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CREATIVE HEALTH

10am – 11.15am

Thahmina Begum
Charlotte Osborn Forde
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National
Academy
for Social
Prescribing



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



POWER OF MUSIC FUND

Dementia

1 in 2 of us will be **impacted** by dementia (by developing dementia or becoming an informal carer)

944,000 people in the **UK** estimated to have dementia

There is **no cure**

Cost to the UK economy of at least **£25 billion**

Source: [Statistics about dementia - Dementia Statistics Hub](#)



Why music?

Music accesses different parts of the brain to language, so music can be used to communicate or engage with someone who has been diagnosed with dementia, even if they no longer speak or respond to other people's words.

Music therapy reduces agitation and the need for medication in 67% of people with dementia, significantly reducing the spend on anti-psychotic medication.

In 2019, the WHO undertook a major study investigating evidence for the health benefits of arts, including music. A section on dementia found evidence benefits including anxiety and depression, quality of life, supporting cognition and speech and memory.

It helps carers too. Music for Dementia recently conducted polling of 1,000 non-professional carers to find out their views and how they use music as part of their care routine, the result were encouraging. 47% felt music could help reach and loved one and turn the day around. 80% use music as a regular part of caring for someone with dementia.

Power of Music report, 2022

Fancourt D, Finn S. What is the evidence on the role of the arts in improving health and wellbeing? A scoping review. Copenhagen: WHO Regional Office for Europe; 2019
Music for Dementia, 'The Music Sounds better With You', 2024



What do we want to achieve?

To make accessing music ‘business as usual’ in dementia care and support

- To convene funders and investors to work together to support community music groups, increasing investment
- To generate evidence that music groups have a profound impact, significant enough to reduce demand on the NHS
- To ensure clinicians, commissioners and providers value the role of music
- To systemise music for dementia across the UK





Why systematise music for dementia?



Reduction in health inequalities; making it easier for more people to access community support whatever their background or needs



Potential reductions in pharmaceutical prescribing, A&E attendance and unplanned admissions, as well as use of primary care.



Improved pathways for health professionals to access evidence-based community provision, Link Workers supporting people most in need.



Increased investment into local community groups contributing to enhanced health and wellbeing and social inclusion.

Progress so far

Supported over **200 organisations** and over **12,000 people**

£2.7 million raised for POM Fund, including **£500k** secured from the NHS

Over **40,000** views across all POM webpages

Launched a **National Learning Network** for music and dementia to evaluate, grow and share learning with others.

Managed by the **National Academy for Social Prescribing**, supported by **The Utley Foundation, Rayne Foundation, Arts Council England** and **Music for All** with new partners continuing to join.





POM Fund Grants

100 mini choir grants of £1000
to grassroots choirs in Winter 2023

116 Small grants of up to £7000
across 3 years for local community activities:
choirs and music groups

1st Centre of Excellence launched with Manchester Camerata
in April which will track patient journeys and use of NHS
services before and after with University of Manchester

2nd Centre of Excellence launched in Spring 2025 led by Age
UK Hertfordshire, focusing on social care workforce training in
music for dementia

Miraculously Lawrence responds well to Graeme's kind and very patient approach and you can really see him **'come alive'** in these sessions. Even being largely non-verbal he continues to sing and with Graeme's encouragement he is pushed to achieve. **Despite his worsening dementia he can even almost-instantly pick-up and learn newly improvised songs.** All the Music24's sessions, but especially the 1:1s have **lifted Lawrence's mood (and mine)**, clearly reactivating parts of his brain and there has been **noticeable physical improvement in Lawrence's walking and general co-operation immediately afterwards.**

Music 24 participant



Power of Music Learning Network

A powerful learning network for music and dementia projects across the UK to **share learning, discuss challenges, and build capacity**

Monthly webinars focused on developing best practice across the country

100+ leaders and organisations, and growing!

Popular Topics

- Connecting to healthcare
- Evaluation & building the evidence base
- Safeguarding & managing risk
- Communications
- Coping with sadness in groups
- Supporting carers



Darnall Dementia Group

Centres of Excellence



Test **new approaches** to embedding music as part of dementia care, gather evidence of **cost savings** for the NHS and local authority, and design **new models of care** which can be **scaled up and spread** across the UK.



Focus on **placemaking**, a real connection to the region and the **system change** that can be brought about.



Match funding is fundamental to this level of the fund.



17 of 42 ICSs submitted bids - wide range of partners from including a **Premier League Charitable Fund**.



Part of a **strategic ambition** for NASP of **unlocking NHS commissioning** of social prescribing through **gathering data and evidence**, integrating community provision into emerging health systems.



Manchester Camerata's Centre of Excellence for Music & Dementia

Manchester Camerata's *Music in Mind Music Cafes* and Alzheimer's Society's *Singing for the Brain* scaled up across all Greater Manchester boroughs to reach 1000 PLWD.

