



LIVERPOOL
PHILHARMONIC

Music and Health
15 Year Anniversary

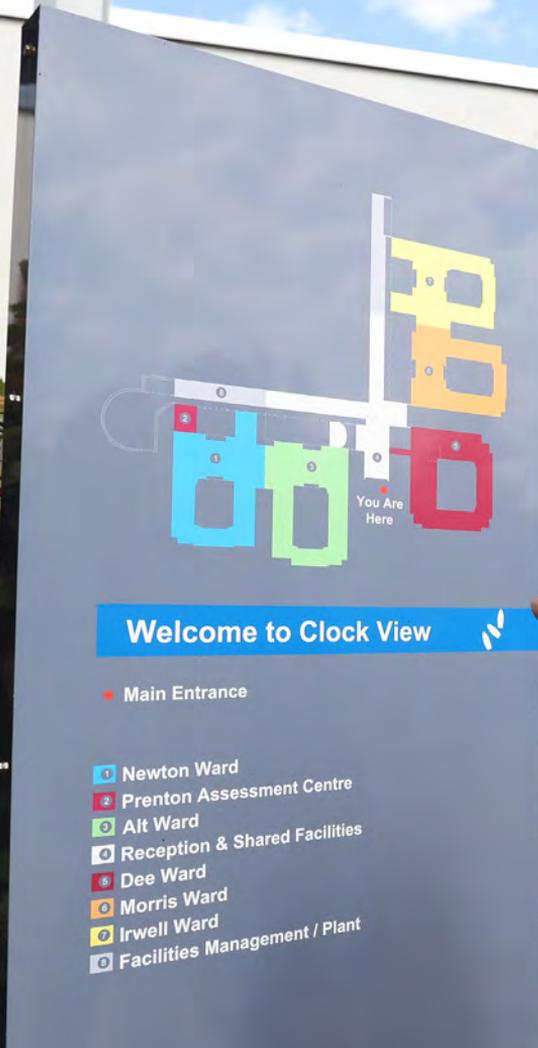
Music and Health

15 years supporting
recovery and wellbeing
through music









Welcome to Clock View

- Main Entrance
- 1 Newton Ward
- 2 Prenton Assessment Centre
- 3 Alt Ward
- 4 Reception & Shared Facilities
- 5 Dee Ward
- 6 Morris Ward
- 7 Irwell Ward
- 8 Facilities Management / Plant

“Music heals the soul, brings light from darkness.”

Participant



“Our partnership with Liverpool Philharmonic stretches back right to the start of their Music and Health programme in 2008 and we’d like to congratulate them on 15 years of helping patients, service users and carers with their recovery and wellbeing.”

“The ‘Musician in Residence’ programme was one of the first we established which recognised the need for therapeutic environments and meaningful activity as part of a patient’s care pathway. That has expanded so social prescribing, art and music sit alongside clinical interventions and medical support in all our mental health services and are well received by our patients and service users across our communities.”

“Many congratulations from Mersey Care on reaching such a milestone – we regard our links with Liverpool Philharmonic as the most enduring and successful arts and health partnership of its kind.”

**Professor Joe Rafferty CBE,
Chief Executive
Mersey Care NHS Foundation Trust.**

Sometimes it may
The winds they will
Make a hot drink
To feel a nice warm



“Each session released a little bit of happiness that wasn’t a passing moment, it was sowing a seed of change.”

Participant

FOREWORD

Since 2008, 18,000 people living in Liverpool City Region and receiving care in the NHS or the community have benefited from high-quality live music and group music-making to support their recovery and wellbeing.

This is the story of Liverpool Philharmonic's Music and Health programme. Working with NHS Trusts and partners for 15 years, we have together found new ways to enhance and transform the lives of local people and communities through music.

We are grateful to our longest standing partner, Mersey Care NHS Foundation Trust, who have worked with us since the beginning in 2008 and pioneered our first adult mental health NHS Musician in Residence programme. We thank all our NHS partners and their teams for their commitment to bringing live music into their Trusts. We recognise and thank the many funders who have enabled this work to thrive, including our NHS Trust partners and their charities, The Foyle Foundation, Liverpool City Council, Arts Council England, Allianz, BUPA Foundation, Medicash, University of Liverpool and Liverpool Philharmonic's donors and supporters.

To our musicians, thank you for sharing your passion for music with so many across the region.

Most of all, we thank the thousands of patients, participants, and their families we have met over 15 years. We are honoured that you have shared your stories, ideas and creativity with us and our musicians.





“Wherever we are from, whatever language we speak, music connects us – unites us.”

Participant

WHAT WE DO

Liverpool Philharmonic's Music and Health programme is one of the longest running arts and health programmes in the UK, working with the NHS to:

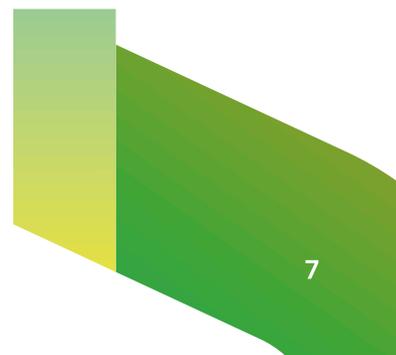
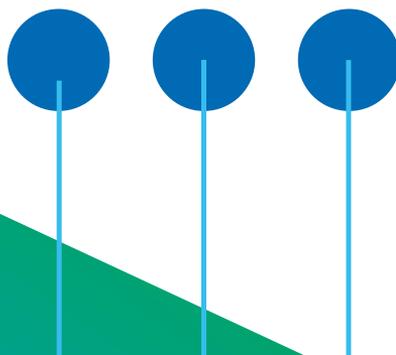
Enhance mood and self-esteem for those experiencing mental or physical illness

Help people rebuild confidence and develop skills

Support independent living in the community, making new connections or returning to employment

Positively affect the hospital or ward environment for patients and NHS staff

Our vision is for every person in Liverpool City Region experiencing mental or physical ill health to have access to music to support their recovery and wellbeing.



