



2023/24

Annual Report

Intergenerational Music Making aims to build bridges across generations, sectors and amongst professionals to create stronger, more cohesive communities through music and creative health.

500+

Annual projects that have been worked on

34,000+

People engaged through our projects



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Introduction

In 2023/24, our mission has been to continue fostering healthy intergenerational communities across the UK. We remained committed to bridging the generational divide, addressing loneliness and isolation, supporting individuals living with dementia, carers, those facing mental health challenges, and young people, whilst also championing black and ethnically diverse groups. Our projects have united targeted groups, challenged traditional hierarchies, and created platforms for new voices to be heard. By unlocking creativity within the communities we serve, we have successfully demonstrated and supported a place-based, collaborative approach to prevention and health creation.

Throughout the year, we witnessed communities thriving, sparking happiness, resilience, compassion, and energy whilst improving wellbeing, forging new connections, and developing sustainable solutions.

In 2023/24, we underscored the importance of tailoring our approach to the unique needs of different boroughs. We considered factors such as funding and budget constraints, access to creative spaces, barriers to participation, attitudes towards the arts and older adults, cross-sector integration, staff capacity, and training opportunities.

Our projects centred on building localised community cohorts, ensuring continuous development at each stage of delivery. These cohorts have inspired and empowered community members, young people, staff, and volunteers through interactive training and support, enabling them to take an active role in creating a lasting legacy where music, creativity, and intergenerational connections become integral to their communities.

We believe in the power of connecting voices across generations with those shaping policies, systems, and services. By bringing together community members, professionals, and individuals with lived experience, we have uniquely bridged divides through music and creativity. This approach fosters creative dialogue, directly responds to individual and community needs, and empowers groups to drive social change.



Our Impact

In the last 18 months, we reached over 34,300 individuals across 150 communities, with significant improvements reported in wellbeing, social connectedness, and community cohesion. Our participants consistently highlight the positive impact of our programmes. These metrics and stories underscore the tangible benefits of our work, providing clear evidence of the transformative power of intergenerational engagement.

Partnerships and Collaborations

Our success is underpinned by strong partnerships with a diverse range of stakeholders, including local councils, NHS trusts, charities, educational institutions, and cultural organisations. These collaborations have enabled us to extend our reach, share best practices, and integrate our programmes within broader health and social care frameworks.

Challenges and Learnings

2023/24 also brought its challenges, particularly in navigating the complexities of funding constraints and access to suitable spaces. However, these hurdles have provided valuable learning opportunities, reinforcing the need for flexibility and innovation in our approach.



“It’s great to be working alongside IMM to provide young people with a real sense of belonging in their communities. When young people feel like they belong, their confidence increases as does their ability to create relationships. Music is enabling them to create long lasting relationships with the residents of the care homes, and learn skills that they can use throughout their lives. It’s an amazing project to be a part of.”

Sarah Atkins, Project Manager at Youth United Foundation



Diversity and Inclusion

Diversity and inclusion are at the core of our mission. We have actively sought to engage underrepresented groups, ensuring that our programmes are inclusive and reflective of the communities we serve. Our team and board are composed of individuals from diverse backgrounds, bringing a wide range of perspectives to our work. We have also launched specific initiatives, such as our Youth Social Action programme, to further promote equity and inclusion in all our activities.

Looking Ahead

As we move through 2024, we are excited to build on the successes of the past year. Our plans include expanding our reach to new regions, launching innovative projects that address emerging needs, and continuing to advocate for the importance of intergenerational connections in health and wellbeing. We remain dedicated to our mission and look forward to another year of making a difference in the lives of people across the UK.

I would like to extend our sincere gratitude to everyone who has supported and contributed to our work over the past year. Your commitment and collaboration have been invaluable in driving our success and enabling us to make a positive impact. Thank you for being an essential part of our journey.



Charlotte Miller,
Founder and Director, Intergenerational Music Making

About Us

Intergenerational Music Making (IMM) is a national not-for-profit organisation dedicated to improving the mental and physical wellbeing of people across generations through music and creative health. We collaborate closely with care homes, schools, housing, hospitals, Universities, cultural settings, communities, and musicians, sharing our expertise to deliver and embed a culture of intergenerational practice.

IMM's unique approach integrates clinical practices from music therapy with bespoke creative health initiatives, proven to maximise intergenerational engagement. Our pioneering work has influenced and helped shape national programmes and practices, including those within Social Prescribing, Integrated Care Boards and Integrated Care Systems.

Ecosystem & Our Work Pillars

Intergenerational activity encompasses people from across the life course, early years, children, families, older people, volunteers and students. Our delivery ecosystem sits across social care, education, health, housing and arts sectors delivering innovative programmes, community hubs, comprehensive training and research to enhance existing system and build long term opportunities for intergenerational learning and development. Our holistic model focuses on building relationships, working with the community members to develop projects with a focus on mental, physical and social health outcomes.

Training:



We provide extensive training for community leaders, volunteers, educators and healthcare professionals, equipping them with the skills and knowledge to effectively implement and sustain intergenerational initiatives.

Research:



Our research efforts focus on identifying best practices and innovative approaches to integration, ensuring our programmes are evidence-based and continuously improved.



Volunteers:



Volunteers are indispensable to IMM, forming one of the foundational pillars of our work. They bring passion, dedication, and a wealth of skills that amplify the impact of our programmes across social care, education, health, and the arts. Our volunteers come from diverse backgrounds, united by a common goal of fostering stronger, healthier communities. Their contributions range from supporting community hub activities and mentoring young people to assisting in research and delivering training sessions. By dedicating their time and expertise, volunteers not only enhance the reach and effectiveness of our initiatives but also embody the spirit of community engagement and solidarity that lies at the heart of IMM's mission.

Community Consultations:



Our programmes are designed with the community at its core. We engage directly with community members to co-create initiatives that resonate with their unique needs. This participatory approach ensures that our programmes are relevant, inclusive and sustainable for each community that we work with.

Programmes:



Our 6-10 week projects and workshops take place in a range of diverse community settings including care homes, churches, theatres, parks, schools and libraries focussing on creating accessible and positive spaces whereby stories can be shared. We adopt a range of creative tools including music, movement, art and nature to facilitate connection and conversations.

Community Hubs:



Our hubs are vibrant centres for connection, learning and support. They offer a range of activities and resources that cater to diverse community needs, fostering a sense of belonging and mutual support. Hub participants often include schools, care homes, young parents with children and community centre regulars. The aim is to create a central space of support and socialisation, working alongside other community services to offer a more holistic approach to wellbeing.

Key Impact Statistics

Intergenerational Music Making is dedicated to fostering connections across generations through the transformative power of music and creative health. Our projects are designed to bridge the gap between generations, promoting mental health, physical well-being, community cohesion, and youth social action.

Benefits of Intergenerational Practice

- **Enhanced Mental Health:** Engaging in intergenerational activities has been shown to reduce symptoms of depression and anxiety and improve overall mood.
- **Improved Physical Well-being:** Participants often experience increased physical activity and improved mobility.
- **Stronger Community Bonds:** By bridging generational gaps, our projects help to build a more cohesive and supportive community.
- **Increased Youth Engagement:** Young people develop a sense of purpose and responsibility, contributing positively to their communities.
- **Reduced Loneliness:** Both older and younger participants report feeling less isolated and more connected.



34,000

People Engaged



250

Clinical staff engaged



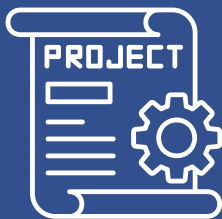
10,000

Children engaged with



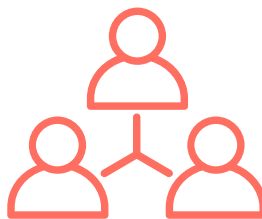
3,000

Carers engaged with



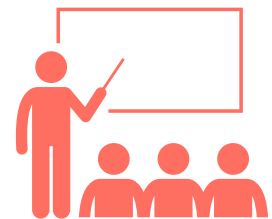
500

Projects / Workshops / Hubs
Delivered



8,000

Staff engaged



2,000

People of all ages trained



680

Volunteers engaged



10,000

Adults engaged



400

Families engaged

These numbers illustrate the breadth of our reach and the depth of our impact. Through our initiatives, we have witnessed remarkable improvements in mental and physical health among participants. Our projects provide therapeutic benefits, foster a sense of community, and bridge generational divides, contributing to a more cohesive society. Additionally, IMM's focus on youth social action empowers young people to make meaningful contributions to their communities.

Our previous projects, evaluated using the WHO-5 Well-being Index and Hearts assessments, reported:

- 97% increase in confidence among younger participants
- 85% of participants reported feeling more connected to others
- 34% overall increase in WHO-5 scores, reflecting improvements in mood and wellbeing across all participants

(Note: The total raw score, ranging from 0 to 25, is multiplied by 4 to give the final score, with 0 representing the worst imaginable well-being and 100 representing the best. A 10% difference indicates a significant change.)

As we look ahead to our upcoming projects, we remain committed to expanding our reach and continuing to make a positive difference in the lives of individuals and communities.



IMM Project & Case Studies

Our programmes are designed to make a significant impact across all communities and sectors in the UK. Recognising the diverse needs of various age groups and interests, we offer a broad spectrum of initiatives aimed at fostering growth, development, and positive change. To achieve maximum reach and effectiveness, our programmes include:

Early Years: Focused on the foundational stages of childhood development to ensure cognitive, social, emotional, and physical growth. By engaging children in stimulating activities, we lay the groundwork for lifelong learning and development.

Youth Social Action (YSA): Encouraging young people to engage in community service and social initiatives fosters a sense of responsibility and civic engagement.

