

Music in Mind Training

① What is it?

- A 20-week training programme for care home staff (“Carers”)
- Learning how to lead group music activities for care home residents living with dementia
- Face-to-face and online sessions with professional musicians

② What is needed?

- Dedicated time/space
- Digital resources
- Instruments
- Musicians’ expertise
- Carers’ expertise
- Good organisation

③ What makes it work?

- Collaboration in learning
- Focus on people
- Being open to change
- Mutual respect
- Efficient management
- Effective support

④ What can it do?

- Carers learn new skills and can lead engaging music activities

- Residents can form connection with others, expressing their creativity in group music-making sessions.

- Carers can embed music in their day-to-day work, improving resident quality of life.

- Trained carers can identify benefit for the residents. This increases motivation, confidence, and morale, helping to improve care work.

⑤ Turn me over for more!

Music in Mind Training

A Postcard Summary
of
Research Findings

Based on a
Theory of Change



Image used courtesy of Manchester Camerata

Scan me with your
smartphone to read
a blog about the
research!



“I feel like the sessions,
they gave me a little
boost” - Staff Carer

“I feel like I’m better
equipped now to do
my job” - Staff Carer



MANCHESTER
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