

## 'My Music Oasis'

We recently ran a series of workshops for family Carers across Nottinghamshire. The workshops focused on the use of personalised music as a tool for comfort, relaxation and resilience. **JoCo Learning & Development** developed the workshop using the 'My Music Oasis' toolkit one of a series by the charity **musicworks**. The workshop was then commissioned by **Nottinghamshire County Council, Nottinghamshire North & East CCG** and **Rushcliffe CCG**.



We are proud to say that every Carer who attended the workshop said they enjoyed the session and would recommend it to others. Most enjoyed using the toolkit and many felt it would be a meaningful addition to their caring role. A few (3 in total) who said that they were not sure or did not find it useful. It was identified that they already had good support and activities that helped them to relax and remain resilient in place. Examples included home care support, pets and family, music and friends.

Sadly, this was not a common experience and most Carers expressed that they experienced loss of personal time, individual occupations and activities, loneliness and isolation since becoming a Carer.

Many of the Carers were already attending an existing Carer group in their local area regularly but some said that the 'My Music Oasis' session was *"totally different"*. For some their regular groups had become a place where people go to have a 'whinge and moan' about things or to talk share and learn about the individual they care for. The 'My Music Oasis' session had been a positive experience because it focused on the Carer as an individual. One Carer said the session *"helped me to solve a few things in my mind"*.

It was not without its disappointments. Carer turnout was only 50% of expected numbers. Despite the numerous existing Carer groups in Nottinghamshire, it was difficult to publicise the event. Carers attested to the disjointed nature of support for Carers. They said various groups are not connected; groups do not necessarily maintain accurate databases of Carers. A key issue is that many Carers do not identify themselves as Carers. A recurring theme was the 'love-hate' relationship that some Carers have with the 'Social' or 'NHS'. Through a variety of experiences some Carers have had in health and social care they were skeptical of any event offered by either organisation. Recurring themes included having to complete lengthy and difficult forms, lengthy waiting times and procedures they endure in order to access vital support such as care, travel and parking schemes.

As the facilitator listening to the Carers, I got the sense that the concepts discussed in the 'My Music Oasis' sessions were usually overlooked in other groups. Carers were able to consider the importance of their own health and wellbeing in a very positive and encouraging way. They discussed how to gain personal time to rest and relax and maintaining personal identity (beyond

the Carer). Carers valued being in a safe space that advocated - *"gave permission"* - one Carer said to express self-love and think about self before the person they support. For many it was the first time the spotlight had been shone on their individual needs.

In the final workshop one Carer gave a personal address to the group. He spoke movingly and positively about his experience of caring for his wife but also about how in the process he had neglected his own health and wellbeing resulting in his poor health today. He warned others to take care of themselves and said he wished this workshop had been around years ago as the messages of self-care and resilience were not often heard. As the facilitator I could not have added anymore to this testimony.

Having come to the sessions and enjoyed it they were able to come up with their own suggestions of future sessions that they would enjoy and that would be helpful to other Carers. These include:

- Relaxation techniques
- Mindfulness
- Dance or Movement to music
- Art including Watercolour painting
- Vouchers for activities such as massage (vouchers were considered to be a good way to offer flexibility and choice)
- Mental Capacity training
- Back Care Training
- Training relating to the conditions of the people they are caring for



Farai Pfende

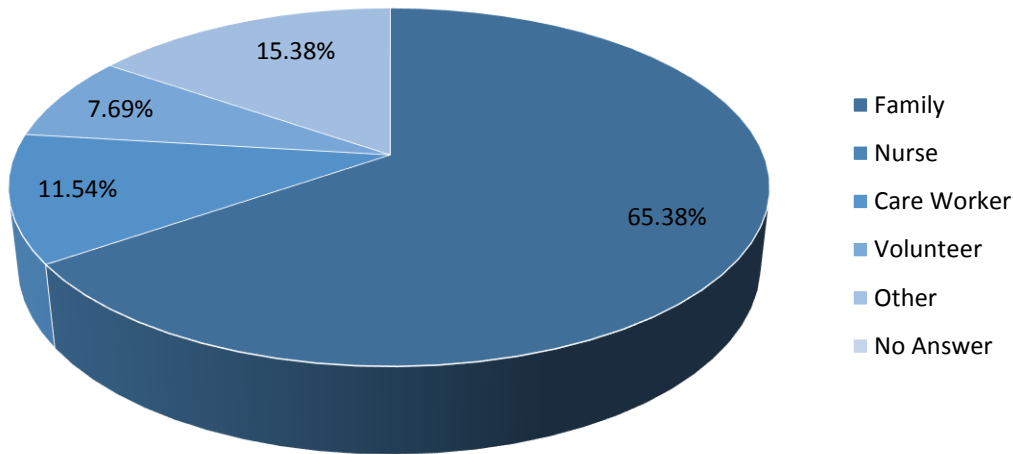
Head of Learning & Development and 'My Music Oasis' Workshop Facilitator  
JoCo Learning & Development