Environmental: These workshops focus on educating people of all ages about eco-friendly practices and introduces the youngest participants to environmentally friendly concepts through music and play

Health & Wellbeing: Our health and wellbeing projects are proactively designed to help individuals prevent the onset of various physical and mental health conditions. By focusing on mental health awareness, stress management, and physical fitness, we equip participants with the tools and knowledge to maintain a balanced and healthy lifestyle through the use of music and arts. Our initiatives emphasise the importance of early intervention and prevention, addressing the diverse needs of individuals at every stage of life to enhance long-term wellbeing and quality of life.

Culture And Heritage: Through educational workshops, cultural events, and heritage projects, we aim to foster a deeper understanding and appreciation of cultural diversity. These projects provide opportunities for participants to connect with their roots, share their stories, and contribute to a vibrant and inclusive society.

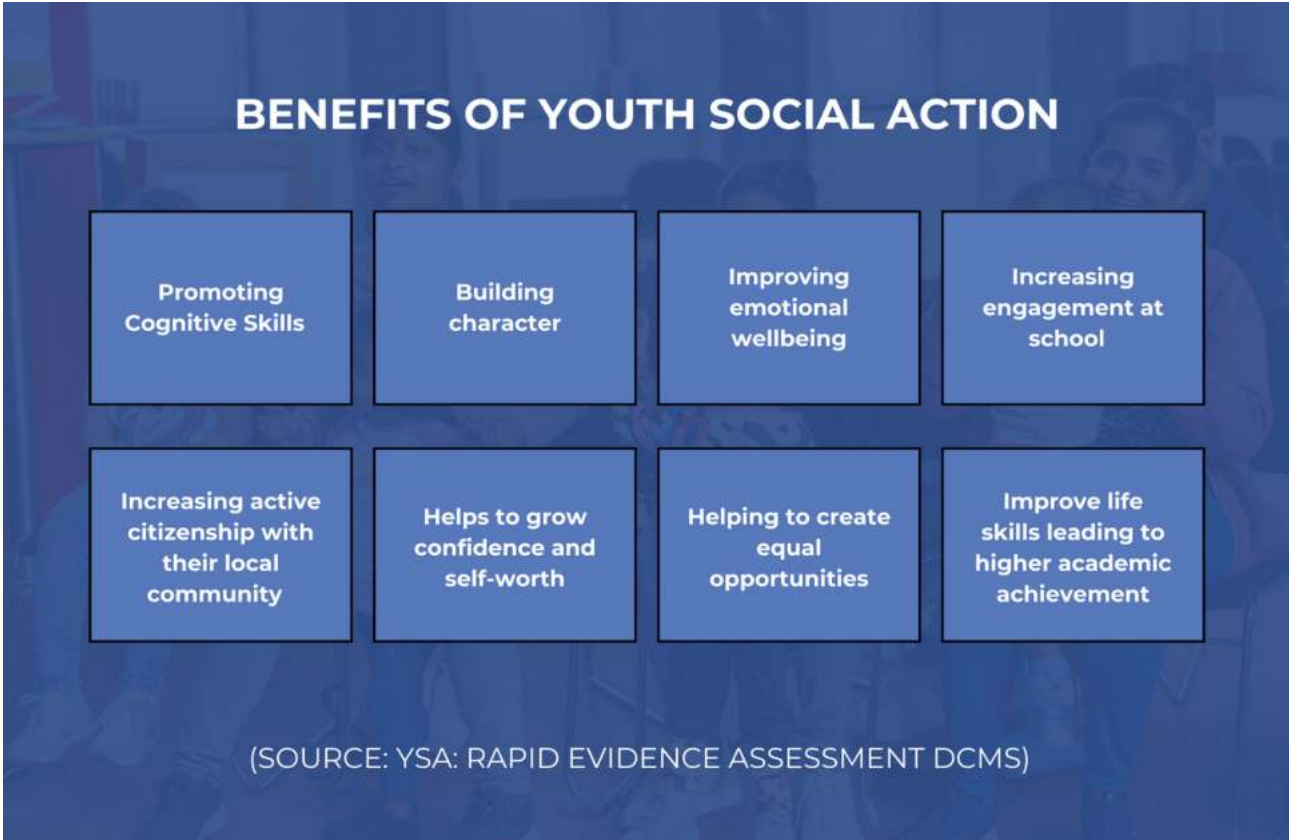
Music And Movement: These activities combine music, dance, and movement to enhance emotional wellbeing, stimulate creativity, and foster social connections all whilst facilitating accessible movement.

The next section of our audit highlights some projects within each programme that form exemplary examples of our work.

Youth Social Action

Youth social action empowers young people to become active and responsible citizens who create meaningful change to their communities and the world. It provides opportunities for personal growth, skill development, and the creation of positive social change.

By engaging in youth social action, young people can take responsibility for their own lives and actions and explore their leadership potential as well as gaining a sense of purpose and civic responsibility.



BENEFITS OF YOUTH SOCIAL ACTION

Promoting Cognitive Skills	Building character	Improving emotional wellbeing	Increasing engagement at school
Increasing active citizenship with their local community	Helps to grow confidence and self-worth	Helping to create equal opportunities	Improve life skills leading to higher academic achievement

(SOURCE: YSA: RAPID EVIDENCE ASSESSMENT DCMS)

We are thrilled to share the success of our Youth Social Action projects, funded by SNG, Clarion Futures and #iwill, which trained a cohort of young participants in Basingstoke and Plymouth as IMM Youth Innovators. These talented youths acquired the skills needed to design and deliver creative workshops for adults in their communities, fostering positive local impact through intergenerational practice.

In the last year, across 6 location and 25 days' worth of delivery, we have engaged with:

- 75 young people and adults
- In addition, we have trained 45 young people between 12 and 17 years of age on how to be an active leader in their community

Project Highlights:

- **Youth-Adult Pairing:** The project connected existing groups of young people with local adults through an outreach campaign. This campaign mapped and contacted youth groups from schools, youth clubs, music clubs, and centres, offering them free participation. Each youth group was paired with a local care home to deliver youth-led creative workshops post-training.
- **Sessions Delivered:** We conducted 10 sessions across 5 locations in Basingstoke and Plymouth.

Impact

First-Time Leaders: For many young participants, this project marked their first involvement in youth social action. They learned the value of community engagement and gained confidence in public speaking.

Inclusive Approach: The project was tailored to accommodate special needs, including participants on the autism spectrum and those with ADHD, ensuring each youth received appropriate attention and training.

Skill Development: Participants reported significant improvements in communication skills and the ability to share creative spaces with adults outside their families, including migrant youths who formed new community connections.

Challenging Ageism: By bringing together different generations, the project helped break down age-related stereotypes and fostered new intergenerational friendships.

Lasting Bonds: Young participants in Basingstoke were inspired to form a band, showcasing the deep connections and creative spirit nurtured through this programme.



Youth Leader Handbook:

To support the linear progression of youth leaders, IMM has developed a comprehensive handbook, ensuring sustained growth and development.

Toolkit for Organisations:

IMM has also created a toolkit to help other organisations develop their own inclusive and accessible projects, sharing our commitment to community impact and intergenerational collaboration.

We are proud of the meaningful connections and positive outcomes generated by this project and look forward to seeing the continued impact of our young innovators in their communities.

Listen to our Talking Generations podcast episode with Sami Gichki, co-chair of the #iwill movement and Intergenerational England ambassador.



YSA: Youth Uniform Groups

Youth United Foundation works with 1.5 million young people aged 4-24 to ensure young people, regardless of background or location, have the opportunity to become a member of a uniformed youth group.

Together, we have launched 4 national intergenerational music making projects whereby groups of Scouts, Rainbows, Beavers, Cubs, and the Boys Brigade have been connected with their local care homes.

The initial six-week pilots included intergenerational music making and creative training for the young people and staff, giving them the skills to use music as a tool to support their individual and community wellbeing.

The WHO-5 Evaluation toolkit was used to measure impact on wellbeing for residents, and HEartS Toolkit for children taken at the beginning & end of the project.

We have delivered projects with YUF across Scotland, Salford, Wykeham and Banstead so far this year.





Results for Salford:

- 100% of children had an increase of confidence and a decrease of nervousness
- 47% Increase in confidence
- 43% Reduction in apprehension to meet the elders

Residents:

- 34% Increase in overall wellbeing

Results for Scotland:

Residents:

- 100% of residents taking part had a significant increase in wellbeing, with a 25% increase in overall wellbeing (on average)
- A significant increase in feeling more active

Children:

- 93% Increase in wellbeing on average

“

"It helped us get to know people. The hello today song was fun, and it settled me as everyone was a bit nervous, but it became fun, and it was way to learn people's name. It made me feel happy and excited to remember who was who. It also made the residents happy."

Child A, Boys Brigade

Results for Wykenham:

- 100% of the participants experienced better mood after the sessions

Results for Banstead:

- 100% of the participants experienced better mood after the sessions

Natalie: Case Study

During the introductory session, the young people had many questions.

“They were really intrigued to find out more. Questions like: Are they all poorly? Are they there because they have no family who pays? What if they can't afford it? Do they have dementia? They were really intrigued to understand some really deep questions, which we weren't necessarily expecting.”

Deciding to work with the junior section (aged 8-11), Natalie explained what she initially expected the outcomes to be from the project: *“From a volunteer leader's perspective, I was expecting the project to benefit the residents and would be a really nice thing for the young people to do. I couldn't have been more wrong. The impact was not only on the residents, it was on the residents, families who were often present during the session, the staff at the care home and then us as leaders.”*

She then went on to explain the impact of the project on those taking part: *“The young people just flourished in confidence as the weeks went on and there were real mutual respects and friendships being formed between a variety of ages. The young people were more and more excited as the weeks went on to the point they were ultimately planning and leading the sessions. They were making cards and letters to take for specific residents and there were happy tears. Comments from residents such as ‘This is the best day ever’ were relayed back to parents and teachers and the group were reporting back to their BB group each week, updating their peers about what they've been doing talking about specific residents they might have made connections with. They took part in a school assembly talking about the project.”*

Listen to our Talking Generations podcast episode with the Sarah Atkins, Project Manager and Anna Maddox, Director of Youth United Foundation.



