



## **Vicky McClure, Shobna Gulati, Dan Walker and Phyllis Logan reveal their personal music playlists on m4d Radio in honour of carers and people living with dementia**

Specialist radio station [m4d Radio](#) is celebrating its first anniversary supported by a stellar list of celebrities. Vicky McClure, Shobna Gulati, Dan Walker, Len Goodman and Phyllis Logan are among those contributing individual playlists for a week's schedule of programming on the dementia-focused music station.

Each personal playlist has been chosen as a combination of favourite, joyous songs, and personal music that is significant to the individual and their relative living with dementia. They will run for a week from Monday June 28<sup>th</sup> on m4d Radio's Mix stream.

The full list of celebrities who have kindly shared their personal playlists includes actors Vicky McClure, Jennie McAlpine, Angela Lonsdale, Shobna Gulati, Phyllis Logan and Julie Hesmondhalgh alongside TV Presenter Dan Walker and former dancers and Strictly judges Len Goodman and Dame Arlene Phillips.

**Grace Meadows, Campaign Director for Music for Dementia** says: "It is noticeable how dementia has impacted the lives of many of these celebrities, which reflects the situation in society as a whole. We're grateful that they're willing to share their experiences with our audience of carers and people living with dementia. Music has the power to enliven, stimulate and enable people to express themselves. It's easy to see from looking at these playlists how some of these individual songs can uplift the spirits, calm someone if they are agitated, and use past memories to connect in the here and now."

**Actress, presenter and author of 'Remember Me?' Shobna Gulati** says about her playlist: "I chose these songs because they were firm favourites of my mother Asha, and I like to remember her when I hear them too. We are very musical, and our family home was called Geetangali – the place of songs and poetry – because in the past we all loved to sing and play music together. My mum would sing along very occasionally - she insisted she was tone deaf, but despite this, loved to be involved.

"Through her journey with dementia, and as she lost her memory, her eyes would begin to sparkle, and a wide smile would creep across her face when she heard these songs and she'd begin to dance and sing; she would be once again joyously transported to those the times and places and faces she remembered."

m4d Radio was launched in June 2020, in response to the pandemic, when traditional musical care services were disrupted, to bring music direct into people's homes. The era-specific music streams provide free and uninterrupted music that can evoke memories for people living with dementia – be they in a professional care setting or at home. Music has the ability to bring people together in the present moment and can help reduce the symptoms of dementia, such as agitation, apathy and anxiety.



**Broadcaster Lauren Laverne, Music for Dementia’s Ambassador,** says: “As a huge fan of all sorts of music I absolutely love the selection of playlists that will run on m4d Radio across the week of June 28. There’s something for everyone, of all ages. Specific highlights for me include searching by decade to find the music you and your family came of age with, and special collections and mixes - from musical theatre favourites to 80s hits to Northern Soul...there’s so much to discover!”

**Actress and host of Our Dementia Choir Vicky McClure** says: “We’re making great progress on increasing awareness about the transformative impact music can have on people living with dementia. Music and singing provides a great way for people to connect and lift their spirits. I’ve seen this first-hand with my nana and Our Dementia Choir. Both were front of mind when I pulled my playlist together and I have many happy memories connected to the songs I have chosen. I hope listeners enjoy my personal playlist as much as I enjoyed compiling it.”

m4d Radio will also feature a ‘dedication hour for carers’ on Saturday 3 July with messages of heartfelt thanks and support from individual listeners especially for those that care for them. Given the challenges of the last year on the care community, this dedication hour will be particularly emotional and pertinent.

m4d Radio can be found online at <https://m4dradio.com/>, plays 24/7 and is free for everyone to use. It has five themed music streams to choose from, the 1930s and 1940s, the 1950s, the 1960s, the 1970s and m4d Mix. Listeners can tune in via any internet-enabled device including Amazon Alexa and they can also listen again to selected playlists using the unique newly-launched ‘Build your own playlist’ feature.

m4d Radio won the Dementia Care Award at the Merkel 3<sup>rd</sup> Sector Care Awards in Dec 2020, where the judges praised it for delivering reach and impact at a national level. It also won the Outstanding Arts and Creativity in Dementia Care Award at the National Dementia Care Awards 2020.

#### **Here is the full list of playlists:**

Dancer and presenter **Len Goodman** says: “I’ve put together an hour of music that you might like to dance to. I hope you enjoy the music I have chosen for you. And wherever you are listening, I hope it’s a ten from Len!”

