



Anglia Ruskin  
University

**Cambridge Institute for  
Music Therapy Research**

## Save the Date

### **Music Therapy in Dementia Care Broadening music therapy approaches**

**Wednesday 13 March 2019**

**Jerome Booth Music Therapy Centre, Anglia Ruskin University, Cambridge, CB1 2LZ**

Dementia is the greatest public health challenge of our era. Since the report of the Utley Foundation Commission into Dementia and Music and the recent launch of [Music for Dementia 2020](#), there has been growing public and policy interest in music-related and music-supported activities for those living with dementia.

Now is an opportunity for Music Therapists to emerge as leaders and guides within the NHS and other health and care settings; using their expertise to help commissioners, care home managers and individual families to benefit most from the complex landscape of musical activities and therapeutic approaches.

Music therapists are well-placed and well-trained to ensure people get the musical intervention, activity or opportunity that is the best fit for them along the whole dementia journey. This may include music therapy sessions, singing sessions, such as Singing for the Brain, planning playlists such as Playlists for Life, and training carers to use music in every day care.

This day, supported by Anglia Ruskin University and The Utley Foundation, gives Music Therapists the chance to hear from our presenters about working at the edge of the new landscape. Our focus will be on the changing context within which we are working and how we can tailor what we offer in response.

There will be time for delegates to share their own experiences, pool ideas, question innovations, signpost each other to resources with the aim of strengthening confidence and practice at this time of opportunity and challenge in Dementia care.

#### **Speakers:**

**Alexia Quin**, Director of Music as Therapy International

**Sarah Metcalfe**, CEO of Playlist for Life

**Ming Hsu**, Chief Music Therapist at MHA (Methodist Homes for the Aged)

**Professor Helen Odell-Miller OBE**, Director of Cambridge Institute for Music Therapy Research at Anglia Ruskin University

**Grace Meadows**, Programme Director for Music for Dementia 2020 at the Utley Foundation.

**Tickets will be £25 per person and will be available shortly.**

For further information, please contact Felicity Alwell at [cimtr@anglia.ac.uk](mailto:cimtr@anglia.ac.uk)



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**PLAYLIST  
FOR LIFE**  
*Personal music for dementia*