Early Years

Early years development refers to the first fundamental years of a child's life that shape their development. Early childhood, which spans the period up to 8 years of age, is critical for cognitive, social, emotional and physical development ([Unicef](#)).

IMM's early years programme is designed to support both children and their caregivers during these formative years. Our engaging and enjoyable sessions are tailored to foster cognitive development as 90% of a child's brain growth occurs before the age of 5. From the very beginning, every moment spent with your child contributes to building their brain and our programme is designed to make this period fun as well as enriching.

Extensive research highlights the positive effects of musical activities on brain development. Music-making, singing, and dancing are shown to enhance the general development and wellbeing of young children. Regular musical activities, whether child-led or adult-led, support the acquisition of language and communication skills, and aid in personal and social development. They also enhance physical agility, wellbeing, imagination, and creativity. Furthermore, musical activities can contribute to an understanding of mathematics, provide insights into our world, and potentially improve literacy skills.

Recognising the importance of the period from conception to the age of 2 in laying the foundations for children's emotional and physical development, IMM aims to support parents through the challenges of early childhood. By establishing nurturing and supportive environments, our family hubs make it easier for parents and caregivers to provide their children with the best possible start in life. Benefits of music on early years development include:

Emotional Expression:

Music allows children to express their emotions in a healthy and creative way. Collaborative music-making with older adults can create a shared emotional experience, strengthening intergenerational bonds.

Cognitive Benefits:

Music stimulates various parts of the brain, enhancing memory and cognitive function. A study by the Early Childhood Education Journal (2018) found that children involved in music activities showed a 20% increase in memory retention and problem-solving skills.

Social Interaction:

Participating in music activities encourages cooperation and teamwork. Children learn to listen, take turns, and work together, which are essential social skills.

Early Years: The Welcome Centre Manchester

Designed with the aim of enhancing wellbeing and communication, our early years sessions are crafted to nurture and strengthen the special bond between parent and child.

Led by experienced facilitators in a warm and welcoming environment, each session features engaging activities and interactive musical experiences tailored to the unique needs and interests of toddlers and their caregivers. From lively sing-alongs to gentle movement exercises, these sessions promise fun-filled moments for both parent and child to enjoy together.

We've had huge success at The Welcome Centre in Manchester. With the huge demand highlighted from our first round of sessions, we're pleased to announce additional 7 projects coming to Manchester residents in Autumn.



"The kids love coming, we want to come back every week!"

"who knew dancing with ribbons and making music together could be so much fun for everyone!"



Culture & Heritage: Manchester Jewish Museum

Inspired by the discovery of an ancient time capsule hidden in 1873, the Manchester Jewish Museum called upon its community to create a new capsule in celebration of its 150-year anniversary this year.

Children from Cheadle Brownies came together with a group from the Manchester Jewish Museum to write a song for the future. We created the song which connected generations through the power of music. The song was placed in a time capsule, along with other treasures, to be hidden in the museum for discovery by future generations. We recorded the song and placed it in a music box on a USB, together with the printed lyrics and pictures of the Brownies who took part. This formed part of the new time capsule, which was buried in the museum grounds, to be opened in 100 years.

The group took inspiration from the original time capsule for the chorus:

The past is more than just a whisper
A secret hidden in the wall
We're waiting for a revelation
Can't you hear its call?
Open me to see the secrets
Stories of the past unfold
Faded words of people's lives
Who knew how much a jar could hold?
The past is more than just a whisper
A secret hidden in the wall





“We invited people of all ages to share recipes from their cultural heritage, create textiles inspired by Sephardi stories and write songs on what they love about the museum and the local area. We are so looking forward to our celebration event on Monday and seeing the performance of the song. We hope that in another 150 years, our time capsule will bring as much excitement and intrigue as the historic capsule we discovered.”

Programmes Manager of Manchester Jewish Museum, Gemma Meek

As well as the song, the time capsule included other treasures portraying incredible stories capturing what the community love about the museum and the local M8 area. People of all ages from the museum’s communities and those who have passed through it were invited to take part by sharing stories, recipes, creating textiles and writing songs.

IMM’s song writing group performed the new song at the museum on Monday 6th May 2024 during the MJM’s official 150th anniversary. The event included a full programme of activities, and performances for all ages.

The original capsule was discovered in 2020 during construction work of the museum’s new building. It was hidden deep in a wall cavern next to the Ark which houses holy Torah Scrolls. Records show the capsule was laid on 11th June 1873. The glass jar complete with seal was filled with old coins, synagogue documents and newspapers.

Music & Movement: Manchester

The project Music & Movement aims to enhance and accelerate intergenerational practice through a fusion of music and movement projects and training to help the most inactive people be more active, improve people's mental health and wellbeing, decrease isolation and loneliness, plus strengthen community connections in Oldham.

Music & Movement is rooted in empowering young people to become active decision makers, using music and physical activity to support both individual and community wellbeing – responding directly to young people and what is important to them.

Due to the intergenerational nature of Music & Movement and its ability to support individuals across generations, we aim to include older people isolated across the community.

The Project:

Through consultations and community outreach, we decided to host the project at Fitton Hill Library, recognising established community settings that provide services for local need. We delivered a 5-week project, inviting local care homes, schools, community members and library staff to take part.

The aims of the project were:

- To encourage physical activity through creativity and connection
- To provide spaces for intergenerational connection
- To inspire the young generations to be active leaders in their community, thrive and develop personally and professionally
- Inspire empathy, confidence, and communication in young people to support in future life
- To support young people through training in music and sport activities
- To improve mental, physical, and social wellbeing across generations – living longer but, healthier lives
- Promote dignity, independence, and agency for both young and older people

Case Study:

Child W, is a student at a local school and regular attendee of Fitton Hill Library. W attended 4 out of 5 sessions with his mother. Initially, Child W was apprehensive to begin the project and stayed close to his mother. By the last two sessions, W was asking to lead activities, sitting across the room from his mother and talking to other participants.

There has been a clear improvement in confidence with Child W, with an excitement to begin the sessions and taking on leadership roles within the group despite being one of the youngest participants. In particular, Child W enjoyed activities such as 'The Conductor', 'Buzzy Bee' and 'Head, Shoulders, Knees & Toes'.



100%
of participants
enjoyed the
sessions



100%
of participants
recorded an
increase in
mood

Music & Movement: High Wycombe

The aims of the project were to reach into a different area of the community via a shared community assets through music & movement. By using this project, we are giving the participants the opportunity to express themselves & present them with the opportunity to have their voice heard all whilst creating a empathetic & cohesive community. Outside the project we are looking to open doors to community spaces via the library and forge new bonds.

Throughout the project we wanted to evaluate the sessions to see if the participants were getting the most of them plus give them the resources/support they need to continue with the IMM programme & cultivate the new friendships between the care home/school /library after the sessions.

By delivering the training to local groups/ partners we are embedding our intergenerational music practice so that beyond the project we can have in impact beyond the project & create sustainability.





Our outcomes were:

- Improving the mental health and wellbeing for all generations
- Improving the physical, emotional and cognitive wellbeing of participants
- Creating new, intergenerational relationships
- Embedding awareness around the need of music AND physical movement for all
- Empowering individuals to use music and physical movement as a therapeutic tool
- Establishing and showcasing an effective community support system / programme



After the warm-up, the boy decided he wanted to come to the front and take over the game we were playing, even though we had already completed that portion of the session. Despite his insistence, I gently explained that while there would be plenty of opportunities to participate, we were moving on to a new activity. The school staff, recognising his disruptive behaviour, discreetly took him aside to avoid further disruption without giving too much attention to his actions.

Throughout the main activities, I noticed that he remained interested, observing from the sidelines. When a suitable opportunity arose, I gently reintroduced him to the group activities. He became actively involved and engaged in what we were doing. The music seemed to provide him with an outlet for self-expression, and although he struggled with maintaining focus throughout the entire session, the parts he did participate in brought him visible joy. He was smiling, laughing, and playing along with the others.

At the end of the session, he approached me to thank me and asked if he could take his instrument home. I politely explained that we needed the instruments for the next group but offered him the chance to help collect the items from the other participants, which he did with enthusiasm.

The teachers later expressed their gratitude for my patience, noting that he typically struggles in settings like this but seemed to genuinely enjoy the session. This experience highlighted the power of music as a tool for engagement and the importance of flexibility and understanding when working with children who have additional needs.

Health & Wellbeing: Singing from the Heart

We are thrilled to announce our partnership with NW Hearts Charity to bring a unique and uplifting project to those living with heart disease and their families.

Thanks to a generous grant of £12,000 from NW Hearts Charity, we will be offering a 6-week programme of music sessions across the Greater Manchester region.

Through the transformative power of music, singing, creativity, and community, our aim is to encourage free expression, support overall wellbeing, reduce stress, and strengthen connections across generations. Singing has been shown to have numerous benefits for heart health. It can improve cardiovascular function by enhancing heart rate variability, reducing blood pressure, and promoting overall relaxation. We are deeply grateful to NW Hearts Charity for their support in bringing our 'Singing from the Heart' intergenerational music project to life. Stay tuned for more details on the upcoming sessions in Manchester.

Sue Martin, Operations Manager at NW Hearts Charity “We are excited to launch this project in partnership with IMM. The music programme will offer participants regular sessions featuring guided listening, singing, and interactive music-making. These activities have been shown to reduce anxiety and stress—critical factors for those managing heart disease. We hope this project will also serve as a platform for participants to connect with others facing similar health challenges, fostering mutual support and understanding.”



NW Hearts Charity

Your heart • Your charity

Health & Wellbeing: Social Prescribing

The Generations in Motion project was an innovative intergenerational music and movement health prevention programme aiming to address the needs of vulnerable individuals by building their confidence in accessing community facilities and activities, increasing social connectivity and relationships whilst supporting health and wellbeing recovery.

SP Partners were:
Rehana Maqsood - Social Prescribing Team Lead Braccan Health PCN/Forest Health

After the session, the group took a walk together, further encouraging physical activity and social interaction.