# 'My Music Oasis' Workshop Participant Feedback

Attendees were asked to complete a feedback form about the session. The information collated from the feedback received is below:

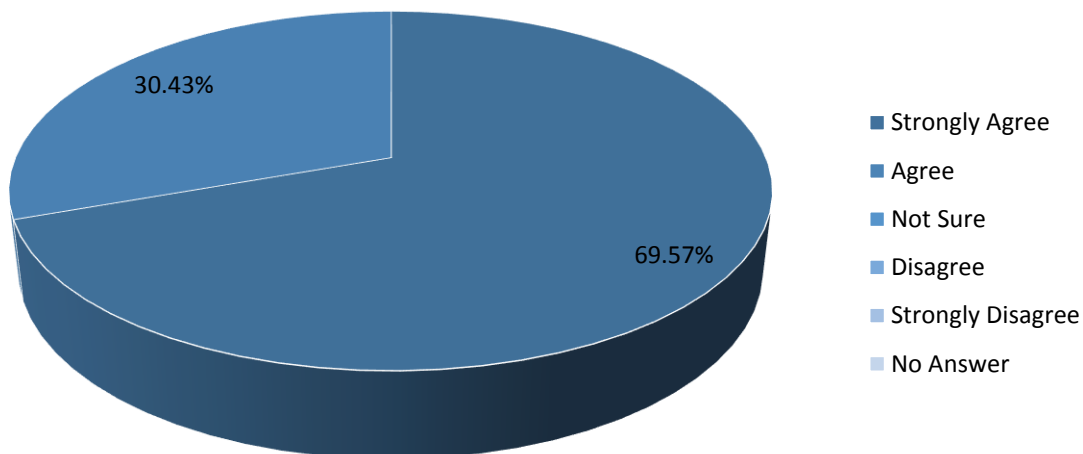
## 1. Your Role

	Family	Nurse	Care Worker	Volunteer	Other	No Answer
<b>Total</b>	65.38%	0%	11.54%	7.69%	15.38%	0%



## 2. I enjoyed the 'My Music Oasis' Workshop

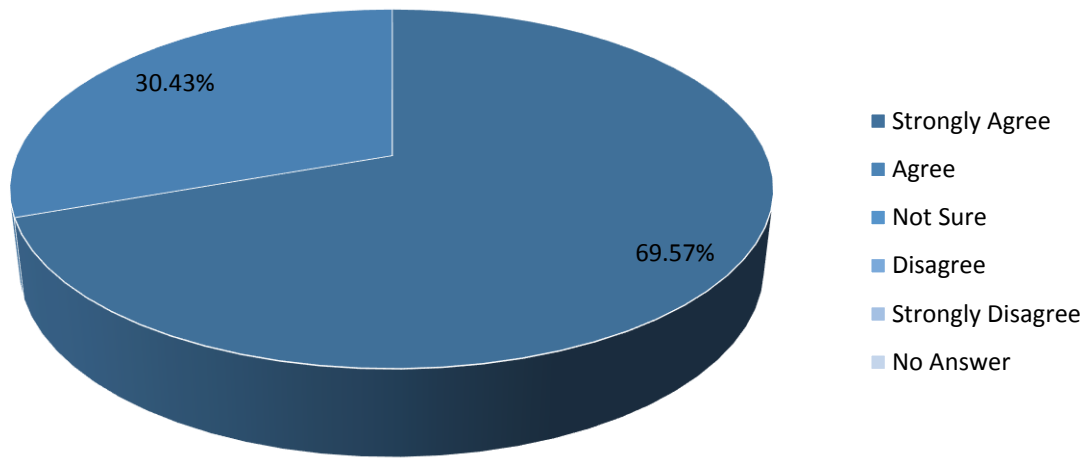
	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	No Answer
<b>Total</b>	69.57%	30.43%	0%	0%	0%	0%