Evaluation - due 2027

- Manchester Camerata will monitor, analyse and evaluate the **impact** of their activities and participants use of **NHS services**, with academic partner University of Manchester.
- **Ground-breaking collaboration** between the University and NHS GM to create the **Greater Manchester Secure Data Environment (GM Care Record)** - offers a unique position to undertake detailed analysis using routinely collected **pseudonymised NHS data**, to assess NHS utilisation for PLWD benefitting from music support.



Hertfordshire's Centre of Excellence for Training in Music & Dementia

Age UK Hertfordshire, Hertfordshire Care Providers Association (HCPA), Music24

Focused on enhancing the **health and social care workforce's ability to integrate music into dementia care**, they will **co-produce** the development of a robust training programme to **upskill** the local health and care workforce, and to roll out across health care providers in Hertfordshire. The programme will primarily focus on the residential and nursing home workforce, reaching **100 providers, 6,000 staff** and approximately **5,800 PLWD**.

Key outcomes

- More PLWD accessing the health and wellbeing benefits of music as a result of **encouragement and support from health and care staff**
- Health & Care staff working with PLWD have **easy access to high quality training and resources to increase knowledge and confidence**, and to enable them to utilise music as part of their practice
- The **Integrated Care System recognising the value of music as part of a holistic approach to care** for and support PLWD, and **commissioners and providers resourcing the training, development and systems required to embed it across their workforce**
- **Robust evidence demonstrating the impact and value** of training for the workforce, encouraging adoption by training and quality improvement, providers and/or leaders and other ICSs; and inclusion in national policy

Key milestones

November 2023

Launch at **Universal Music** with speeches from **Sir John Whittingdale, Minister of State for DCMS**, arts leadership and significant press.

May 2024

The first Centre of Excellence was launched in **Manchester** with **Andy Burnham**.

Since Then

The Fund has been highlighted with government departments including **DEFRA, DCMS and DHSC** as a pilot for a **shared investment approach** to resourcing social prescribing. This shared investment model is a realistic and practical way of funding community-based social prescribing activities.

It was featured as an **exemplar** in the **DCMS Creative Industries Vision7** and **Arts Council England** have used it as a case study in their **2025 Spillover impact of creativity report** as well as their annual report.



Communications

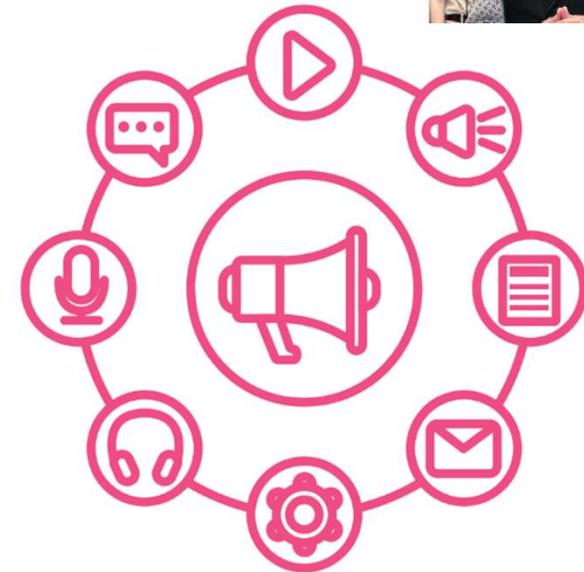
Media campaign reaching millions, including coverage from:

- BBC Today Programme (Radio 4)
- BBC Breakfast
- BBC Radio 5Live & Radio 3
- Regional BBC radio stations
- ITV Granada
- The Sunday Times
- The Guardian
- Sky News
- Independent
- Evening Standard
- Daily Mirror
- Daily Express
- Classic FM
- Rolling Stone Magazine



Is this the way to ease dementia?
Tony Christie's music therapy for sufferers

Megan Agnew



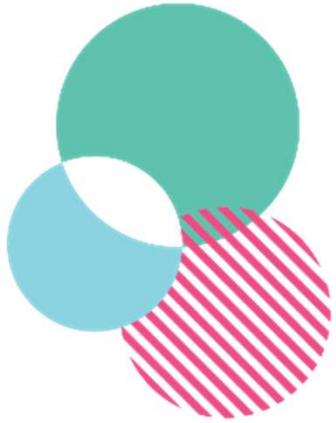
MUSIC CAN[★]

musiccan.org.uk

Music Can helps people living with dementia and their carers to use music as part of their care. Includes directory of support and links to playlists, activities and advice.

Spearheaded by Universal Music UK, developed by Boston Consulting Group and managed by NASP.





