

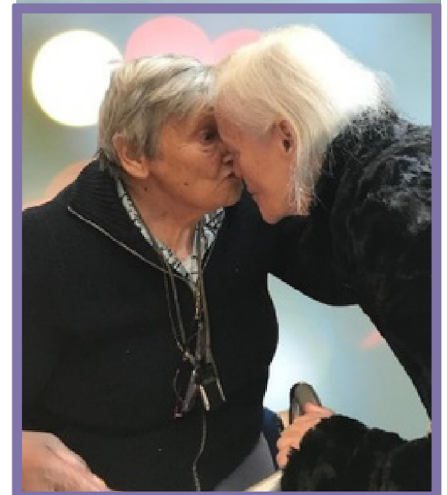
# NEWSLETTER

Issue 5  
March 2024



## SINGING FOR MEMORY

*Supporting people living with  
conditions affecting memory*



## Marvelous March

March has been a wonderful month for Singing For Memory. Our volunteer musicians have taken all the sessions and everyone has enjoyed them. The feedback has been wonderful. Lu hosted 3 sessions and Linda, aided by David, hosted the other.

Please note below that there are only 2 sessions in April and 2 in May due to bank holidays and Passover.



### APRIL and MAY SESSIONS

1 April: No session (Easter Monday)

8 April: Session

15 April: Session

22 April: No session (Passover)

29 April: No session (Passover)

6 May: No session (bank holiday)

12 May: Session

20 May: Session

27 May: No session (bank holiday)

## In This Issue:

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from our sessions

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Meet Julian, one of our  
volunteer musician session  
leaders and two of our  
fabulous volunteers:  
Shirley and Gabriella

With grateful  
support from:



## Music Benefits

Many studies show that people with memory loss conditions are able to recall song lyrics far more easily than other words.

It doesn't end there, the participants found they remembered more than just the song lyrics. For some, singing familiar songs suddenly brought back life memories they'd forgotten. Researchers found that singing songs learned at a younger age can cause a spontaneous return of autobiographical details.

We see something similar in our Singing for Memory sessions. Carers sometimes tell us that the participant they are with no longer talks at home; but when we give them a microphone they start spontaneously singing. We love seeing that.

It is also well documented that singing can positively affect mood. When people sing, endorphins and oxytocin are released by the brain which in turn lowers stress and anxiety levels.

## Meet Julian, one of our Volunteer Musicians

I am delighted to be one of the rotating musicians who will be enjoying your company at Singing For Memory. I am a 69 year old former Professional Youth and Community Worker who was the Youth Leader for twelve years from 1995 to 2007 at the wonderful, but now sadly gone, Kenton Maccabi Jewish Youth Club and Centre. Music was a key ingredient and the fun we used to have with children aged four to forty was fabulous. After Kenton Maccabi closed its doors I joined energy giant SSE (now OVO) and besides helping customers with their meter readings and health and safety reports, I wrote songs for them on the subject of Keeping Safe.



These days I work with nursery children in London Bridge, Wimbledon and Surbiton teaching everything from Old McDonald Had A Farm to Yellow Submarine and many dance games in between.

My best music education of all was doing Retirement Homes. My father Issy Gold was a Senior Executive for London Transport responsible for LT's Benevolent Fund, Retirement Home and Convalescent Home. Every Christmas Eve I would accompany my dad on my guitar at the Wembley Park Retirement Home and I learned the words to so many songs. I loved that time in my life. Currently I play in a rock group that raises money for The Peace Hospice, Watford and latterly Parkinson's Disease. I know being involved here at Singing For Memory will be a delightful experience.

## Volunteer spotlight



### SHIRLEY

I retired when I was fifty five and moved from North London to Bournemouth nine years later. Within a short while I joined a cancer charity fundraising committee and used the skills I learned when working as Budgens Marketing and Communications Manager to create events and write successful fundraising applications.

I then supported other charities including a Jewish residential home where I also became a hands-on volunteer.

This led to an interest in reminiscence work and in 2007 I successfully applied for an expenses paid term at Ruskin College, Oxford to research the benefits of reminiscing. My efforts were rewarded when I was chosen Bournemouth Citizen of the Year for making a significant difference to equality and diversity. I continued my charity work until I moved to St. Albans in 2018 to be near my family and to be part of the SAMS community, but nothing prepared me for the unexpected opportunity to be a SfM volunteer and to enjoy the overwhelming feeling of fulfilment, wellbeing and companionship we all share.



*Feelings, fears, memories, anguish and joy  
You can find it all in music*



## *Marvellous Musicians*



# NEWS

## March Birthdays:

25 March we celebrated the birthdays of Monique, who is Michael's carer and Barry, Jackie's husband

Birthdays aren't always celebrated on time, we celebrate when we see you.

We hope Monique and Barry had lovely birthdays.

## Purim

Thank you SAMS for giving Purim bags to our participants on 25 March

## March '24 STATS:

4 March: 10  
11 March: 8  
18 March: 7  
25 March: 12

2024: 16 sessions

Everyone is welcome

11 March:

We welcomed Bill for the first time. He has a great voice; what an asset to the session

## Session Format:

2pm Arrival for 'meet & greet' tea and refreshments

2.30pm Music starts  
3.30pm Music concludes

## Donation

We were fortunate to receive a donation of £300 from the Locality Budget of Hertfordshire Council. We have already spent the donation on an upgrade to our microphone system and some new instruments.

Thank you to Irene Blaston who helped secure it, and to Paul Dekort at Hertfordshire.

## March Feedback

*"It was really nice to see this week that some of the participants insisted on sitting together, not with their carers or with the volunteers"*

*"Thanks for organising this wonderful class for us both"*

*"Thank you for the lovely welcome you all gave to my dad and myself at the singing group yesterday. He really enjoyed it and seems keen to come along again so that's really positive"*

*"My mum loves this group, she's always so happy after attending. Volunteers are wonderful. Thank you so much"*

*"We wanted to thank you so much for today. I very much enjoyed the session and loved listening to the accordion and keyboard"*

Our next Newsletter will be at the end of May



Follow us on social media:  
[@singing.for.memory.at.sams](https://www.instagram.com/singing.for.memory.at.sams)



Do you know someone who could benefit from Singing for Memory sessions or would like to volunteer?

Please contact Lu:  
[lu.lawrence@e-sams.org](mailto:lu.lawrence@e-sams.org)

## Volunteer spotlight



Hi, I'm Gabriella. I joined Singing for Memory a couple of months ago. I don't sing terribly well, so my children tease me for being part of a singing group!

I have three children, two rabbits and a cat and I board dogs so my house is always noisy.

If anything, Singing For Memory gives me a bit of peace and quiet! I think it's a wonderful group, and I have loved getting to know the participants, carers and other volunteers.

Where words fail, music speaks

- Hans Christian Anderson