In order to extend the outreach of this programme, we connected with a local prescribing lead and attended a ChitChat Coffee session, where members of the community gathered for informal conversation and connection. Following the coffee session, the group moved to the local park, where they participated in an IMM music and movement session. This activity was designed to promote physical activity and emotional well-being through the therapeutic power of music combined with gentle exercise.

Many of these participants continued their engagement by attending sessions at Asbury Manor Care Home. These sessions provided an opportunity for community members and care home residents to come together, bridging gaps between generations and fostering a sense of connection and support. This initiative specifically targeted individuals in the community who were struggling with poor mental health, high levels of loneliness, and physical inactivity, offering them a pathway to improved well-being through social prescribing and community-based activities.



Environmental: Sing & Grow

The collaboration facilitated through our Comic Relief project between the residents and school children had impactful results leading to the creation of an innovative new project designed to sustain these connections.

The Sing & Grow initiative, which integrated music and nature, has achieved remarkable success. This new IMM programme not only fostered intergenerational bonds but also significantly enhanced the wellbeing of all participants by facilitating connections using gardening and music. Together with the group, we have started a communal garden where the older members are able to share their gardening knowledge and sing together with the younger participants to make the whole experience more joyous and meaningful.

The positive outcomes have generated substantial interest, prompting additional groups to explore the development of similar nature-based projects as a strategic approach to bridging generational gaps within their communities. The success of Sing & Grow highlights the potential of integrating music and nature to facilitate meaningful interactions that benefit both younger and older participants.





“Mum has always been sociable and caring. She use to work as a midwife which she absolutely loved. She is still a wonderful mum and totally devoted to us. She began to have problems with her memory a few years ago and a scan confirmed that she had Alzheimers which effects her short term memory. The IMM projects are essential for mum. She absolutely loves to socialise and loves the children”

Betty’s daughter, Susan

We are pleased to report that all participants remain actively engaged, continuing to enjoy and benefit from their interactions. This sustained involvement highlights the enduring impact of our intergenerational initiatives and reinforces our commitment to building cohesive, inclusive communities.

If you would like to know more about how this group was originally brought together through an IMM project, funded by Comic Relief, we encourage you to watch [this video](#) about Betty, one of the residents.

Environmental: Sounds of Sustainability

Sounds of sustainability was a two-day intergenerational workshop at Central Library Manchester, directly engaging local residents of Deansgate. The primary objective was to leverage music to explore environmental and community themes. Targeting parents and their children (aged 2 - 6), the activities were designed to foster interaction between parents and children using various music therapy approaches to facilitate connection and support both expression and child development.

During the first day, we introduced interactive music and movement activities to encourage physical exploration.

Icebreaker Activities: The session began with name games to create a comfortable atmosphere, encouraging active involvement from even the shyest participants. The presence of ukuleles, brought by some children, was also integrated into the activities, enhancing the musical experience.

Sustainability Discussion: An interactive recycling bin game initiated discussions on sustainability, with participants matching waste items to the correct bins. The activity was well-received, with children actively participating and suggesting additional recyclable items.

"We had loads of fun!" **Parents**

"The sessions looked really engaging for the parents and the children. It's great to be able to give people of all ages a chance to have a go at music" **Angela Rawcliffe, Manchester Libraries**



Musical Segment: Percussion instruments were distributed for a conductor activity, allowing participants to lead group rhythmic expressions. The session explored various environmental settings through soundscapes, culminating in a collaborative rendition of a familiar melody with lyrics centred around nature and sustainability.

Building on the engagement from the first session, the second session focused on accessibility for the younger audience members, catering to families with a diverse range of activities designed to capture the interest of all participants. This was achieved through warm-up activities, games around sustainability and music.

Both sessions were met with positive feedback, highlighting the project's success in engaging the community in sustainability discussions through interactive and enjoyable activities.



IMM Hubs: London

Over the past year, we have had the pleasure of partnering with the Mercers Company and several organisations in Hounslow including NHS Northwest London – Hounslow Borough Team, Hounslow Housing Engagement Team, LVA Trust and Thriving Communities Community Partnership team to establish multiple hubs across various London Boroughs. These collaborations have been instrumental in demonstrating the power of partnerships in fostering intergenerational connections within the community fabric. By working together, we have been able to begin setting the 'norms' for what vibrant and supportive intergenerational communities should look like.

Our partnerships have not only facilitated the creation of these hubs but have also highlighted the importance of building strong relationships between generations. These hubs serve as vital spaces where individuals of all ages can come together, share experiences, and learn from one another. This intergenerational interaction helps to break down barriers, reduce social isolation, and promote mutual understanding and respect.

▶ ▶ ▶ Throughout this journey, we have seen firsthand the positive impact these initiatives have had on participants. Older adults have reported feeling more connected, valued and less isolated while younger participants have gained valuable insights into what ageing looks like fostering empathy. The exchange of knowledge and experiences has enriched the lives of all involved, creating a sense of belonging and community cohesion.

In the following pages, you will find detailed accounts of the organisations we have worked with, the specific impact on participants, and testimonials that highlight the transformative power of these intergenerational connections. Additionally, we will outline our plans moving forward, including expanding our reach to more boroughs, enhancing our programmes based on participant feedback, and continuing to build partnerships that support and sustain these efforts.



London Hubs

The projects have been delivered in diverse areas, engaging older members from day centres, care homes, sheltered housing, dementia groups, community members (whose primary care need/reason for referral has been isolation, mental health, social isolation & seeking community interaction) with a younger generation from local schools/secondary and youth groups.

The hubs provided an opportunity for generations to come together in weekly fun and engaging creative health music making activities providing a space for diverse perspectives, sharing of cultural heritage and skills whilst fostering an environment of learning and collaboration.



We have delivered intergenerational creative health hubs in 8 identified and diverse boroughs throughout London including:

- Enfield
- Hackney
- Haringey
- Newham
- Southwark
- Lambeth
- Islington
- Tower Hamlets

In total, we have engaged:

- 155 children
- 160 elders
- 80 staff
- Across 48 intergenerational sessions

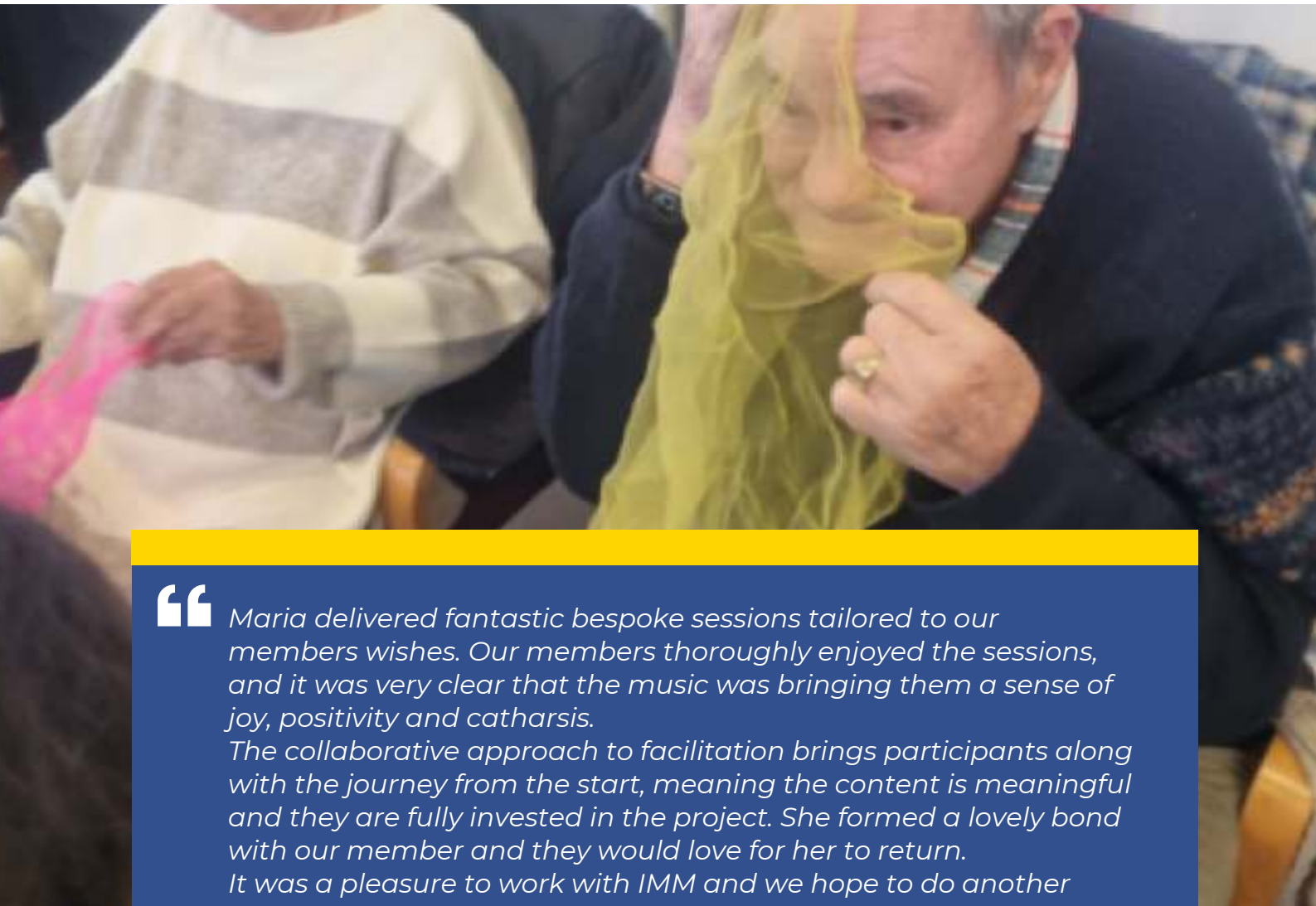
Achieved outcomes:

- Improved mental health for all generations
- Improved physical, emotional and cognitive wellbeing
- Created new, healthy and sustainable intergenerational relationships
- Embedded awareness around the need of music, creative health and physical movement as a preventative intervention for people of all ages
- Empowered individuals to use music and physical movement as a therapeutic tool
- Established and showcased an effective community support system / programme
- Trained and up-skilled volunteers, education and social care staff in the benefits and mechanisms of intergenerational facilitation

Evaluation methodology

- Each of the 5 areas have taken part in cohort meetings to discuss the co-design of the delivery and outcomes.
- We have used a host of different methods to harvest data from the delivery, including qual and quant in nature WHO 5, Parma Model, UCL Loneliness Scale, Warwickshire Mental Health Scale.
- Photos - videos - case studies and voice memos have also been collected





Maria delivered fantastic bespoke sessions tailored to our members wishes. Our members thoroughly enjoyed the sessions, and it was very clear that the music was bringing them a sense of joy, positivity and catharsis.