OUR NHS PARTNERS



2008

Mersey Care NHS Foundation Trust

One of the largest physical and mental health trusts. Provides whole-person care to help people live happier, healthier lives across Northwest England.

2019

Cheshire & Wirral Partnership NHS Trust

A large Trust providing health services across the Wirral and Cheshire. Provides mental health, learning disability, community physical health and all-age disability care.

2019

The Clatterbridge Cancer Centre NHS Foundation Trust

One of the UK's leading cancer centres. Provides highly specialist cancer care to people living in Cheshire, Merseyside and beyond.



2022

Improving Me

Improving Me, NHS Cheshire and Merseyside's women's health and maternity programme. Committed to improving women's health and maternity experiences.

2023

The Walton Centre NHS Foundation Trust

The UK's only specialist hospital trust dedicated to providing comprehensive neurology, neurosurgery, spinal and pain management services.



The Music and Health programme includes a Social Prescribing and Community Wellbeing programme, supported by our NHS partners, open for referrals from GPs, Link Workers and community groups across the region. We offer free musical activities, concert and rehearsal visits to hear the Royal Liverpool Philharmonic Orchestra at Liverpool Philharmonic Hall. These provide opportunities for participants to benefit from live music in the community and boost wellbeing.





“This programme has helped me to enjoy music, which has really helped with my sense of wellbeing ...I find I am more positive in my outlook.”

Participant



Perform in communal spaces and hospital foyers

Perform or make music with patients on wards

Perform as a 'juke-box', so patients can choose their own soundtrack

Support participants in creating and performing their own music

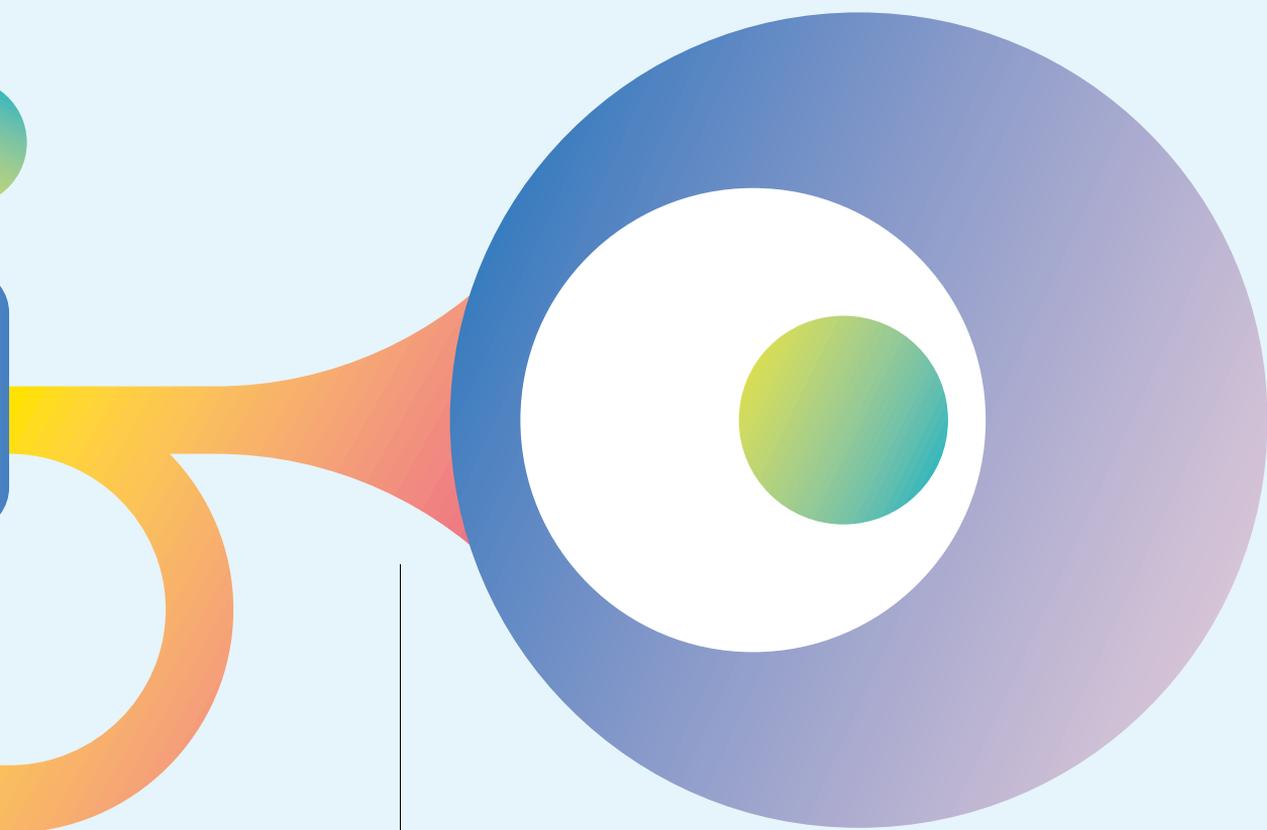
Help participants sing together and to an audience

The programme is person-centred, focusing on individuals' thoughts, choices, and responses to music. Musicians connect with participants through music, unlocking new skills, building confidence and encouraging participants to attend follow-on activities.

