

# SOCIAL PRESCRIBING and MUSIC INTEGRATION

*A musician's perspective*

**Georgina Aasgaard**  
Cellist, Lead Musician  
Music and Health



 **LIVERPOOL  
PHILHARMONIC**

# The Impact of Liverpool Philharmonic

**400**  
live performances  
each year, enjoyed by over  
**290,000**  
people  
at Liverpool Philharmonic Hall.

**20,000**  
children and  
young people  
experience live orchestral music  
for the first time, every year.

**Music and Health:**  
Liverpool Philharmonic musicians use  
performance and creativity to aid recovery  
in NHS hospitals and community centres.

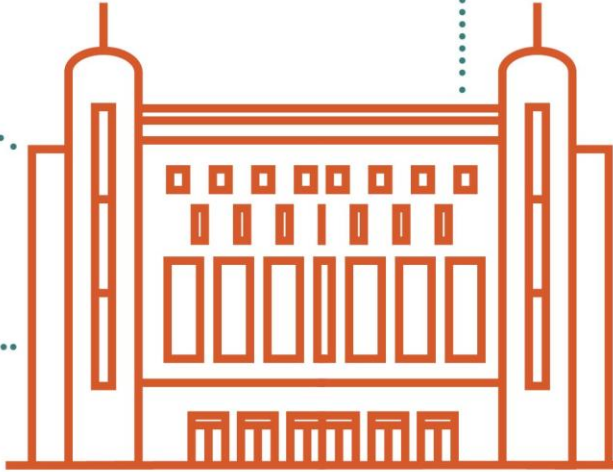
**18,000**  
people  
have benefitted from this work  
in the past 15 years.

**A world-class orchestra:**  
The Royal Liverpool Philharmonic  
Orchestra represents Liverpool at home and  
abroad, performing to over  
**100,000**  
people  
each year, touring regularly across  
the UK, Europe and Asia.

**Positive  
social change:**  
Through In Harmony Liverpool,  
**1,592**  
children  
learn an instrument every week,  
free of charge in one of the most  
deprived areas of Liverpool.

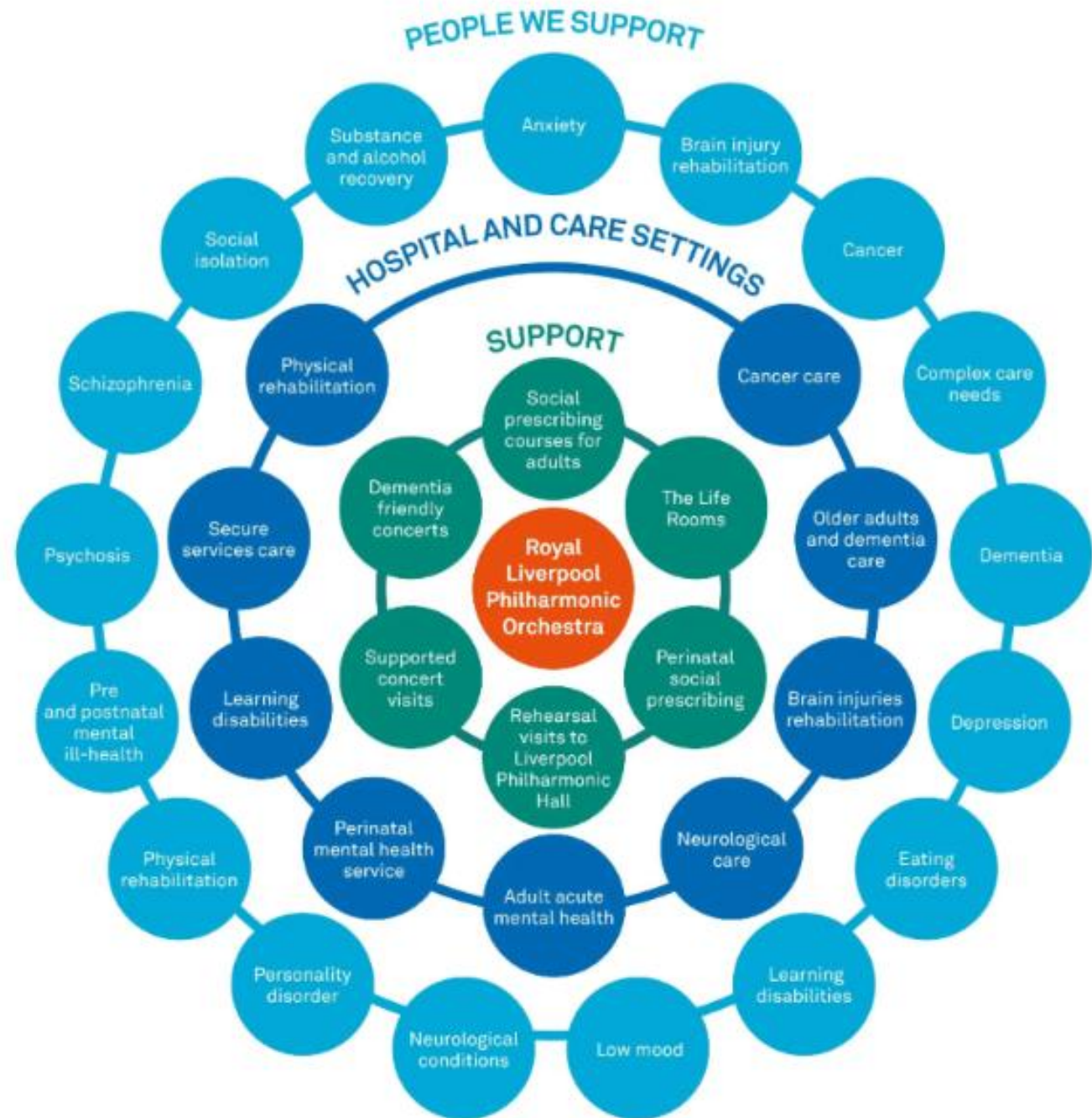
**Creating the next  
generation of  
musicians:**  
**450**  
young musicians  
take part in ten different Youth  
Orchestras and Choirs. 100% bursaries  
are available, so no young person will  
ever miss out due to financial  
circumstances.