The collaborative approach to facilitation brings participants along with the journey from the start, meaning the content is meaningful and they are fully invested in the project. She formed a lovely bond with our member and they would love for her to return.

It was a pleasure to work with IMM and we hope to do another project with them and a local primary school in the future!

Feedback from one of our Islington hub partner Kyri Chrisostomou, Programme Manager Claremont Project

Did you enjoy the sessions?

Yes: 100 % of participants said yes;

- *“Very inclusive and enjoyable”*
- *“It was wonderful and captivating”*
- *“I really enjoyed the singing”*

Do you feel more connected to your community?

Yes: 95 % of those asked said yes;

- *“Felt very in tune and connected to the others in the group”*
- *“Meeting new people, friendliness and happiness”*

Case Study:

Enfield Hub with Northside Primary School & Catherine Lodge Care Home. Following the election, the children had written a song for our new Prime Minister which they performed for the residents.

Lyrics:

Please Mr PM we need a school bus
So we can go on school trips without any fuss
Having more holidays would be our dream
That way we could eat lots of ice cream
Please Mr PM we need cleaner air
Show us children that you care
Food is expensive it doesn't come cheap
Leave us hungry and we'll only eat sheep!

Please Mr PM we need a school bus
So we can go on school trips without any fuss
Having more holidays would be our dream
That way we could eat lots of ice cream
Please Mr PM we need cleaner air
Show us children that you care
Food is expensive it doesn't come cheap
Leave us hungry and we'll only eat sheep!

'Thank you for showing us that music can change our mood'

'Thank you for teaching us that meeting and trying to bond with other people makes us happier'



"Pupils learn about different people in their community. For example, the school's intergenerational music project helps pupils to work with the elderly through singing and making music. The school places great emphasis on everyone's mental health and well-being."

Ofsted report for Miles Coverdale Primary School showcasing how our projects support Ofsted ratings. Ofsted rating: outstanding

Hounslow

Over a 12-month period, our Harmony Generations programme funded by the Thriving Communities Fund fostered wellbeing and intergenerational harmony across Hounslow by creating four sustainable social multigenerational hubs offering inclusive activities and training for all community members. The "Harmony Generations" Intergenerational Community Hubs were designed to benefit a diverse range of individuals and groups across Hounslow. The project's inclusive approach ensured that people of all ages, backgrounds, and circumstances experienced positive outcomes.

Beneficiaries:

Council Tenants: Council tenants, including those living in sheltered housing, gained access to a valuable resource within their communities. The hubs' proximity to housing estates ensured convenience and inclusivity.

Older Adults: The hubs provided a vital social outlet for older adults, reducing feelings of isolation and loneliness. They benefited from improved mental well-being, increased social interactions, and access to activities that promote active ageing.

Children and Young People: The hubs offered targeted interventions and projects that supported young people aged 18-25 and children aged 10-15. These individuals had the opportunity to engage with older adults, fostering a sense of respect, empathy, and community. Participation in intergenerational activities enhanced their social skills, confidence, and understanding of diverse age groups.

Families: Families benefited from a supportive community environment where they could spend quality time together and participate in enriching activities that strengthen family bonds.

Local Schools: Schools had the opportunity to engage students in intergenerational activities, promoting understanding and empathy between generations while enhancing students' social and emotional development.

Care Home Residents and Staff: Care home residents enjoyed visits and engagement with the wider community, reducing feelings of isolation. Care home staff benefited from additional training in intergenerational practice.

Local Community Groups: The hubs served as centres of community activity, benefiting local community groups and fostering collaboration between different sectors.



“ The impact that Intergenerational Music Making has had on our girls here at youth group has been brilliant. We've seen new girls come along, they've really got involved, to see them growing confident today; one of our young girls who was actually coming along and not saying anything, is fully involved and leading the parent engagement with her activity, it's beautiful to see. And Maria has done a really good job at bringing the group together for a good purpose, so we are really thankful.

Director of the LVA Trust

We've delivered intergenerational hubs in 4 key locations:

- Loved, Valued, Able LVA TRUST - TW4
- Holy Trinity Church – TW3
- Norwood Green Care Home - TW5
- Oriel Centre - TW13

Impact:

- Innovation community engagement day 24 days
- Engaged with over 130 participants across 4 locations
- Trained 15 young girls from the LVA Trust to become community activators

Here are some key findings from one of our hubs:

- Many adults face loneliness and isolation even while living with their partners. There's a real need for social spaces, but engagement can be challenging
- Our sessions have become a priority for attendees, with some even cancelling GP appointments to attend
- Breathing exercises, incorporated into routines and advised by GPs, have been highly beneficial

Woking Hub

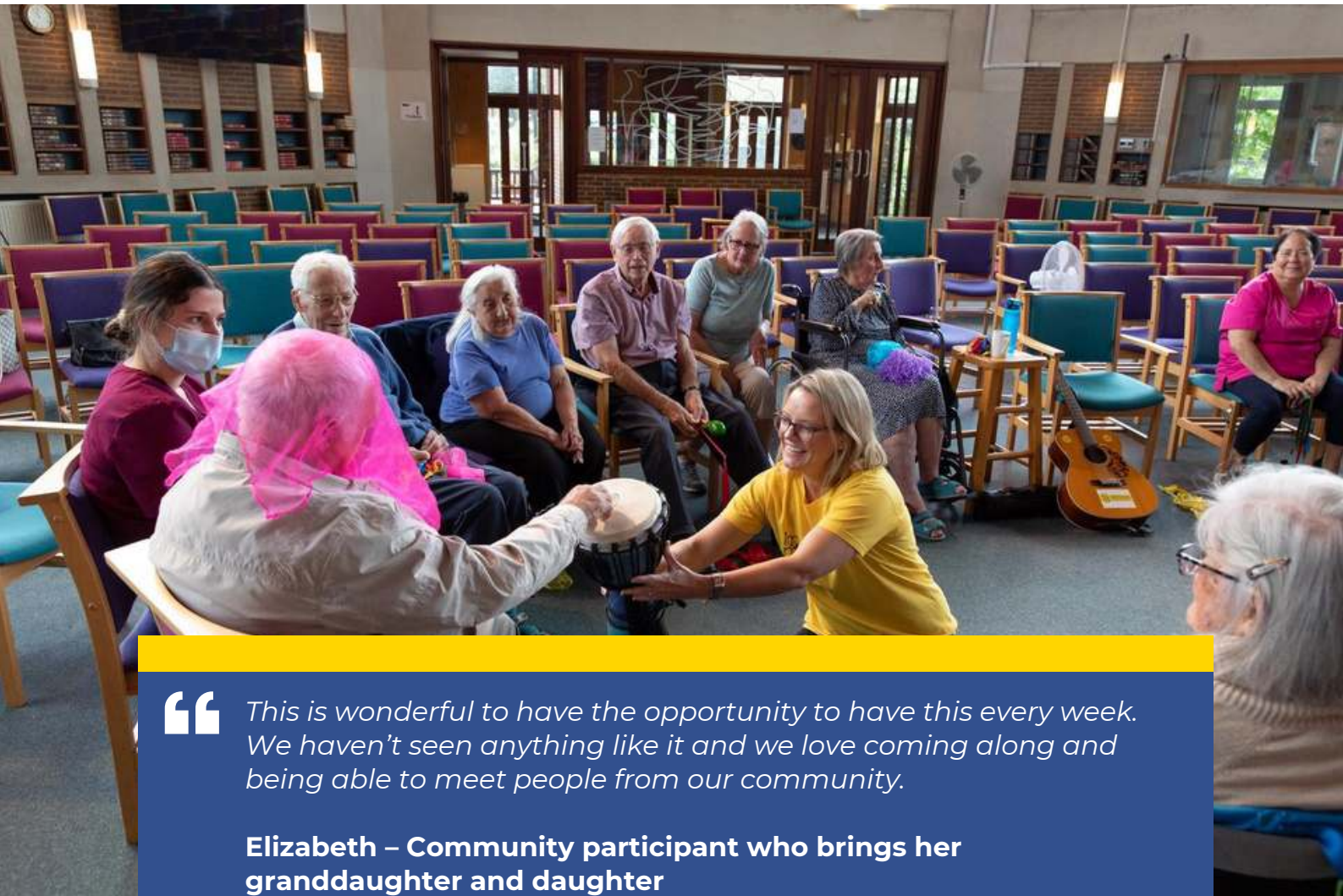
The hub offers a regular opportunity for connection and access to music provision across the community. Engaging with those living in care homes, those accessing domiciliary care, members of the community and young people, working closely with local social prescribers.

The aim is to create an inviting and safe space, encouraging the sharing of cultural heritage, the promoting of intergenerational relationships and informal music making within our daily lives. The hub will offer a range of creative activities to inspire musical expression, connection, exploration and community.