1. Putting On The Ritz – Ella Fitzgerald
2. Dream A Little Dream of Me – Mama Cass
3. A Doodlin’ Song – Peggy Lee
4. Spanish Harlem – Ben E King
5. Lazy River – Bobby Darin
6. You Don’t Have To Say You Love Me – Dusty Springfield
7. When I Need You – Leo Sayer
8. Come Outside – Mike Sarne & Wendy Richard
9. Downtown – Petula Clark
10. On Days Like These – Matt Monroe
11. Anyone Who Had A Heart – Cilla Black
12. Strangers On The Shore – Acker Bilk
13. Living Doll – Cliff Richard
14. Dreamboat – Alma Cogan



15. In The Summertime – Mungo Jerry
16. Clair – Gilbert O’Sullivan
17. My Girl – The Temptations
18. A Summer Place – Percy Faith
19. Kiss Me Honey Honey – Shirley Bassey
20. I Want To Break Free – Queen

Actress **Angela Lonsdale** lost her mother to Alzheimer’s. Her playlist includes a range of songs that were meaningful to her and her mother and that evoke family memories.

1. I Love You Because – Jim Reeves (this song reminds Angela of family Sunday lunches)
2. Because You Loved Me – Celine Dion (this song played at her mother’s funeral)
3. Rhinestone Cowboy – Glen Campbell (brings back childhood memories)
4. Mandy – Barry Manilow
5. Crazy – Patsy Cline (her mother knew every word of this song when she was in the care home, even at the point where she could not recognise family. They used to sing this together.)
6. I Dreamed A Dream – Patti LuPone (beautiful memories of seeing this in London)
7. Winter Song – Sam Fender (one for her and her dad and the Geordies)

Actress and presenter **Shobna Gulati** recently released her first book, ‘Remember Me?’ a deeply moving yet humorous memoir that charts the journey of a mother daughter relationship through the ups and downs of love and care.

1. Que Sera Sera – Doris Day
2. All I Have To Do is Dream – The Brothers
3. The Girl From Ipanema - Antonio Carlos Jobin
4. Yeh Hai Bombay Meri Jaan Mohammed – Mohammed Rafi
5. I Remember You – Frank Ifield
6. Dancing Queen - ABBA
7. Raindrops Keep Fallin’ On My Head - B.J. Thomas
8. Piya Tu Ab To Aaja - Asha Bhosle
9. I Want To Hold Your Hand - The Beatles
10. Secret Love – Doris Day

Actress and campaigner **Vicky McClure** has selected this playlist filled with songs that she enjoys singing along to. Vicky’s Grandmother, Iris, had been diagnosed with dementia before she sadly died in 2015. Vicky has spoken in the past that her family would get a ‘little glimmer of hope’ when her mother sang music to her grandmother.

1. Stand By Me - Ben E King
2. In My Life - The Beatles
3. Something Inside So Strong - Labi Siffre
4. Lean On Me - Bill Withers
5. High - Lighthouse Family
6. What A Wonderful World - Sam Cooke
7. Gentle On My Mind - Glen Campbell



8. Everybody's Talking At Me - The Beautiful South
9. Three Little Birds - Bob Marley
10. We've Only Just Begun - The Carpenters
11. Whatever Will Be Will Be - Doris Day
12. Son Of A Preacher Man - Dusty Springfield
13. Ooh La La - Faces
14. O-O-H Child - The Five Stairsteps
15. Only You - The Flying Pickets
16. You Make Me Feel So Young - Frank Sinatra
17. I'm Gonna Be Strong - Gene Pitney
18. Darling Be Home Soon - The Lovin Spoonful
19. A Message To You Rudy - The Specials
20. You Can't Hurry Love - The Supremes
21. Proud Mary – Ike & Tina Turner

Actress **Jennie McAlpine**, aka Fizz in Coronation Street said: "It's such a treat to choose a playlist for m4d Radio's first anniversary. The songs I've picked are all ones that make me smile, and a few that make me dance. 'Lean on Me' is a song that me and my kids sing together. It started for practical reasons when I was trying to get them to get their wellies on, but it means so much more too. It makes me smile every time I hear it."

1. Could It Be Magic – Take That
2. Dancing In The Street - Martha and The Vandellas
3. Lean on Me - Bill Withers
4. Oh Boy- Buddy Holly
5. When You're Smiling - Dean Martin
6. Get Happy - Judy Garland
7. Dancing Queen - ABBA
8. Crazy Little Thing Called Love - Queen
9. God Only Knows - Beach Boys
10. Sh'boom - the Overtones
11. I Only Want To Be With You - Dusty Springfield
12. Here Comes The Sun - The Beatles
13. 9 to 5 - Dolly Parton
14. Dream A Little Dream of Me - Doris Day
15. Times Like These – Live Lounge All Stars
16. One Day Like This - Elbow
17. On the Sunny Side of the Street - Billie Holiday

Professional dancer and TV Presenter, **Dame Arlene Phillips** has shared this playlist of sixteen songs. Arlene's father, Abraham, died in 2000 after more than a decade living with Alzheimer's.

