

LIME Music for Health

Call for Apprentices: Musicians for Medical Notes 2013 – 2015

Background

Developed initially at the Royal Northern College of Music and now based at LIME, an award winning arts for health charity, Music for Health has been delivering training to student and professional musicians for work in health and social care settings since 2005. Our approach has been developed in close partnership with a wide range of partners including Musique et Santé in Paris, France. We use music in health and social care settings mainly for cultural rather than clinical purposes, and aim to establish an open dialogue between the health and cultural sectors.

We have recently been successful in securing funding from Youth Music for a programme of music at Royal Manchester Children's Hospital (RMCH) across 2 years (13-15), working across a broad range of existing and new partnerships. This programme builds on a previous Youth Music funded project in 2011, for which the evaluation report is available at <http://musicforhealth.files.wordpress.com/2013/01/medical-notes-final-report-salford-image.pdf>.

Medical Notes Programme

The central aim of the programme is to provide children and young people aged 0-19 at RMCH with sustained opportunities to explore, play, interact and create through music-making, supported by highly skilled Music for Health (M4H) practitioners.

The programme outcomes are;

1. To improve the standards of music delivery for children and young people
2. To embed learning and effective practice in host and partner organizations
3. To nurture the musical talent and potential of hospitalised children and young people (CYP), helping them to increase their resilience
4. To develop sustainable links between the musical community at Royal Manchester Children's Hospital and the wider musical community in order to support musical progression
5. To enhance the skills of Music for Health practitioners in the UK and to increase healthcare practitioners' confidence in using music

Apprentice brief

This is a unique opportunity for professional musicians at graduate level or equivalent with initial experience of working in health and/or social care settings to evolve to a level of independent professional practice, supported by a team of Mentors and Experts. Musicians of all musical styles and backgrounds are welcome to apply.



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Training description

Music in healthcare settings can be delivered in many different ways and in many different contexts. In our work at RMCH, interactions take place in ward/bay areas and by bedsides as appropriate. Musicians move around the ward during their session and work with a number of patients and families individually, or with several patients and families within a bay area. Workshop sessions can be delivered in specific areas and patients invited to attend, in a drop-in arrangement. Sessions involving musical play can occur by the bedside or in playroom areas where groups of children could interact together and percussion instruments can be used more freely, or in sensory rooms as part of relaxation activities.

Musicians need to take a flexible and responsive approach using a variety of strategies, thinking about their place and their interventions in an original way and drawing on theoretical and practical competences that have to be reinvented every moment.

The new Medical Notes programme offers professional development at three distinct levels;

1. Apprentice – early-career practitioners supported into independent practice
2. Mentors – independent practitioners supported to train early-career practitioners
3. Expert – experienced M4H practitioners supervising training

We are looking to appoint three Apprentice musicians for the Medical Notes project to join a dynamic team of 3 Music for Health Experts, 3 Music for Health Mentors, working alongside LIME's Lead Artist/Project Manager, with the input of LIME's Director (Team biographies listed below).

In Year 1 of the project, each of the Apprentices will participate in a total of 200 hours of work between November 13 and August 14 comprising;

- 2 x 2-day training sessions with the whole team on 20-21 November 13 and 14-15 April 14 (fixed dates)
- 1 x 2-day CPD session with a guest artist and the whole team 10-12 February 14 (fixed dates)
- 1 x 1-day music festival in July or August 14 with associated preparation time, working with the whole team and partners in supporting participants from RMCH and Brighter Sound in the festival's design and delivery (fixed dates to be arranged)
- 21 x 2 hour* sessions at RMCH observing and working alongside Mentors, with supervision from Experts (with 2 hours planning/reporting allocated for each session) – (flexible dates by arrangement with Mentors)
- 9 x 2 hour sessions at RMCH delivered independently (with 2 hours planning/reporting for each session) – (flexible)
- Regular supervision/debriefing sessions with Mentors (flexible with Mentors)

Residency sessions at the hospital typically last up to 2 hours and take place on weekdays in the morning or afternoon, avoiding the hospital's protected lunchtime. The timing of sessions may vary depending on the needs of each different ward.



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Once dates for training/CPD and Mentoring have been arranged and finalised, Apprentices will be required to commit to them as extensive rescheduling will not be possible.