Objectives

- Develop communication, confidence and self-awareness
- Create sustainable, intergenerational connections
- Deliver a toolbox and guidance on using music for wellbeing
- Interaction of people from all ages and backgrounds - people will gain an increased sense of compassion and empathy
- Offering sustainable connections across generations and sectors (education, health and social care). Meeting local and national agendas
- Create opportunities for young people within Arts and Health
- Build and sustain connected, resourceful and resilient communities
- Empowering community members and inspiring leadership
- Reposition care homes as community facing organisations
- Empower care staff - developing skills and knowledge
- Regulate/standardise Intergenerational music practise to ensure high quality provisions for those in care homes
- Support those living with dementia through music
- Empowering residents to raise their voice and be an active part of the care they receive



“ This is wonderful to have the opportunity to have this every week. We haven't seen anything like it and we love coming along and being able to meet people from our community.

Elizabeth – Community participant who brings her granddaughter and daughter

Outcomes

- **Younger Participants:** Improvement in wellbeing, increase in confidence and self-esteem, experience higher levels of empathy and improved communication skills. Reduction in anxiety. Understand what it means to grow older, gain access to collective memory and become part of a more connected and caring community.
- **Older Participants:** Reduction in isolation and health interventions; increase in social connections, independence, confidence and boost to wellbeing. Benefits of sharing a collective memory; increase in sense of purpose and social cohesion. Improved communication skills and cognitive stimulation which reduces depression and anxiety and enhances capacity.

Ollie came along to the first session with his arms crossed and not willing to participate. He seemed a little detached from the other pupils. We asked him to help us handing out scarves and instruments which he seemed happy to do and then he decided to sit with myself and Graham rather than the other pupils and residents. On week 2, the first thing Ollie did was ask what he could do to help and this was how he was for the rest of the sessions. He was happy to help, to demonstrate dance moves and actions to songs and was always the first to go over to the residents and play with them and talk to them. His confidence really shone through.



Guildford

Our Guildford hub has been running since 2022. It started off at the Electric Theatre however, due to an increase in numbers we have now partnered with the Guildford United Reform Church where we regularly see up to 60 members attend.

Our model is rooted in empowering individuals to be active members within their communities, supporting individual development and community sustainability. We have seen through our volunteer and training programme that individuals gain pride, respect and ownership over the people and place they live, addressing future isolation and health problems. We also have seen volunteering and training provide a means for legacy and sustainability ensuring the connection and music become embedded within the care, curriculum and community.

'This has made my Christmas, I've never seen anything like it – this is absolutely wonderful and the children are amazing!'

Rosemary, Pilgrim Wood Resident following session 6

'The children are wonderful and so well behaved, they are so wonderful to watch and respond to everything we do!'

Participant living with dementia

'It's so nice to be able to get involved in such a wonderful initiative!'

Volunteer

'The children couldn't wait to come to 'music in the church''

Nursery Teacher

'The view of our staff is that the sessions were very popular with the children - they were always very keen to be chosen. From the photos we took it looks as though young and old are having a great time. Lots of smiles. We would certainly be keen to continue participating if it were to continue.'

Sue, Child's Play Pre-School Head/Owner

Music Therapy Dementia post in hospitals

In 2021 a post was established for a Band 8 music therapist to join the team at Frimley Health NHS Foundation Trust (FHFT) over a two-year period. The funding for this role was provided by the Frimley Health Charity and Intergenerational Music Making in collaboration with the Utleay Foundation. The music therapist was an integral part of the dementia care team, working across four different locations, namely Wexham Park Hospital, Frimley Park Hospital, Farnham Centre for Health, and Heathlands Care Centre.

Over the last two years, approximately 1800 patients have been seen at Frimley Health NHS Trust. The impact of music therapy on the wards has been significant, with patients enhancing their rehabilitation through participation in one-to-one and group music therapy sessions. Notably, music therapy has also had a positive effect on the staff. While patients are engaged in meaningful activities with a qualified professional, staff feel reassured that patients are safe, allowing them to complete daily tasks, write notes, and take short breaks for their own mental health and well-being. Staff often participated in the music groups by listening, singing along, and observing, and they commented that the music lifted their mood and provided a relaxing atmosphere on open wards.



Incorporating music therapy into dementia wards represents an innovative, cost-effective, and evidence-based approach to enhancing patient care and well-being. The extensive benefits of music therapy, ranging from cognitive stimulation to emotional connection, position it as a powerful tool in the arsenal of dementia care strategies. By embracing music therapy, healthcare providers can orchestrate a symphony of support, enriching the lives of dementia patients and creating an environment of compassion, connection, and healing. The introduction of music therapy to dementia care also aligns with the principles of person-centred care and transcends the conventional boundaries of treatment.

Amidst the challenges posed by dementia, music emerges as a beacon of hope, offering a pathway to connection, a balm for emotional turmoil and a sanctuary of shared experiences. The harmonious interplay between melody and memory redefines the boundaries of care, reminding us that even in the face of cognitive erosion, the human spirit can still be kindled by the transformative power of music.



Quotes from Staff



I have assisted in Izzy's music therapy groups for almost 2 years. Within that time, I've immediately noticed a positive reaction by all of our patients who joined in on her sessions, or who saw Izzy on a one-to-one basis.

Singing both old and familiar songs, even patients with advanced dementia begin to engage and sing along. Our patients' moods are lifted, and the activities encourage them to exercise in a fun way, allowing us to see several patients within one session.

Quotes from Patients



I'm attending Izzy's musical group therapy while a patient at Heathlands, following a fall and hip replacement.

Izzy's sessions are crucial to the recovery, both physical and mental, of patients with diverse problems.

While based on seated exercises, Izzy encourages us to move as much as possible. This is invaluable for someone like me, with limited upper body movement following radiotherapy for metastatic cancer and my arms have strengthened, Izzy's brilliant guitar playing and singing encourages patients to join in, in a fun way that provides mental stimulation. She is always careful to demonstrate moves, and ensures that all members of the group are included to the best of their ability. By lifting our spirits, she greatly assists ongoing wellbeing.

Music Therapy at Woodlands and Ridgeway schools

Over the academic year 2023-2024 IMM have been leading music therapy services at Woodlands school in Leatherhead and Ridgeway school in Farnham.

In May/June IMM also offered three full day taster music therapy at Fox Grove school in Leatherhead, that led to securing the music therapy provision at the school for academic year 2024/2025.

This report provides an overview of music therapy services at these schools. In her work the Music Therapist Kamila Almabetova offered a mix of clinical and community approaches, ensuring that music therapy becomes integrated into the school's life and more children at the schools will have access to music therapy throughout the academic year.

Music therapy is a form of therapeutic intervention in which music is used creatively and strategically to promote health and assist individuals in self-expression, interaction, physical and emotional development, communication, confidence, creativity, and inner growth. In the UK, music therapy is a recognised healthcare profession, and therapists are trained to use music as a tool to address various physical, emotional, cognitive, and social needs of individuals of all ages.

The British Association for Music Therapy (BAMT) defines music therapy as the "**clinical and evidence-based use of music interventions to accomplish individualised goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program**". Music therapists use a variety of musical activities, such as improvisation, songwriting, listening to and discussing music, and performance, to help clients achieve therapeutic goals.

Fox Grove school, Leatherhead

Three music therapy taster days were conducted at Fox Grove school in May and June 2024. Students who were referred to music therapy formed four closed group and one individual sessions. In total fifteen students attended taster music therapy at Fox Grove. All students showed a sustained and high level of engagement in all sessions through instrumental and vocal play, eye contacts, intent listening, vocal interaction, and body movements. In September 2024 IMM will commence a full day music therapy post at the school, while also will lead a wellbeing session/training for the members of the staff during one of the INSET days.

Woodlands school, Leatherhead

'I feel better!' - a Woodlands Lower school pupil who experiences learning difficulties and emotional needs, said straight after their music therapy session.

Between September and December music therapy service at Woodlands school was offered over two full days weekly. The service included a six-week Intergenerational Music Making project. As part of the project the Woodlands Lower school pupils visited a local care home for joint musical activities that promoted social and emotional health and wellbeing among both Woodlands school pupils and the elderly residents.

From January 2024 onwards music therapy provision at the Woodlands school has been taking place one full day weekly.

- Total number of students who attended individual music therapy: 7
- Total number of students who attended pair groups music therapy: 6
- Number of classes who attended whole-class groups music therapy (each class has between 6 and 9 children): 8
- Number of classes who attended ad-hoc sessions/assessments: 1

Ridgeway school, Farnham

Music therapy at Ridgeway school takes places one full day weekly. The post began in September 2023. Since then, music therapy has been gradually becoming well known among the students and school staff. Several members of the teaching staff commented that music therapy day (Tuesday) was a week's highlight for them and their classes.

In her work the therapist offers a mix of clinical and community approaches to ensure more students access music therapy throughout the academic year.

- Total number of students who attended individual music therapy: 7
- Total number of students who attended pair groups music therapy: 2
- Number of classes who attended whole-class groups music therapy (each class has between 5 and 8 children): 9
- Number of classes who attended ad-hoc sessions/assessments: 1
- Number of children who attended pair groups music therapy assessment: 2

Training

At IMM, we are dedicated to our training initiatives aimed at educating teachers, professionals, caregivers and other stakeholders about the profound benefits of intergenerational work. Our training sessions are designed to ensure the sustainability of connections within the communities we deliver projects in.

This year, we successfully delivered multiple training sessions across England, particularly focusing on Clarion Housing staff. These sessions equipped staff members with the necessary skills and knowledge to facilitate intergenerational interactions effectively. To ensure the practical application of their training, staff members subsequently conducted intergenerational sessions at each housing scheme location.

Aim:



This project focussed on improving mental and physical health, reducing isolation and loneliness among older adults in Clarion communities, whilst improving the mental health and wellbeing for younger members in identified areas aiming to create more cohesive connected communities.

Focus areas:



We were keen on highlighting the holistic qualities of intergenerational practice, looking at the interplay between Clarion residents and different community cohorts including secondary school, families, community members, staff and young volunteers. As part of the project, we delivered 6 - week blocks of Intergenerational Music and Movement sessions and IMM training sessions providing a wider knowledge base and toolkit to embed intergenerational music and movement across care and community.