Enable participants to create and present events in Liverpool Philharmonic Music Room

OUR MUSIC AND HEALTH METHOD

A team of 10 Lead Musicians and 53 musicians from the Royal Liverpool Philharmonic Orchestra and beyond lead activities across the region. Within sessions, our musicians:



Introduce participants to musical styles, artists, history or themes

Enhance connections between mums and babies

IN NUMBERS

18,000 patients and participants

15,000 hours of music-making

50 health, social care and community settings

35 participant-led celebration events
at Liverpool Philharmonic Hall

15 years working with the NHS 2008-2023

5 NHS partners

IMPACTS

The scope of the Music and Health programme is unique in the UK. Programme evaluations over 15 years have highlighted three key impact areas:

Living Well: for patients, participants and their families

Working Well: for NHS partners and staff

Performing Well: for our musicians

LIVING WELL

“Those of us connected to this partnership between Mersey Care and Liverpool Philharmonic over the last decade have witnessed first-hand the phenomenal impact that music has had upon the recovery journey of literally thousands of service users across all parts of our organisation.

These programmes have delivered a truly humanising process, through which our service users have been engaged as a whole person and not simply seen as the diagnosis that so often defines their existence.

Mersey Care has remained committed to this partnership year on year not simply because it is merely a ‘nice’ thing to do but because we have successively seen the programmes deliver very real and transformative recovery and well-being outcomes.”

Michael Crilly,
Director of Social Health & Community Inclusion,
Mersey Care NHS Foundation Trust





Patients and participants told us what they had gained from taking part including: feeling more positive, having increased social interactions, and developing skills and ideas. Individuals said they valued “being listened to”, having something “to keep them going”.¹

91%

said they had experienced increased self-esteem

75%

said the programme positively impacted their confidence³

“I feel happier...It lifts me a lot especially as I am so isolated.”

Participant

86%

of participants reported activities improved their mood and supported their everyday living

The Music and Health programme enhances mood and self-esteem for those experiencing mental or physical illness.

Individuals' thoughts and choices are at the centre of our work, meaning participants, professional musicians, NHS staff and family members are equal actors in sessions. This creates a sense of togetherness, increasing self-esteem and mood.

90%

of participants attended to meet others and boost their mood²

60%

of patients said the programme helped reduce anxiety⁴

¹ Life Rooms feedback 2021

² Music Mondays feedback 2022

³ Life Rooms feedback 2021

⁴ Mersey Care Ward feedback December 2020



“The sessions get me out of the house and make me feel less alone. It has really helped with my anxiety.”

Participant

“I think that’s, to me, one of the most valuable things, it’s asking their opinion and getting them to give their views on things that are not anything to do with their illness.”

Musician

“These sessions have inspired me to become more creative in other areas as well. I have written poems and started painting again. But I have also managed to speak to people, which I find extremely difficult.”

Participant

The Music and Health programme helps people rebuild confidence and develop skills.

Patients are encouraged to try new things and express themselves through music-making, developing skills in a supportive and nurturing environment. Participants are seen as creative individuals, separate from their illness.

The Music and Health programme supports independent living in the community, making new connections or returning to employment.

Participants discover musical interests and ways to explore these outside of community or care settings. The Music and Health team forge links with groups across the region, enabling participants to continue making music in welcoming environments and progress their recovery journey.



The programme has an employability strand, through which we have employed three members of staff at Liverpool Philharmonic through a Guaranteed Interview Scheme with Mersey Care over the last five years.

Having gained confidence and practical skills, participants have taken on volunteering roles at Life Rooms and accessed new opportunities.

Following a series of *Music, Mums and Little Ones* sessions with Improving Me which took place in a library, of 16 women and their babies who took part, 9 signed up for library membership, and a total of 48 books were then borrowed from the branch library over 8 weeks. This engagement extended beyond the course:

The programme links participants to opportunities for independent living, with 889 attendances by patients and participants from 135 households coming to concerts and events at Liverpool Philharmonic Hall through audience development initiative *Leap into Live Music* over the last 8 years.

“These two young women were part of the [music] project. Neither had been library users before and now not only are they regularly taking their babies to Read and Rhyme Time sessions, but they are joining in with wider library events.”

Library staff member

“My daughter had a tear in her eye at the end, she was proud of what I’ve done since nearly ending my life.”

Participant

“People think I am a different person these days. We cannot mend ourselves with medicine alone. That is why these courses are so important to me and many others.”

Participant

“I think attending the Music Mondays sessions has given me a greater appreciation of the musicians, instruments, and the music felt so incredible.”

Participant



WORKING WELL

NHS Partners report that music has a positive effect on wards, hospital sites and staff. Music permeates physical spaces, changing the environment of care and community spaces.

“I am delighted that we have been able to support this partnership with Royal Liverpool Philharmonic. The lift that the music performances have given to our patients and staff have been of immense benefit to both their physical and mental wellbeing. It’s been wonderful to hear the musicians around the hospital and see the joy brought to patients and staff.”

Jan Ross,
Chief Executive
The Walton Centre NHS Foundation Trust





“The ward is struggling at the minute, everyone’s a bit low, but all of them walked out of the session with a smile on their face. It has given them the lift that they needed.”

NHS Staff member

“Working with the Liverpool Philharmonic is integrated within the care we deliver and within the expectations of our service users, their families, carers and our staff.”

