



Power of Music

Report Summary

UK Music and Music for Dementia have come together to write a powerful report on how to harness the power of music to transform our health, wellbeing and communities.

The report opens with a foreword from Nadine Dorries, the Secretary of State for DCMS. In this introduction Dorries welcomes the findings and reflects on her own personal connection to the report, having been at the original roundtable in April 2021 which helped to initiate the project in her last role in DHSC. The foreword also has some opening words from Neil and Nicky Utley, Founders and Trustees of The Utley Foundation.

Chapter One is an introduction from Grace Meadows, Campaign Director at Music for Dementia, and Jamie Njoku-Goodwin, Chief Executive at UK Music. This introduction reflects on 'Why Now and What's Needed?'. It positions the report in the current policy context, considers the impact of the pandemic on the mental and physical health of the UK and social fabric of our communities, and states why now is the time that action needs to happen.

Chapter Two is titled 'Power of Music in Action'. It opens with a double page summary of some of the outstanding academic and scientific research which illustrates the true potential of music as a therapeutic and medical tool. The chapter then shares the six key themes from our survey: collaboration and leadership, investment, value, skill building, education and awareness and community and access. The survey findings are peppered with real quotes from survey respondents, who shared the personal and touching details of how they use music in their everyday lives. The chapter concludes with how we used the findings from the survey to co-ordinate and lead the content of our follow up workshops with key stakeholders.

Chapter Three, 'Music on the Ground' shares four very different case studies who all use music in their own unique and powerful way. It starts with Manchester Camerata explaining how they use music to build community in areas with high levels of poverty and deprivation. Karen Diamond, a music therapist, then shares how she has been boosting the wellbeing of farmers in Northern Ireland through a community choir. Next, Dementia Disco share how they use music and dance to boost mood in care homes and give residents, families, and carers a "proper night out". Finally, MHA provide a case study on putting music at the heart of the care it provides for its residents.

Chapter Four shares our recommendation, a 'Four-Step Framework to Harness the Power of Music'. Crucially these recommendations aren't just for one group to take on as all sectors – government, the health and social care sectors and the music sector – will have a part to play. This four-step framework outlines how we can use music to address some of the major societal issues we face today, including supporting rehabilitation and recovery from the pandemic.

Step One

Demonstrate leadership by appointing a Power of Music Commissioner, setting up a cross-government taskforce and establishing a cross-sector consortium.

Step Two

Mobilise support for and engagement with the power of music through a national campaign and creation of an online resource centre.



Step Four

Combine existing funding and seek new focused investment to make music more accessible for all.

Step Three

Integrate music into our health, care and education to unlock its full potential to support our national health and wellbeing.

In Chapter Five, the report concludes with an acknowledgement that this report is just the beginning, rather than the end, of this piece of work. It's now up to all of us to harness the power of music.

For further information or to discuss the report and the recommendations in detail, please contact **Grace Meadows**, grace@musicfordementia.org.uk or **Hannah McLennan**, Hannah.McLennan@ukmusic.org