Locations:

- Dorking
- Plymouth
- Birmingham
- Bucks
- Banstead



“

I enjoyed every minute of it! I've got grandchildren and great grandchildren, I lost a grandson and you never get over something like that, so seeing children, you think you're so lucky to be with them. I like to see the children and they like to see us.

Yvonne - Resident

Training feedback:

The first theme, Confidence to lead, emerged as a central aspect of the intergenerational project. Many participants conveyed how their involvement had positively affected their self-confidence and leadership skills. They spoke of feeling more empowered to take initiative, particularly during the music making activities. It became evident that the intergenerational project was not only about fostering connections but also about empowering individuals to take on leadership roles within the group.

Our commitment to staff training ensures the enduring presence of intergenerational music and movement within these communities, setting the stage for sustained success. Feedback gathered through a variety of media showcases a profound transformation in participants' confidence, enabling them to independently facilitate music sessions for residents, thus perpetuating the project's influence well beyond its initial duration.

Collaborations with local schools and volunteers have ushered in a significant change within Clarion communities, erasing traditional barriers and nurturing a more cohesive and empathetic environment. This burgeoning sense of community cohesion, a cornerstone of our vision, is manifesting as residents, volunteers, and students come together harmoniously, sharing experiences and narratives through the transformative power of music.

In engaging with Clarion communities previously marked by disengagement from social activities, our interventions have addressed fears around inclusion. Feedback has shown that many participating residents have a renewed sense of purpose, forging deeper connections within the Clarion facility. The heightened sense of belonging and connection reported by participants has not only mitigated feelings of isolation but has also been correlated with improvements in mental resilience and emotional well-being.

The intergenerational music-making projects in collaboration with Housing Clarion proved to be an inclusive and transformative experience for all involved. By harnessing the power of music, the sessions transcended barriers and met the unique needs of participants, whether they were children from primary and secondary schools with or without additional needs, including those who were both verbal and non-verbal. Music, as a universal language, provided a common ground for communication and expression, fostering a sense of belonging and unity among the diverse group. Through the harmonious blend of generations and abilities, the project beautifully exemplified how music has the remarkable ability to bridge divides and create a shared space where everyone's voices, whether spoken or expressed through other means, could be heard and valued.

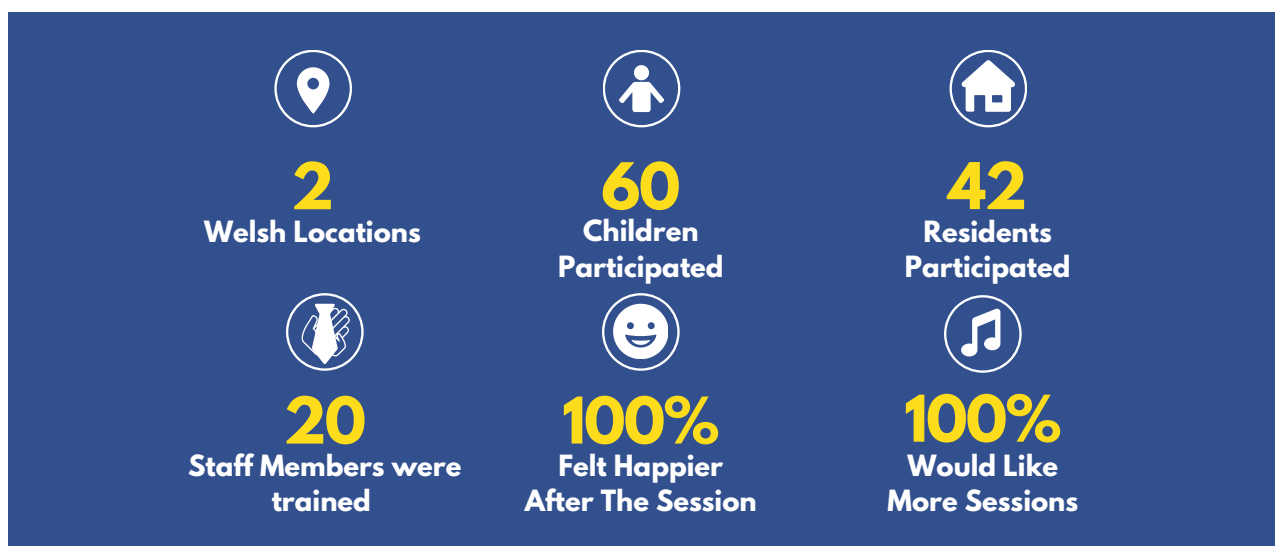
Training: Wales

The IMM projects were delivered across locations in Wales, designed to support community connection, cohesion and encourage mental and physical well-being. Through the power of music and movement plus creative health we were able to celebrate voices, up-skill staff and bring people together from different backgrounds and generations to explore connections through music and movement, arts, dance, intergenerational connectivity.

During our Welsh IMM Hubs, we focussed on:

- Giving the community a voice and empowering them to use music and movement as a tool within their setting.
- Promoting strong partnerships across sectors and communities.
- Creating new, cohesive, meaningful and sustainable connections within communities which are re-building post pandemic.
- Training and up-skilling staff members with the IMM Music and Movement training programme within care homes.
- Working in areas of Wales with deprivation and a shortfall of community services.
- Using IMM's music and movement and creative health as the driver for the sessions.
- Delivering and evaluating intergenerational music projects in Wales

To ensure the long-term success and sustainability of the projects, IMM continued to offer support even after the formal completion of the training sessions. This support was crucial in maintaining the momentum and ensuring that the legacy of intergenerational music-making would remain alive within these two communities.



National Campaign: Talking Generations

Talking Generations is an awareness campaign, in partnership with Intergenerational England, working to highlight the importance of connection between different generations and across our communities, challenging the status quo around age, mental health, community and wellbeing.

This year we have been holding Talking Generations moments at Waterloo Station, Manchester Station, The Royal Albert Hall, The Jewish Museum Manchester plus in churches, mosques, children centre's, schools, community centres and in parks advocating for the importance of connection and dialogue between different generations. We aim to challenge prevailing attitudes towards age and address social issues. By fostering these conversations, we seek to break down barriers and stereotypes, promote empathy and understanding, and create opportunities for mutual learning and growth.



Talking Generations Podcast



The Talking Generations Podcast aims to bring together people from across the generations and sectors to share their stories and experiences. By highlighting the voices of people from different walks of life, we hope to bridge the gap between generations and create a more inclusive and connected society.

Each episode features guests from different age groups, professions and walks of life. Our guests share their insight on various topics including health, education, the arts, culture, and social issues to explore just how important it is for people to connect with different generations, and how best we can support this across the different sectors.

Talking Generations encourages guests and listeners to question the status quo, challenge assumptions, and actively seek out opportunities to learn from and collaborate with people of different ages and backgrounds. Our Tagline, "It starts with a conversation, so let's talk" reflects our mission to connect people through storytelling. We believe that sharing stories is a powerful way to break down barriers and build understanding between people, encouraging connections and connectivity that's essential to our wellbeing.

To listen, visit our Spotify Page 

Intergenerational England



Born from IMM, Charlotte Miller, IMM's Founder and Director, alongside Emily Abbott, Programme Director, have established a new organisation by co-founding Intergenerational England. This new body is designed to champion intergenerational practice across various sectors.

Intergenerational England (IE) is dedicated to bridging the divide between generations and fostering collaboration. Recognising the pressing need for support and advocacy in this area, IE adopts an outward-facing approach, forging meaningful relationships and partnerships across diverse sectors and prominent organisations. These sectors include crucial aspects of society such as the NHS, housing, transport, education, and other governmental and non-governmental bodies.

With a steadfast commitment to facilitating intergenerational collaboration, IE strives to create a more harmonious and interconnected future for all. Intergenerational England will bring together expertise and resources from key organisations working to support the health, education, wellbeing, and housing needs of people of all ages across England.

Its vision is to provide the foundation that enables everyone, regardless of their circumstances, to benefit from intergenerational experiences. Intergenerational England will advocate for people and organisations to become more intergenerational, driving a movement towards a more inclusive and collaborative society.

IE has garnered support from MPs, sector organisations and wider ecosystem partners and has held focus groups and roundtables at Windsor and Parliament since its inception.



The organisation focuses on advocacy, research, and strategic support to build a more interconnected and empathetic society. IE's vision is to position intergenerational practice as a crucial element of our social framework, addressing the disparities caused by age-based segregation. This segregation impacts income, education, housing, and social opportunities, leading to widespread feelings of disconnection and loneliness across all age groups. Intergenerational dialogue and creativity foster empathy, mutual respect, and understanding.

Intergenerational England emphasises an "Intergenerational Approach," a strategy that leverages connections between people across their life spans and focuses on the systems and structures surrounding them. This approach is essential to understanding how people live, age, learn, and develop.

Ambitions and Areas of Focus IE is committed to:

1. Life Course Approach: Incorporating age and its nuances into population strategies, promoting a holistic view of ageing from childhood to old age
2. Understanding Intersectionality: Tackling societal challenges like ageism, loneliness, unemployment, and housing shortages, with a focus on all life stages and the intersection of individual identity.
3. Intergenerational Integrated Working Systems: Developing and embedding cross-sector partnerships to create better social outcomes, facilitated by initiatives like Intergenerational England
4. Intergenerational Social Support Systems: Fostering human connectivity and social well-being. Promoting intergenerational connections as a crucial component of community well-being.



Intergenerational England Research

The new research conducted by YouGov, commissioned by Intergenerational England, during Global Intergenerational Week 2024, revealed that only 17% of adults across the UK find themselves in contact with people from a different generation in community spaces, with that figure falling to just 14% in the 55+ age category.