NHS Staff member







NHS Staff also noted that the sessions had a direct impact on care outcomes and gave staff opportunities to observe patients' responses to music.

“People can be waiting, sometimes quite anxiously for their appointment ... We’ve had a group of musicians come in ... it creates an uplifting atmosphere, giving people the opportunity to get involved and offers a different focus away from their cancer care and treatment.”

NHS Staff member

“The group helped an individual to engage in ward-based therapy outside of his room... which... has led to him spending more time outside his bedroom and his engagement in his rehabilitation and recovery has improved.”

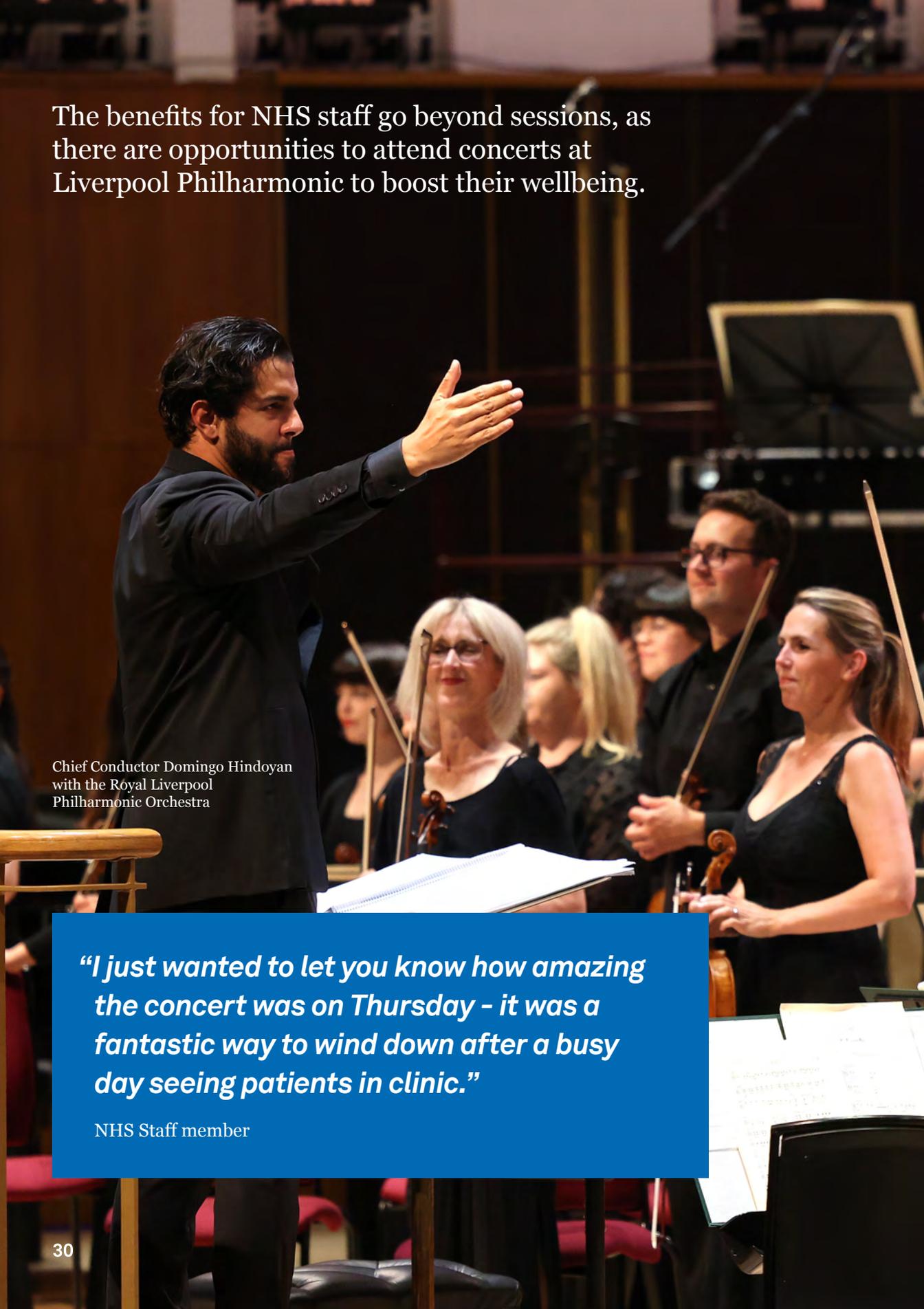
NHS Staff member



“At The Clatterbridge Cancer Centre, we really value the arts as a way of enhancing the experience for our patients, visitors and staff across our hospital sites. We recognise that visiting hospital can be difficult for some of our patients and their families so it’s important to us that we do everything we can to make their experience a positive one. Our collaboration with Liverpool Philharmonic - for their Music and Health programme - is a huge part of our patient experience work. It’s been massively successful in helping our patients feel more relaxed and reduce their anxiety, either at outpatient appointments or during an inpatient stay in one of our wards. The feedback has been overwhelmingly positive, with patients commenting on how much they’ve enjoyed the music provided by the team from Liverpool Philharmonic. Patients tell us it relaxes them, takes their mind off their treatment and is generally something different and unexpected during a hospital stay. We’re delighted to collaborate with Liverpool Philharmonic and are proud to be part of the success of the Music and Health programme.”

Julie Gray,
Chief Nurse,
Clatterbridge Cancer Centre NHS Foundation Trust

The benefits for NHS staff go beyond sessions, as there are opportunities to attend concerts at Liverpool Philharmonic to boost their wellbeing.