**100%** of participants Strongly Agreed or Agreed that they enjoyed the workshop

### 3. I would recommend the 'My Music Oasis' workshop to someone else

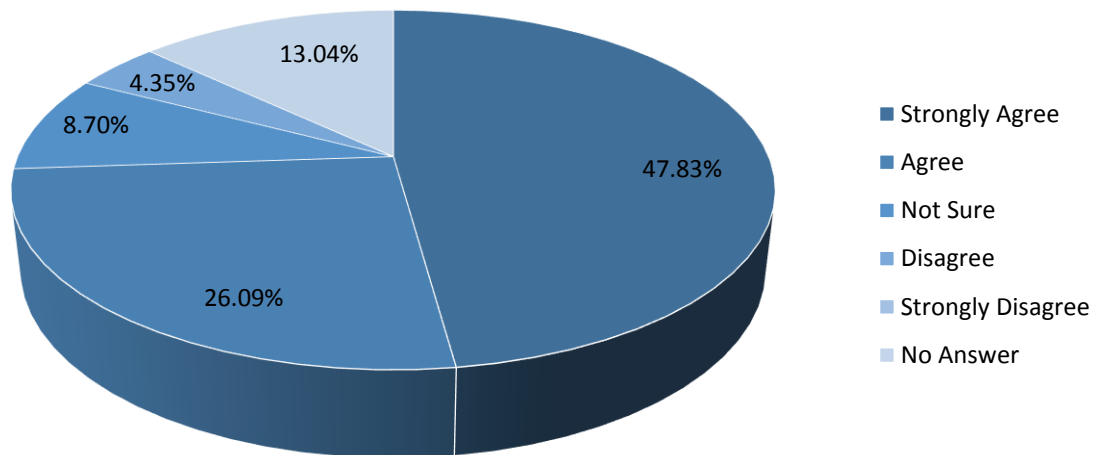
	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	No Answer
<b>Total</b>	69.57%	30.43%	0%	0%	0%	0%



**100%** of participants Strongly Agreed or Agreed that they would recommend the workshop to someone else

### 4. I enjoyed using the 'My Music Oasis' toolkit

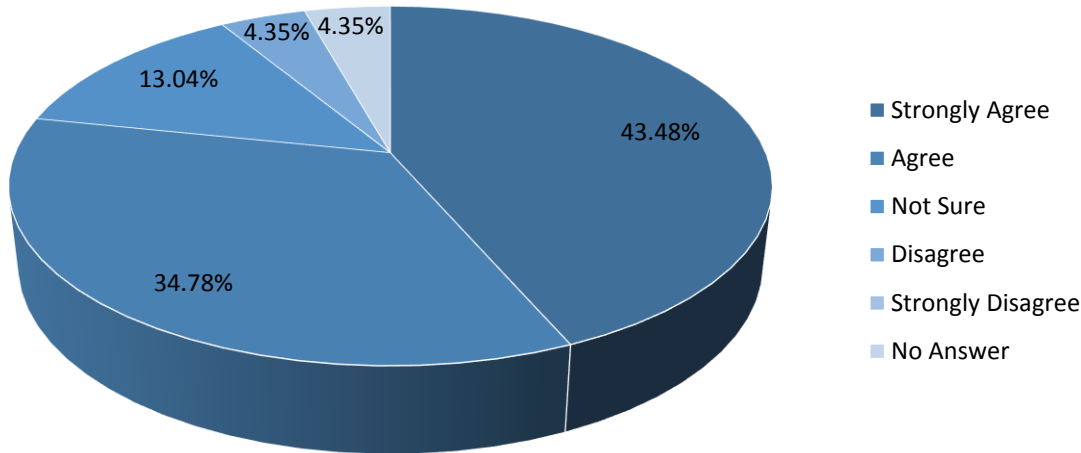
	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	No Answer
<b>Total</b>	47.83%	26.09%	8.70%	4.35%	0%	13.04%