**Emerging Musicians  
and Composers:**  
Year long  
**paid professional  
development**  
scheme for early career musicians  
and composers.



## Social prescribing and music integration in Liverpool

- Extensive free community initiatives
- Diverse referral options across the Liverpool City Region



# 20 years of practice in Liverpool



## Beyond the concert hall

Musicians bridging the gap between concert halls and community care spaces.

- Building trust and relationships
- Sharing values



# GIVING A VOICE & A CHOICE

**Key approaches to support people's wellbeing through creativity and cultural connections**

Human  
Connection

Person – centred

Non – clinical

Lived  
experience

Co-production  
and co-creation

Non-  
judgemental/  
non-hierarchical

# Community Innovation Practitioner



Fostering wellbeing through  
music collaboration and  
co-creation in the  
community



# 5C's OF PRACTICE

**CONNECT**

**COLLABORATE**

**CREATE**

**COMMIT**

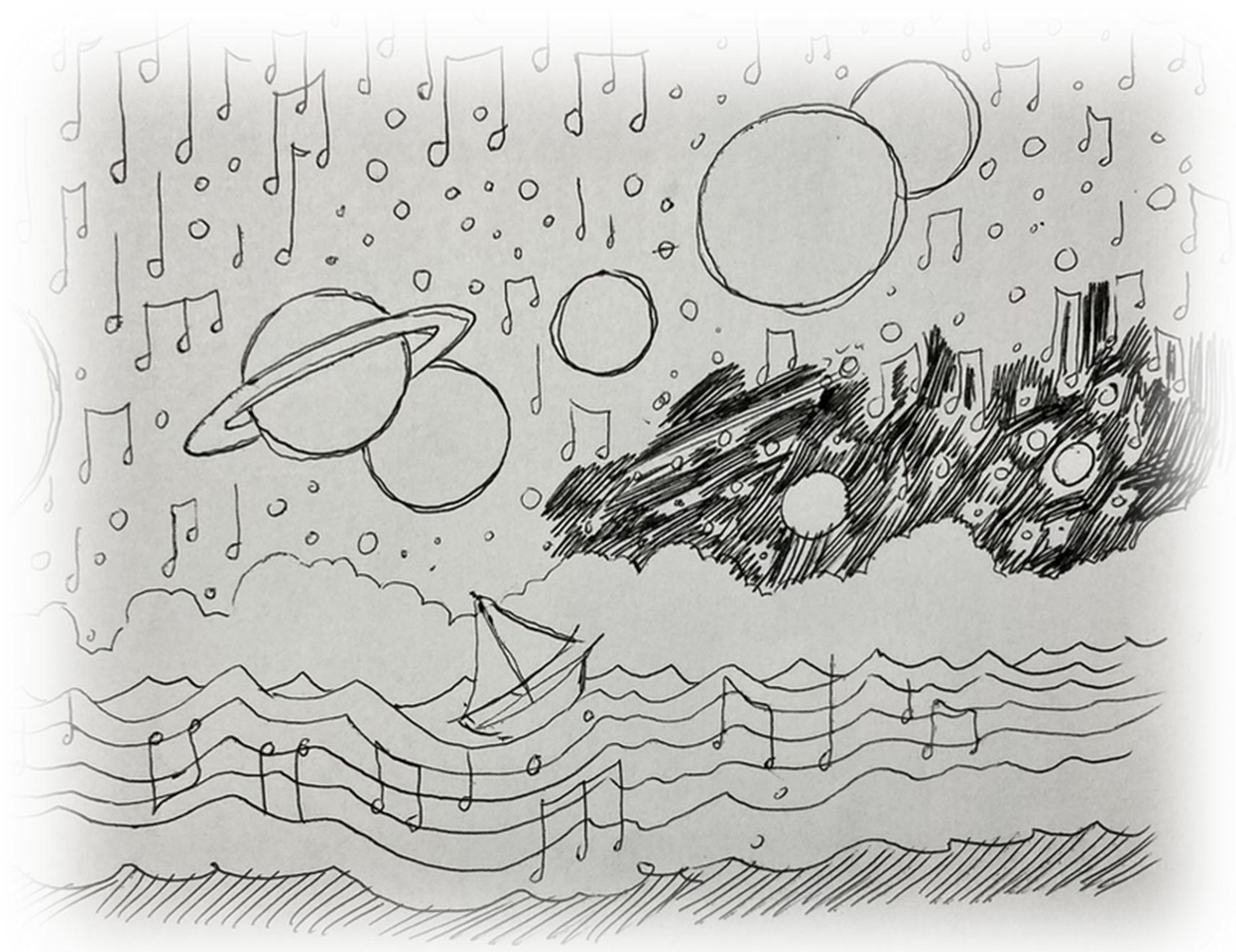
**CARE**



**GEORGINA AASGAARD**



# PRACTICAL EXAMPLES OF CO-CREATION



# St Dunstan's

*A centre for community inclusion*



- **Co-production** of an eight-week course through exploring and sharing music from different countries.
- **Co-creation** of pieces based on individual sounds from home, feelings and memories.
- **Improvisations** on different genres, including Arabic drumbeats, Albanian, Polish and Italian songs, 2pac songs and opera arias.