A photograph of Chief Conductor Domingo Hindoyan, a man with a beard and dark hair, wearing a dark suit, conducting the Royal Liverpool Philharmonic Orchestra. He is standing on the left, gesturing with his right hand. In the background, several orchestra members are visible, including a woman with white hair and glasses, and a man with glasses, both holding violins. The setting is a concert hall with wooden paneling and a large microphone stand in the foreground.

Chief Conductor Domingo Hindoyan
with the Royal Liverpool
Philharmonic Orchestra

“I just wanted to let you know how amazing the concert was on Thursday - it was a fantastic way to wind down after a busy day seeing patients in clinic.”

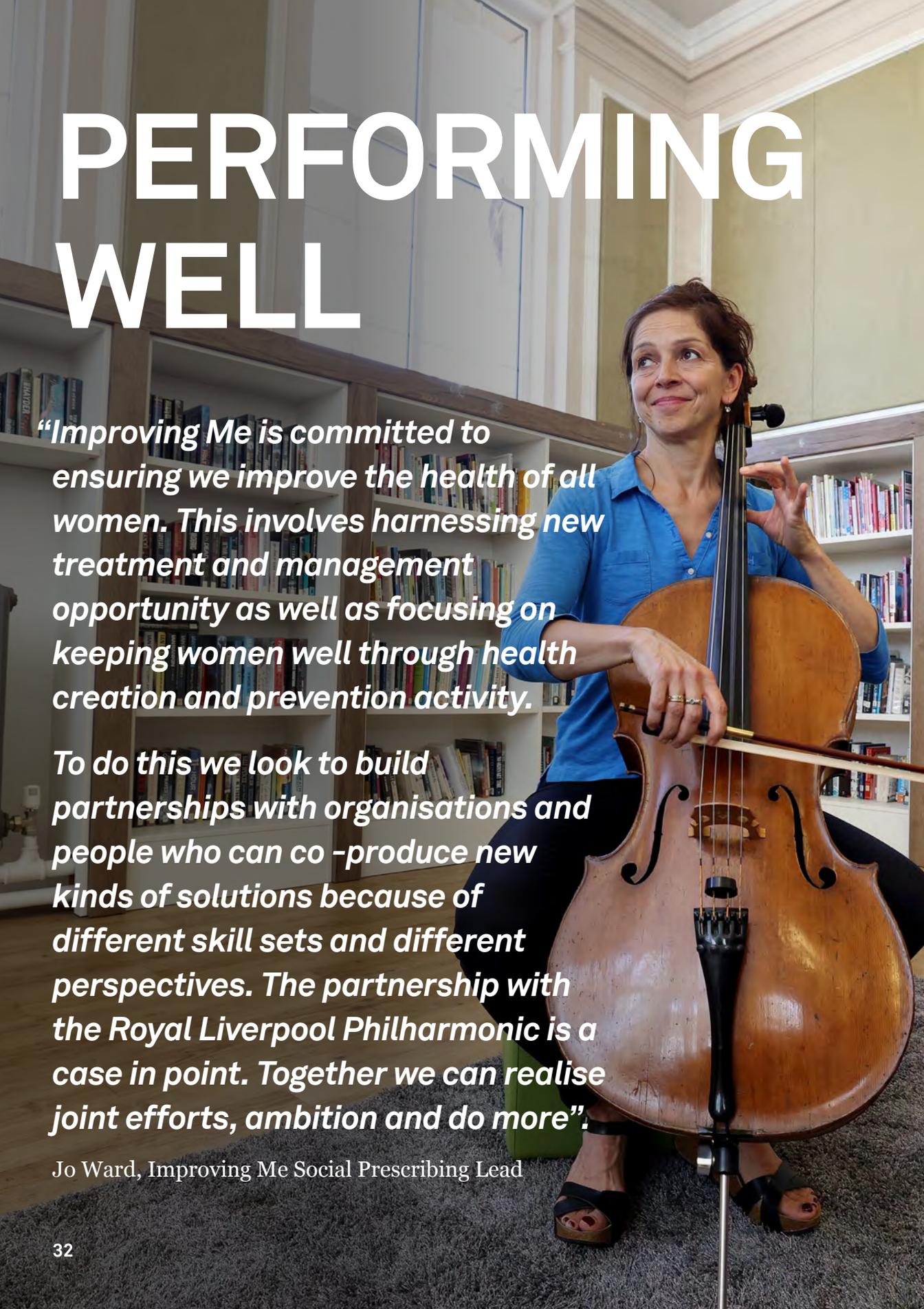
NHS Staff member



“Thank you for giving free tickets to us. You won’t know this, but the concerts fell at an incredibly tragic time... Several staff took advantage of your kind offer and had a night distracted from grieving. Thank you again.”

NHS Staff member

PERFORMING WELL

A woman with dark hair, wearing a blue button-down shirt and black pants, is seated and playing a cello. She is looking upwards and to the right with a thoughtful expression. The background is a well-lit room with tall wooden bookshelves filled with books. The lighting is soft and natural, creating a warm atmosphere.

“Improving Me is committed to ensuring we improve the health of all women. This involves harnessing new treatment and management opportunity as well as focusing on keeping women well through health creation and prevention activity.

To do this we look to build partnerships with organisations and people who can co -produce new kinds of solutions because of different skill sets and different perspectives. The partnership with the Royal Liverpool Philharmonic is a case in point. Together we can realise joint efforts, ambition and do more”.

Jo Ward, Improving Me Social Prescribing Lead

The programme has a positive impact for participating professional musicians, who use their music-making to connect and unlock self-expression in others.