Thank you

Contact

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City of London Sinfonia

Where practice becomes purpose

Fiona Lambert

Co-CEO and Director of
Participation

5 February 2026



City of London Sinfonia

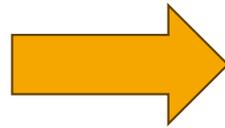
Who we are



5/2/2026

Our 40-year history in creative health

From playing *for* people, to playing *with* them



5/2/2026

How we work

Being in the
moment



5/2/2026

Musician skills

Right person,
right space



5/2/2026

Ethics

Care and reflection



5/2/2026

**Where practice
becomes
purpose:
'Music and...'**

5/2/2026





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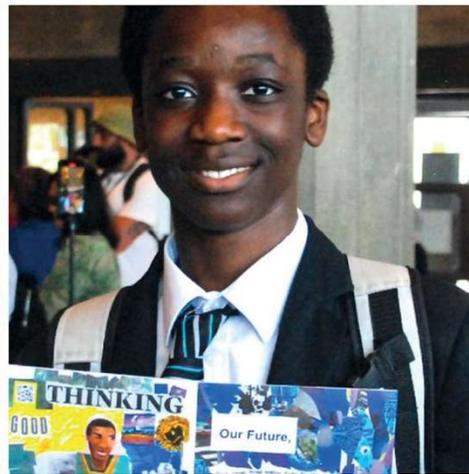
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SOUTHBANK CENTRE

Arts & Wellbeing: Evaluation

Creative Health Youth Programme

**Our teenage years
shape us for life**



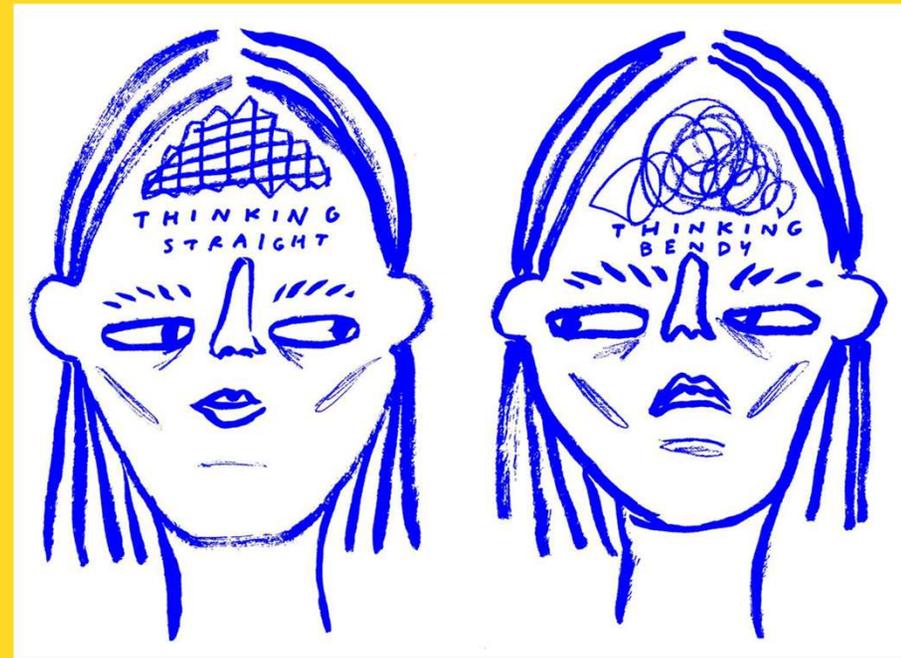
Creativity and Co-Design: Developing an Evaluation Framework for Assessing Arts' Impact on Wellbeing at Southbank Centre

SOUTHBANK
CENTRE



Defining Wellbeing

Wellbeing from the perspectives of the young people we worked with refers to a multidimensional relational state that encompasses **social connection, emotional balance, psychological growth, cultural appreciation, and creative expression.**



1. **Reducing bias with sequencing of items**
2. **Balanced Items**
3. **Sensitive Measurement**
4. **Specificity of the instrument**
5. **Inclusive language**
6. **Clarity of language use**
7. **Relevance to young people**