1. I Wanna Dance With Somebody (Who Loves Me) – Whitney Houston
2. I'm Still Standing – Elton John
3. Supernature – Cerrone
4. Sweet Dreams (Are Made of This) – Eurythmics



5. Life On Mars? – David Bowie
6. Freeway Of Love – Aretha Franklin
7. Night Fever – Bee Gees
8. All You Need Is Love – The Beatles
9. All I Have To Do is Dream – Everly Brothers
10. I Say A Little Prayer - Aretha Franklin
11. I Get A Kick Out of You – Frank Sinatra
12. Take On Me – A-Ha
13. Dancing Queen – Abba
14. Superstition – Stevie Wonder
15. Chain Reaction – Diana Ross
16. Private Dancer – Tina Turner

BBC Breakfast presenter **Dan Walker** shared his list of classic songs from the 60s and 70s. He says of his choices: "These are some of the songs which I like to come back to every now and again. They hold lots of memories for me and often take me back to the place I heard them or the people I was with at the time. Thanks for all your hard work at Music for Dementia and I hope you enjoy listening to them as much as I do."

1. Stand By Me - Ben E King
2. I Say A Little Prayer - Aretha Franklin
3. Brown Eyed Girl - Van Morrison
4. (Sittin' On) The Dock of the Bay - Otis Redding
5. Maggie May - Rod Stewart
6. My Girl - The Temptations
7. Eleanor Rigby - The Beatles
8. Sound Of Silence - Simon and Garfunkel
9. What A Wonderful World - Louis Armstrong
10. Sweet Caroline - Neil Diamond
11. Gimme Shelter - Rolling Stones
12. My Generation - The Who
13. California Dreamin' - The Mamas and Papas
14. Heard It Through The Grapevine - Marvin Gaye
15. Good Vibrations - The Beach Boys
16. Go Your Own Way - Fleetwood Mac
17. Imagine - John Lennon
18. Superstition - Stevie Wonder

Actress **Julie Hesmondhalgh** said: "My Dad was living with vascular dementia in the last part of his life, and I know how much music meant to him, and how it lifted him out of himself. We all know how a song or a chord or a refrain can transport us and flood us with memories, and it is a lovely thing to know there is a dedicated radio service for people living with dementia, knowing how music can soothe and stimulate. I'm really chuffed to be part of m4d Radio's first anniversary celebrations, and had a lovely time choosing some favourite pieces of music from my life, all steeped in happy memories."



1. Raindrop - Chopin (op 28, no 15)
2. Hello Dolly – Barbra Streisand
3. A Case Of You – Joni Mitchell
4. Sweetest Feeling – Jackie Wilson
5. Reach – S Club 7
6. Baby I Love You – The Ramones
7. Sad Captains - Elbow
8. Here Comes the Sun – The Beatles

Actress **Phyllis Logan**, known for playing Mrs Hughes in Downton Abbey said: "My mum, Betty, loved to sing and dance. One of my fondest and oldest memories is of family gatherings where she and her sister, my dear Aunt Margaret would sing Passing Strangers in glorious harmony. She would also sing along to her favourites, Tony Bennett and Frank Sinatra and throw in a few twirls around the kitchen. These songs give me happy memories of my mum when I was a child, and also in her later years when her memory was deteriorating. Although she could still sing along to a good old foot tapping favourite tune!"

1. Passing Strangers - Sarah Vaughan and Billy Eckstine
2. Fly Me To The Moon - Frank Sinatra
3. No Woman No Cry - Bob Marley
4. 1812 Overture - Tchaikovsky
5. The Swimming Song - Kate and Anna McGarrigle
6. Like A Prayer - Madonna
7. New York State Of Mind - Billy Joel
8. I Left My Heart in San Francisco - Tony Bennet
9. Always On My Mind - The Pet Shop Boys
10. Life - Des'ree

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## **NOTES FOR EDITORS**

### **About Music for Dementia**

[Music for Dementia](#), funded by The Utley Foundation, campaigns for people with dementia to have music as an integral part of their care whatever their circumstances. We are calling on the music industry, philanthropists, and the health and social care sectors to help make this possible.

The campaign offers several invaluable resources for people living with dementia and their carers:

[Musical Map for Dementia](#) – an online interactive map which will become the largest and most comprehensive database of dementia-friendly music services in the UK.

[The Musical Guide](#) – a 2-page leaflet listing a range of musical activities for people with dementia and their carers to incorporate into the lives during COVID-19 and beyond.



### **About The Utley Foundation**

[The Utley Foundation](#) was founded in 2014 by Neil and Nicky Utley. The Foundation exists to advance social causes and to act as a catalyst for greater funding and wider action for the causes it supports. Music is a personal passion of the founders and trustees and underpins many of the key funding areas of interest to the foundation. The trust has other charitable objectives including Armed Forces Veterans, Children and Overseas Aid.