Here are the main findings of the research:

- 47% of UK adults find themselves in contact with 'different generation' people (i.e. face to face) at work
- 81% of UK adults agree with the statement "Mixing with people of different age groups/ generations can reduce feelings of loneliness"
- 76% of UK adults agree with the statement "Mixing with people of different age groups/ generations can improve our mental health"
- 76% of UK adults agree with the statement "Mixing with people of different age groups/ generations can improve our general health and wellbeing"
- 86% of UK adults agree with the statement "Mixing with people of different age groups/ generations can generate mutual respect between generations"
- 83% of UK adults agree with the statement "Mixing with people of different age groups/ generations can reduce age-based stereotypes"

If you would like to know more about the research conducted, please take a look at the [Could Mixing with People from Different Age Groups Cure the Loneliness Crisis](#) blog.



Awards, Press, Ambassadors & Memorable Moments

We were also really excited to have Zak Abel join one of our intergenerational sessions!

Zak joined us in Hammersmith at our Imperial project. The project took place at Sycamore House and brought together residents and young children from Miles Coverdale primary school for a day filled with laughs, lots of singing and connecting.

A truly unforgettable experience for all involved.

“Thanks so much to the brilliant team from IMM Music for inviting me down to Sycamore House to sing for some of the residents and children from Miles Coverdale primary school. It was beautiful to see the two generations singing, laughing and connecting through music.”



Jess & Norma

The viral TikTok sensations Jess & Norma, who garnered 1.3 million followers, joined us for an episode of the Talking Generations podcast.

In the podcast episode, Jess & Norma delved deeper into their daily lives and their unique relationship. They discussed what brought them together and shared a glimpse of what was on Norma's Christmas list for the year.

Jess & Norma are also the first ambassadors for Intergenerational England and supported the #TalkingGenerations campaign across their social media channels.

"Nan is my best friend and I just love that everyone gets to see just how amazing and funny she is. We laugh so much when we are together, and we think it's our age difference that makes our relationship so unique. We are delighted to be able to use our voice to support Intergenerational England and the #TalkingGenerations campaign. If by highlighting our relationship we can inspire more connection to reduce loneliness and build mutual respect, we are honoured to help in any way we can."



Izzy Judd

Izzy Judd joined us with her son Lockie at one of our early years hubs. During their visit, Izzy and Lockie participated in a variety of activities designed to stimulate early childhood development. They engaged in interactive sessions that emphasised the importance of play in cognitive and social growth.

We look forward to more visits from prominent figures like Izzy Judd, who share our passion for early childhood development. Such collaborations amplify our efforts and help spread awareness about the importance of the early years, ensuring that every child has the opportunity to thrive in a nurturing and enriching environment.



Age Friendly Awards

We're excited to share with you the success that we had at this year's Age Friendly Awards held by Clarion Housing and Incommon. We're pleased to share with you that we were nominated for the Nature Guardian Award for our Sing & Grow Programme. In addition, we are thrilled that two of our programme attendees have won awards!

Ben Skelton has won the Youth Worker Award for working hard to make connections with older people in their community

Maryam Amin has won the Outstanding Scheme Manager Award for her outstanding work for making connections with young people in their community

Marketing Association Awards

This year we are pleased to have been nominated for the Best Radio / Podcast campaign award for our Talking Generations campaign. We're pleased to have been recognised for our hard work and dedication to producing a podcast that reflects what intergenerational connections look like across various sectors.

HSJ Awards: IMM has been nominated for Creative Health Solutions Category: Place-based Partnership and Integrated Care Award 2024



Smiley Charity Film Awards 2024

Our video was nominated for the charity category at the Smile Charity Film Awards 2024! Although we didn't win, we're pleased to have been amongst many influential and widely impactful organisations this year. If you would like to see our about video, you can watch it [here](#)

CYP Now Awards

IMM's work was nominated in the Mental Health and Wellbeing Award category in the Children & Young People Now Awards 2023.

Markel 3rd Sector Care Awards for IMM 2023

Intergenerational Music Making was selected as one of the finalists for the COLLABORATION (INTEGRATION) AWARD

AHP Awards

British Association for Music Therapy Award for music therapists who are developing innovative ways of providing effective music therapy in the Advancing Healthcare Awards UK 2023! The Award was for Stop, Collaborate and Listen! [YOUTH RAP PROJECT](#)



Publications and Conferences

Royal Albert Hall (RAH)

Curated a first of its kind, intergenerational practice conference with sector leaders, highlighting how creative approaches, housing, NHS and community organisations can come together to bridge generations and foster community cohesion.

Windsor Castle

We've brought together leaders from the public, voluntary, and private sectors to address the pressing need for intergenerational connections in Britain.

NHS England

Presented to healthcare professionals and policymakers on the role of intergenerational work in improving health outcomes, particularly in relation to mental health and community wellbeing.

Campaign to End Loneliness Conference

Presentation Title: "Unravelling The Threads of Loneliness: An Intergenerational Approach"

Featured speaker at the Campaign to End Loneliness Conference 2024, discussing how intergenerational practices can reduce loneliness across all ages.

Conference Website: [Campaign to End Loneliness Conference 2024](#)

Video Link: [Watch Presentation on YouTube](#)

Music Therapy with Families Symposium in Vienna (September 2023)

Presented on how music therapy can foster intergenerational connections within families, enhancing communication and emotional support across age groups.

Royal College of Music

Delivered training to students on how to deliver creative intergenerational programmes in diverse community settings, and the impact this line of work has on participants of all ages.

PUBLICATIONS:

Intergenerational England Blog Page

For more insights and updates on intergenerational work and inclusion, visit IE's blog page where our blogs have been published.

[Intergenerational England Blog](#)

Featured in the Surrey JSNA Chapter on Loneliness and Social Isolation

The work of Intergenerational Music Making and Intergenerational England in tackling loneliness and social isolation was highlighted in Surrey's Joint Strategic Needs Assessment (JSNA) chapter. Our Together with Music programme in Surrey Downs, which connects care home residents and school children, was recognised for fostering intergenerational bonds and enhancing community cohesion.

The full chapter can be read here:

[JSNA Loneliness and Social Isolation](#)



Closing Notes

Since the founding of Intergenerational Music Making (IMM) in 2018, our passion has been to involve individuals and communities at every stage of our project design, delivery, and sustainability. Our co-produced approach has provided us with valuable insights into local communities and individuals, ensuring our work is both relevant and impactful.

Looking ahead, our goal is to elevate the visibility and understanding of intergenerational practice within our community ecosystem and to place intergenerational activity at the heart of care and health support. This will be achieved by continuing to amplify the voices of those we work with, creating spaces for constructive debate, challenge, and positive outcomes.

We aim to harness the power of intergenerational music to support skill development, build capacity, and foster creativity. By demonstrating its role in advancing social cohesion and reaching out to marginalised individuals and communities, we will bring together children, the young and old plus professionals from health, social care and education. I firmly believe that IMM has the potential to drive meaningful change, energise communities, and empower collaborative efforts for the future.

Thank you to our funders and partners for your continued support. Your commitment is crucial in helping us achieve our vision and make a lasting difference.



Appendix: Stakeholders & Clinical Cohorts

Stakeholders

Participants - Individuals directly involved in the music-making sessions.

Family Members - Relatives who support or participate alongside the primary cohort.

Health and Social Care Professionals - Including doctors, nurses, social workers, therapists, social prescribers etc.

Community Organisations - Local groups and charities supporting various cohorts.

Educational Institutions - Schools, colleges, and universities with students participating in programs.

AHP Music Therapists and Facilitators - Professionals delivering the music-making sessions.

Policy Makers and Funders - Organisations or individuals responsible for funding and policy decisions.

Cultural and Arts Organisations - Including orchestras, museums, performance halls, community choirs, and arts charities.

Researchers and Academics - Individuals conducting studies on the impacts of intergenerational music-making.

Advocacy Groups - Organisations representing the interests of specific cohorts, like dementia or mental health charities.

Volunteers - Individuals who assist in the delivery or facilitation of sessions.

Technology Providers - Companies or organisations providing assistive or adaptive technologies used in music-making.

Local Government and Public Health Bodies - Involved in community health and wellbeing initiatives.

Housing Providers - Including residential care homes, assisted living facilities, and sheltered housing schemes.

Hospitals and Healthcare Facilities - Including acute care settings, rehabilitation centers, and mental health hospitals.

Community Assets - Libraries, community centers, church halls, village halls, and other public spaces that can host music-making activities.

Transportation Services - Organisations providing transportation to participants, especially those with mobility issues.

Private Sector Partners - Businesses that may sponsor or support initiatives (e.g., local businesses, corporate social responsibility programs).

Clinical Cohorts

Older People - Including both community-dwelling/shelter housing and those in care settings.

Children and Young People (CYP) - Covering a broad age range, from infants to young adults.

Families - Including multigenerational family units and those with unique family structures.

Mental Health - Individuals with varying mental health needs, including anxiety, depression, PTSD, etc.

Dementia - Individuals living with different forms of dementia and their caregivers.

Special Educational Needs and Disabilities (SEND) - Children, young people, and adults with a wide range of additional needs.

LGBTQ+ - Individuals of diverse sexual orientations and gender identities, including older LGBTQ+ individuals who may have unique needs.

Neurological Disorders - Including Parkinson's, multiple sclerosis, stroke survivors, etc.

Palliative Care and End-of-Life - Individuals receiving palliative care or at end-of-life stages.

Chronic Illness and Disability - Individuals with chronic physical health conditions or disabilities.

Autism Spectrum Disorder (ASD) - Individuals on the autism spectrum across all ages.

Refugees and Asylum Seekers - Individuals who may have experienced trauma and dislocation.

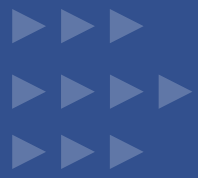
Socioeconomically Disadvantaged Groups - Individuals or families living in poverty or under economic stress.

Substance Use and Recovery - Individuals in recovery from addiction or those currently using substances.

Caregivers and Support Workers - Including family caregivers and professional support workers.







Get In Touch

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