**73.91%** of participants Strongly Agreed or Agreed that they enjoyed using the toolkit.

**5. I believe the 'My Music Oasis' toolkit will be a meaningful addition to my caring role**

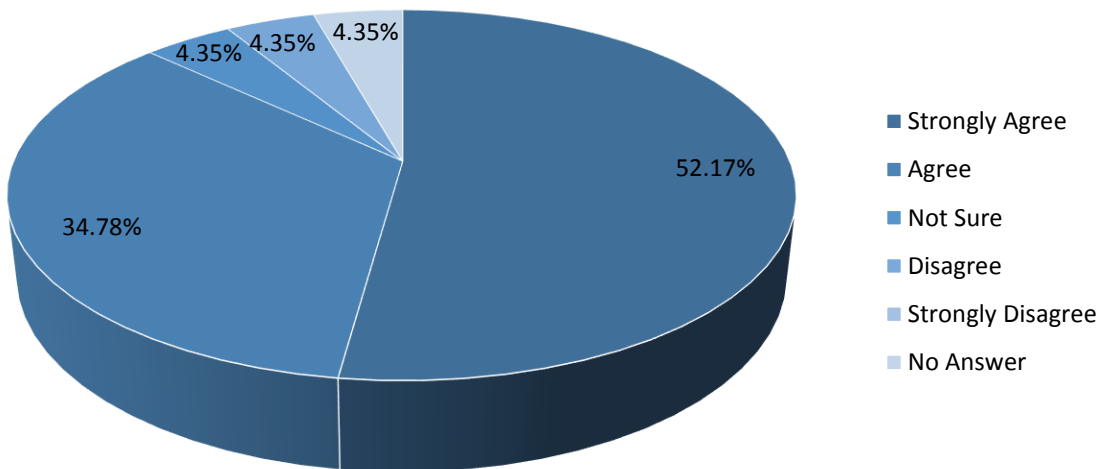
	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	No Answer
<b>Total</b>	43.48%	34.78%	13.04%	4.35%	0%	4.35%



**78.26%** of participants Strongly Agreed or Agreed that the toolkit would be a meaningful addition to their caring role

**6. I would recommend the 'My Music Oasis' toolkit to someone else**

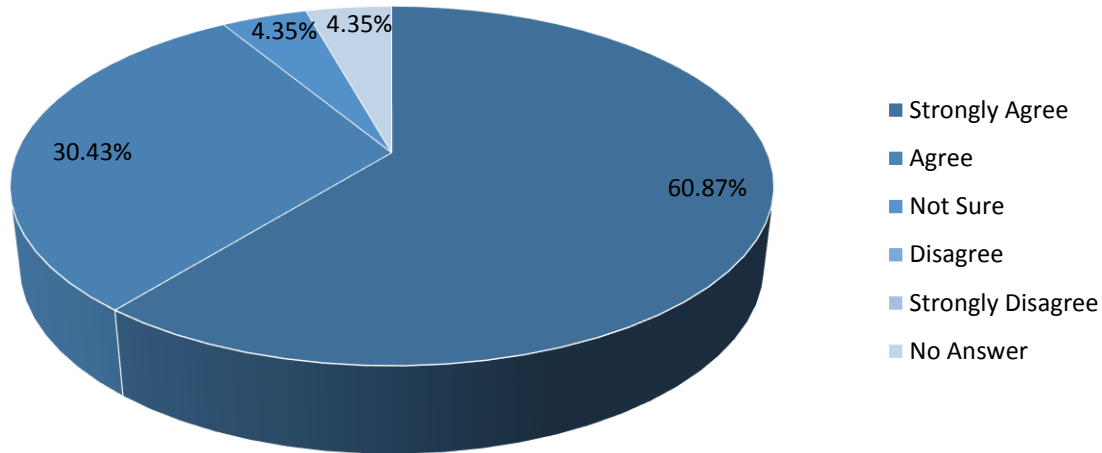
	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	No Answer
<b>Total</b>	52.17%	34.78%	4.35%	4.35%	0%	4.35%



**86.96%** of participants Strongly Agreed or Agreed that they would recommend the toolkit to someone else.

**7. Based on toilets, break times and refreshments, I am happy with the facilities**

	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree	No Answer
<b>Total</b>	60.87%	30.43%	4.35%	0%	0%	4.35%



**91.30%** of participants Strongly Agreed or Agreed that they were happy with the facilities

The following questions were added halfway through the run of workshops so there is a high 'No Answer' rate for those who attended the earlier workshops. Where comments made on those forms related to questions, this has been taken in to account.

**8. Did you meet new people at the session?**

	Yes	No	No Answer
<b>Total</b>	56.52%	0%	43.48%

**100%** of those who answered the question said that they had met new people.

**9. Would you be interested in attending more workshops in the future?**

	Yes	No	No Answer
<b>Total</b>	52.17%	0%	47.83%

**100%** of those who answered the question said that they would be interested in attending more workshops.

## 10. Do any of these workshop topics interest you?