Lead Musicians report that Music and Health sessions require spontaneity and improvisation. There is a sense of adventure through creativity which has enabled them to become better listeners and better performers.

“I think it’s fair to say that a shared joy is so rewarding.”

Musician

“I feel that it’s not about me doing something to people, it’s about us sharing something together.”

Musician

“I work in a person-centred way, aiming to empower people, and provide a service relevant to each individual. As a result of giving patients power and choice, I never quite know what will happen in a session.”

Lead Musician

“They can’t come in with a plan ...it’s like a plumber who comes to a job with the tools without knowing what the job actually is until they get there.”

NHS Staff member

“The musicians were wonderfully warm, open, engaging, encouraging and of course, delightfully musical. They brought their instruments and we loved listening to them.”

Participant

“The Royal Liverpool Philharmonic know the importance of co-creation, it’s not doing to people but with them.”

NHS Staff member

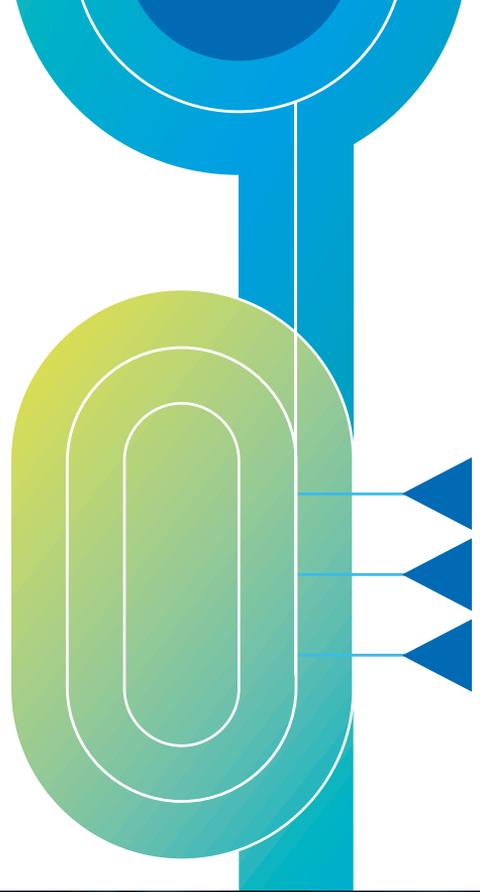
MUSIC AND HEALTH: A DISTINCTIVE PROGRAMME

The Music and Health programme harnesses the power of music to unlock human emotion. It places every individual's opinion as equal, valued and respected. This ethos is embodied throughout the programme.



The Music and Health programme is unique in the UK in its longevity and continuing investment by NHS Trusts. Having spent 15 years working with NHS organisations, Liverpool Philharmonic has built a reputation as a trusted, collaborative partner.

Working alongside NHS colleagues including occupational therapists, activity workers, nurses, community and family support staff, Allied Health Care professionals and volunteers, Liverpool Philharmonic musicians support patients and care outcomes.



Over the past 15 years we have identified the following core ingredients of the Music and Health programme

Programme Ethos

Person-centred

Democratic: a shared journey

Session content co-designed with patients and participants

Participants as experts

Transformational power of music

Partnership Working

Open, flexible and responsive

Programmes co-created with clinical and care staff to best suit patient needs

15 years' experience and understanding of working with the NHS

Creating shared values and aims

Evaluating and reporting

Musical Approach

High-quality music making

Creating communities of interest

Celebrating creativity and creative agency

Pathways for musical exploration

Creating artistically rich environments

Liverpool Philharmonic's mission is to enhance and transform lives through music. The Music and Health programme actively contributes to the health and wellbeing of Liverpool City Region, working with the NHS using live music and music-making to support people across our community.

“Liverpool Philharmonic’s course seems to be a microsimulation of my time searching for meaning. In the course, you are given an instrument that you have invariably not played since school. Then you must listen to the music that your colleagues are playing and ask yourself, “Where do I fit in?” Each session has brought that life journey to mind. Sometimes the greatest challenge in our lives is finding out what part we play in life and just how well we can play it!”