# Walton

## *A Community Library*

- **Informal conversation, humour and fun** were key to the creative process between musicians, participants and staff.
- Co-creation through **mutual learning** in a safe and non-judgemental space.
- **A person-centred approach** shaped everything that was created.
- **Ownership** fuelled the co-produced performances.



# 5C's OF POLICY

## CONNECT

- Improve communication
- Listen to the experts by experience

## COLLABORATE

- Promote collaborative research
- Co-produce commissioning

## CREATE

- Co-create tools for healthcare musicians
- Co-create evaluation and research methods

## COMMIT

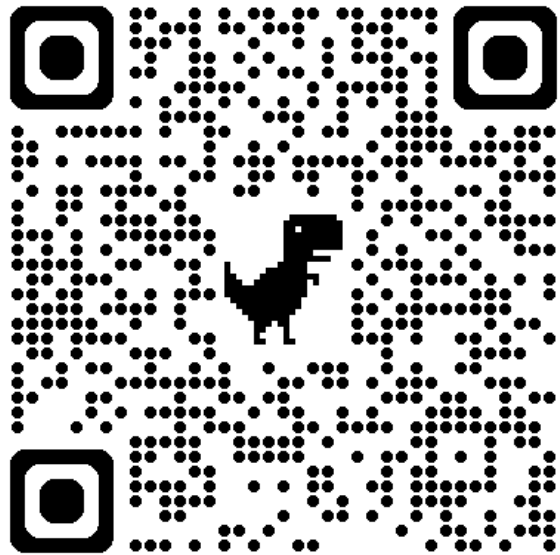
- Value practitioners in decision-making and academia
- Improve access to creative health

## CARE

- Promote holistic care
- Focus on early intervention

# THANK YOU FOR LISTENING!

SCAN HERE FOR  
Creative Communities Podcast, Policy Paper  
and Case Study.



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**“Music transcends what medication can’t.”**

**“The Philharmonic orchestra should never end as it is a therapeutic environment for people’s wellbeing and mental health.”**

**“Powerful, legendary, emotional freedom from mental torture... music can give hope, light and strenght.”**

**Through the collaborating process, we are taken away from our negative selves, without knowing it, we are receiving counselling inside, emotions allow themselves freedom.**

**Creativity takes us back to the child in us, from where we can begin to heal the stunted growth of our damaged souls.**



*Life Rooms  
Participants*