In addition to the outlined programme, Apprentices will

- familiarise themselves with the hospital environment and specific wards and build good working relationships with hospital staff, with guidance from Mentors and Experts
- consult with children and young people and involve them in decision making processes as appropriate to their level of skills and ability
- work alongside the project evaluators, assisting their work by
 - keeping a diary of the sessions including observational notes, participant numbers, staff numbers, comments, special moments
 - gathering comments, feedback and other data for evaluation
 - collecting and collating audio/film materials as appropriate
- attend regular project meetings as part of allocated planning time

Skills

Musical Skills:

- High quality performing/musical ability
- Use of suitable instrument (portable and appropriate to a healthcare environment)
- Ability to share, adapt and develop repertoire with others
- Ability to work solo or in a group
- Openness to using voice and/or percussion
- Ability to improvise
- Ability to simplify musical material
- Excellent listening skills

Professional Skills:

- Ability to work effectively within the Medical Notes team
- Ability to establish and maintain a good working relationships at all levels
- Punctuality and good written record keeping
- Sensitivity to staff, patients and visitors in healthcare settings
- Ability to treat all patients, staff and visitors equally regardless of national/ethnic origin, race, age, sexuality, religion, culture, disability etc.

Personal Skills:

- Excellent observational skills
- Excellent communication skills
- Willingness to learn
- Sensitivity and empathy to the healthcare environment
- Sense of humour



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Apprentices will be required to undertake an enhanced CRB check, comply with occupational health protocols at the RMCH, attend child protection training and adhere to all health, safety and ethical guidelines practiced at the RMCH and by the RNCM Music for Health Team.

A total fee of £3,000 (based on 200 hours @ £15 per hour) will be paid to each Apprentice in quarterly blocks across the year.

To apply, please confirm your availability to start the project in November 2013 and attend training/CPD on 20-21 Nov 2013, 10-12 Feb 2014 and 14-15 April 2014.

You should also submit the following:

- A Curriculum Vitae
- A statement of interest in this programme (500 words max.)

Applicants are encouraged to send a CD or weblink to a short extract of their playing/singing of around 1 minute if this is possible.

The deadline for receipt of submissions is Monday 23 September 2013.

Please submit by email to Holly.Marland@rncm.ac.uk

If you have any significant queries relating to the brief or difficulties making an application by email you may contact Holly Marland on 07811 352 102.

Interviews and auditions for shortlisted candidates will take place at LIME on **Wednesday 9 October 2013**

On successful completion of Year 1, Apprentices will be invited to become Mentors of 3 new Apprentices in year 2, undertaking 244 hours of work at a rate of £25 per hour. Further details will be made available to Apprentices on appointment.



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The LIME Music for Health Team

LIME Director Brian Chapman was integral to the development of the Arts for Health Sector in the UK which can be traced back to his work on the Manchester Hospital Arts Project in 1973 from which the organisation LIME evolved. LIME is now an internationally-known, award-winning enterprise pushing the boundaries of artistic practice in healthcare and embedding cultural development. Brian will oversee the project and advocate for the further development of the work.

LIME Project Manager/Artist Dawn Prescott has been involved with M4H since its inception, collaborating with the team on a number of initiatives including a European Culture 2000 programme in 2005 and the recently launched CMFT Concerts Series (Patron: Jools Holland). Dawn led M4H in the creative development of a musical gift for Her Majesty the Queen on her visit to CMFT in March 2012 and also created M4H's brand identity. A highly-skilled manager and arts for health practitioner, Dawn will project manage the project, with input into marketing and production of associated artwork.

M4H Expert Holly Marland is a Qualified Music Therapist and a key player in the emergent M4H Sector, in the UK and Internationally. Holly established M4H at the RNCM in 2005 and has directed its work to date drawing on her skills as programme manager, performer, practitioner and educator. Holly will be one of 3 Expert musicians on the Medical Notes Project as well as inputting into the global smooth-running of the project.

M4H Experts Ros Hawley and Mark Fisher have comprehensive experience of devising and leading creative music programmes in disability, educational and residential settings and in adult and children's healthcare settings. They have extensive experience of working with CYP with limited or non-verbal communication. Key projects that have shaped their unique approach include Seasons of the Sun, at Robin House Children's Hospice in Scotland (2005-10), Sound Collectors working with cystic fibrosis patients at Wythenshawe Hospital with LIME (2006-9), work as Musicians in Residence at Seashell Trust (1999- present) and delivery/design of the RNCM M4H programme (2005- present). Their training portfolio includes sessions/presentations at nursing conferences and training for counselling psychology doctorate students and NSPCC counsellors. In October 2013 a case study about their student training at RMCH will be published by NAME. Ros and Mark will be Experts on Medical Notes. See www.rosfishmusic.com for examples of their work.

Tom Sherman, Ruth Spargo and Cecily Smith completed a year of training at RMCH during the first Medical Notes Project, mentored by Ros and Mark with input from Holly. Over this time, they forged strong working relationships with healthcare staff and have since delivered training to RNCM students completing accredited modules in M4H. Tom, Ruth and Cecily will work as Mentors in Yr1, then as Supervisors to Mentors in Y2.



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