item	Overlap with RYFF, WHO, WEMWBS FLOURISHING	Wellbeing Domain
In the past two weeks, I have generally felt supported and encouraged by others.	WEMWBS, Flourishing	Social Wellbeing
In the past two weeks, I have generally thought before doing something that might affect others.	Ryff Scales	Psychological Wellbeing
In the past two weeks, I have often been hard on myself.	Ryff Scales	Psychological Wellbeing
In the past two weeks, I have often felt proud of my creative achievements.	None	Creative Wellbeing
In the past two weeks, I have generally felt like I belong and have friends.	WEMWBS, Flourishing	Social Wellbeing
In the past two weeks, I have generally felt sad.	WHO-5	Emotional Wellbeing
In the past two weeks, I have generally helped make places where people feel welcome.	None	Social Wellbeing
In the past two weeks, I have generally felt lonely.	WEMWBS, Flourishing	Social Wellbeing
In the past two weeks, I have often expressed myself creatively.	None	Creative Wellbeing
In the past two weeks, I have generally felt uninspired and not motivated.	None	Emotional Wellbeing
In the past two weeks, I have generally understood how others feel.	Ryff Scales, Flourishing	Relational Wellbeing
In the past two weeks, I have generally felt unfairly judged by others.	Ryff Scales	Social Wellbeing
In the past two weeks, I have generally not felt recognised or appreciated by others.	None	Social Wellbeing
In the past two weeks, I have generally had a shared sense of joy with people around me.	WEMWBS	Emotional Wellbeing
In the past two weeks, I have generally felt that people appreciate my culture.	WEMWBS	Cultural Wellbeing

SOUTHBANK CENTRE CREATIVE COMMUNITY WELLBEING SCALE

HELLO
my name is _____

(please write your name or code)

Hey!

We've put this together to understand how creative projects might affect how young people feel and connect with others. The questions are based on things other young people (like us) have shared, so it's all shaped by real experiences. There are no right or wrong answers - we just want to know how things have been for you lately. Your answers will help improve creative programmes in the future, so thanks for being part of it!

Amaziah, Andres, Chaisley, Chenai, Dammy, Genesis, Gulia, Hattie, Kiannah, Leon, Louis, Madauna, Millie, Rufus, Sarai, Stephanie, Telia, TJ and Victoria.

**WARM-UP
DRAWING**

Take a moment to draw anything that you like.

I feel supported when _____

I feel encouraged when _____

1. In the past 2 weeks, I have generally felt supported and encouraged by others.

2. In the past 2 weeks, I have often been hard on myself.

3. In the past 2 weeks, I have often felt proud of my creative achievements.

4. In the past 2 weeks, I have generally felt like I belong and have friends.

5. In the past week, I have generally felt sad.

6. In the past 2 weeks, I have generally helped create places where people feel welcome.

7. In the past 2 weeks, I have generally felt lonely.

8. In the past 2 weeks, I have often expressed myself creatively.

9. In the past 2 weeks, I have generally felt uninspired and not motivated.

10. In the past 2 weeks I have generally felt unfairly judged by others.

11. In the past 2 weeks, I have generally had a shared sense of joy with people around me.

Research & development partners

Prof. Dominik Havsteen-Franklin, Brunel University London

Co-designed by 19 Young Creatives from Kinetika Bloco

Design by Chloe Watts

Funded by UKRI

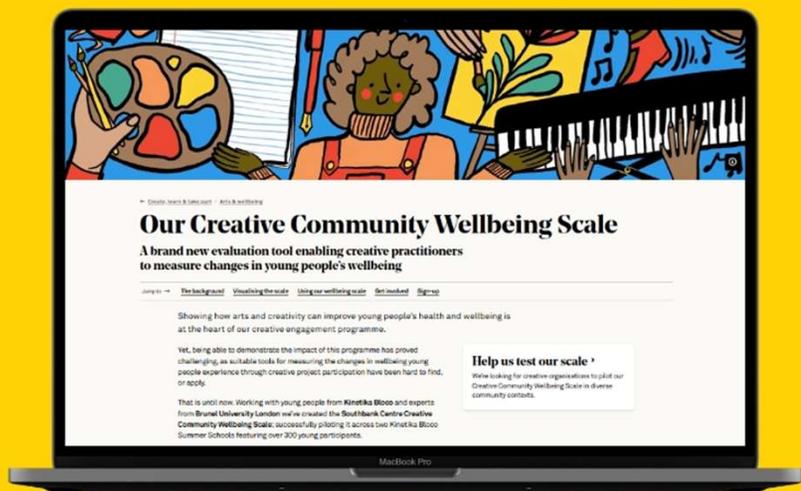


Pilot Results

- For general application, Brunel can express an **overall confidence of 85–95%** in the reliability and validity of the scale when applied to a similar group.
- If a project followed a similar format with people with similar demographics, community focused with arts and young people then the scale could confidently achieve **90-98% reliability and validity**.
- Piloting the scale with more projects and partners to build the data set and increase overall confidence in the scale
- Research papers being published and peer reviewed.

Expanding our wellbeing scale

We're piloting the scale across community arts sectors, aiming to gather data from 500 participants and reach a 90 – 98% confidence in its reliability and validity.



FOR MORE INFORMATION,
SCAN HERE:



WWW.SOUTHBANKCENTRE.CO.UK/
OUR-CREATIVE-COMMUNITY-
WELLBEING-SCALE

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RI** UK Research
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