Participant



HOW WE KNOW THIS

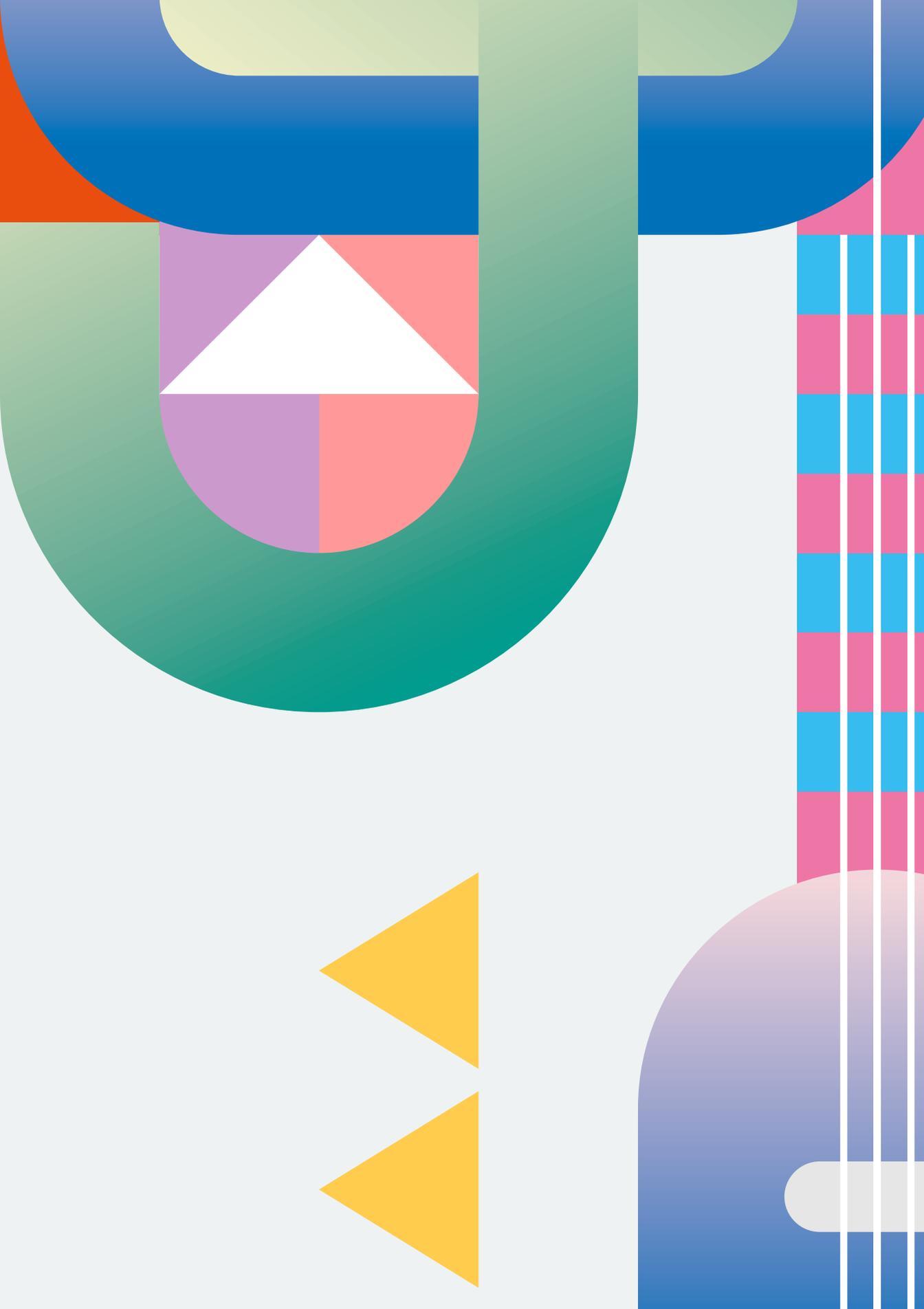
We have drawn from 2022/23 studies by the University of Liverpool's Professor Josie Billington, Dr Jaqueline Waldoock and Dr Melissa Chapple⁶, consultation with Dr Rosie Perkins, and research by Dr Susanne Burns (2018)⁷. Findings are amplified by the voices and opinions of participants, musicians, clinicians and NHS partners.

Evaluation has included thematic analysis of interviews, archive data, participant testimonials and musicians' reflections, as well as evidence from surveys and quantitative data. This captured the outcomes of activities such as music sessions delivered at Mersey Care's Life Rooms centres, as well as service user evaluation groups and a Life Rooms specific evaluation study.

