate.Horton@nottshc.nhs.uk](mailto:Kate.Horton@nottshc.nhs.uk)



## ENabling Research in Care Homes

**If your care home would like to participate in more research you could consider joining the network of 'research ready' care homes co-ordinated by ENRICH.**



ENRICH brings together care home staff, residents and their families with researchers. It provides a toolkit of resources to help care homes make the most of research.

MIDDLE UK is one of the studies supported by the National Institute for Health Research (NIHR) through ENRICH. It has also received huge support from NIHR's Clinical Research Network, as we described in our first newsletter. The study was delayed by Covid and only started when homes opened up again in January 2022. As we proceed to complete the study we want to acknowledge the heroic efforts of care homes to make it possible, especially given the immense challenges the homes continued to face with Covid.

The MIDDLE UK research team are enormously grateful for the co-operation of our 16 participating care homes, the many staff and activity co-ordinators who helped with the study, the relatives and residents who joined and the professional musicians and volunteers who brought the music to the homes.

# The Power of Music

Music is a wonderful tool to promote wellbeing in care home. Where groups of people are together, such as mealtimes, gentle music has been shown to encourage them to stay at table longer. In this way music can improve nutrition.

Listening to concerts and performers is a shared pleasure that unites all members of the audience. Singing generates good feelings among the singers; it shows that they have something in common; not just the tune and lyrics, but also the history of a song – whether they learned it from parents or danced to it as a teenager. Playing instruments draws on skills that could otherwise be neglected, and playing in unison is an exciting group experience. Sound, rhythm and the physical demands of singing or playing music are beneficial and enjoyable for most people.

Here are some free resources that can help to support the right of every care home resident to enjoy music of their choice.



## Live Music Now

have produced a Toolkit for Care Homes.

<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/>

## Playlist for Life

provides resources and advice on using digital music to make up a list of a person's preferred listening.

<https://www.playlistforlife.org.uk/>

There are also video tutorials for anyone wishing to lead singing in a care home.

<https://achoirineverycarehome.wordpress.com/toolkit-for-care-homes/singing-tutorials-and-tips-for-care-staff/>



## Memory Tracks

brings music to help with tricky caring situations through an app which links music to caregiving tasks. This is available to purchase from any app store.

<https://www.memorytracks.net/>

## Music for Dementia

has a list of music-focussed activities especially for people with dementia.

<https://musicfordementia.org.uk/wp-content/uploads/2020/11/musicalguide.pdf>

These activities include watching musical films. Sometimes these come with the lyrics displayed, in a sing-along format. Choose a musical that residents may have watched in their youth.

Recorded music is also a source of pleasure if we remember to give the listeners a choice of what to hear. Vinyl records are making a comeback and can be a focus for an activity that combines listening with reminiscence.

There is a limitless amount of music available online, including Music for Dementia Radio, YouTube Music and Spotify etc. With a phone and a Bluetooth speaker, you can access almost any track a resident wishes to hear.

# Songs for your repertoire



This is the list of songs compiled in the second Songtime/Preside singing book edited by Paul Quinn and Angela Warren.

The songs include many that people aged 70+ will have heard and they are fun to sing.

And I Love You So	Kiss Me Honey Honey
Annie's Song	Lazybones
Banks Of The Ohio	Let's Go Fly A Kite
Bare Necessities	Morning Has Broken
Bebop a Lula	My Favourite Things
Black Hills Of Dakota	Oh What a Beautiful Morning
Bobby's Girl	Perhaps, Perhaps, Perhaps
Bring Me Sunshine	Que Sera Sera
Bye Bye Love	Save All Your Kisses For Me
Can't Get Used To Losing You	Secret Love
Catch A Falling Star	Shalom
Clementine	Skye Boat Song
Cockles And Mussels	Slow Boat to China
Consider Yourself	Somewhere Over the Rainbow
Country Roads	Summer Holiday
Edelweiss	Swinging on a Star
Fly Me To The Moon	Tie a Yellow Ribbon
Get Me To The Church	Top of the World
Getting To Know You	Tulips from Amsterdam
I Can See Clearly Now	Wonderful World
I Do Like To Be Beside The Seaside	Yellow Submarine
I Get a Kick Out of You	Yesterday Once More
I'd Like To Teach The World To Sing	You Don't Have To Say You Love Me