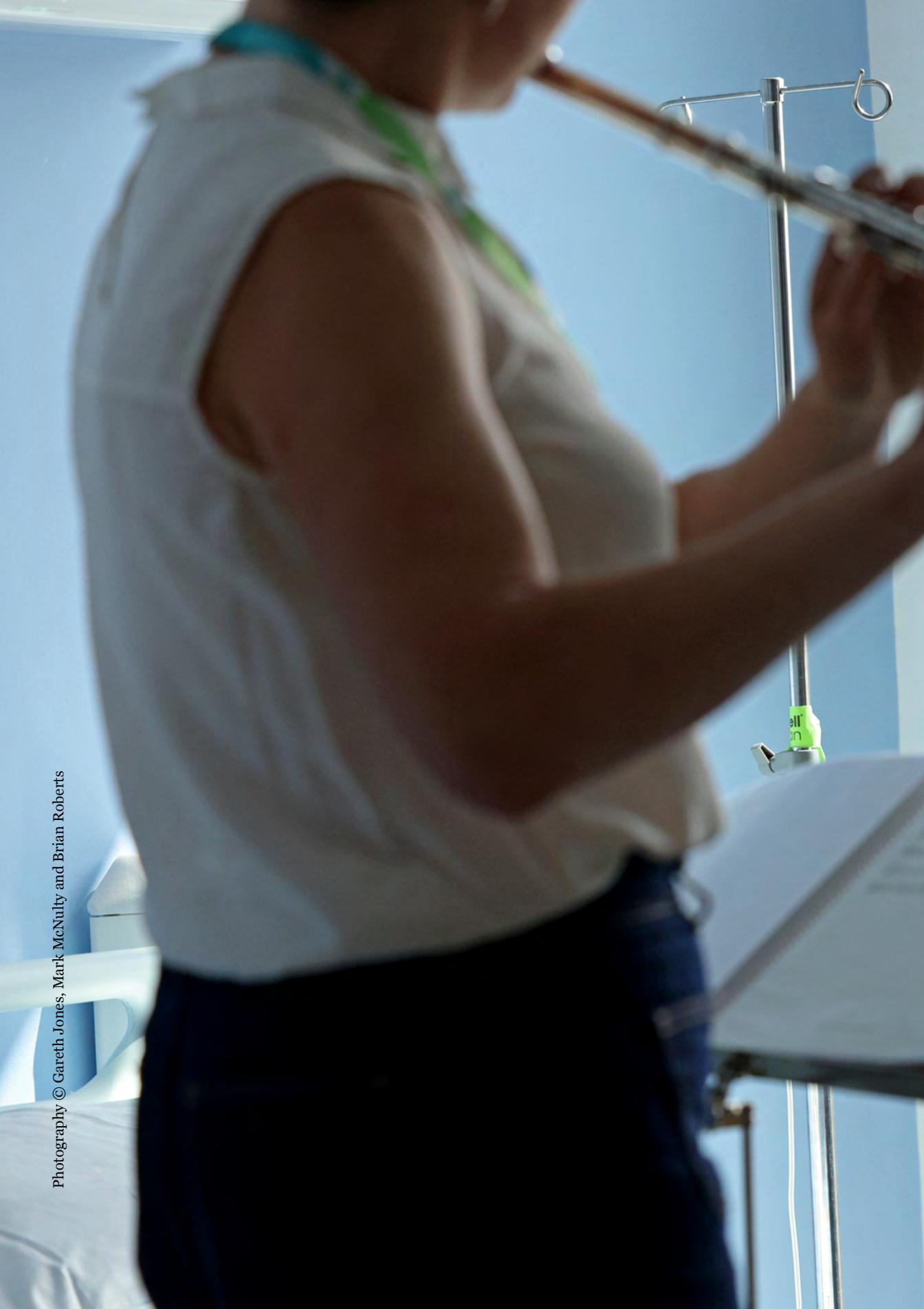


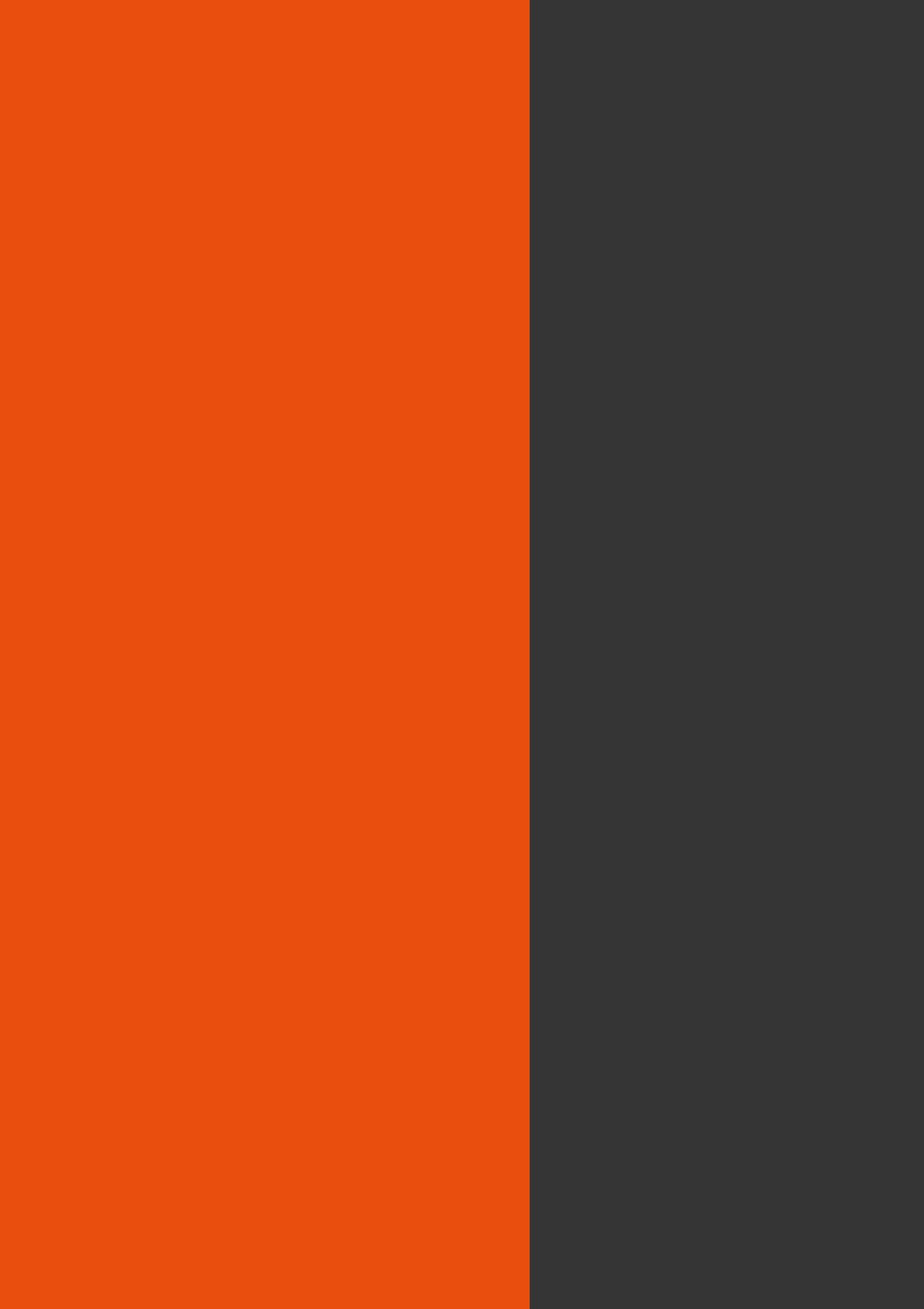
⁶ Music and Health Report to be published October 2023 Chapple, M; Waldoock, J and Billington, J.

⁷ Partnerships for Recovery 2017 Burns, S



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