

Nina Clark - Inclusive Music Practitioner

www.musicalwalkabout.com

Building an Inclusive Practice

Since 2015, Nina Clark has been developing her existing creative practice as a professional musician, instrument tutor, workshop leader and musical activist to become more inclusive, with a particular goal of engaging people experiencing social isolation.

Her community interest company Musical Walkabout built upon a successful Arts Council England 'Grants for the Arts' application in 2016, and has since tripled its client base, providing person centred music interventions in care homes around Shepway and Kent.

This has led to a specialism in creative provision for people living with dementia, an area of keen interest to Nina. Having studied the now decades of research on this topic, and met with local services such as the NHS and KCC, it is apparent there is great need for leadership and training to empower care staff and fellow creative practitioners to develop and lead such interventions.

Recent Activity

2017-19

1. **Musical Walkabout CIC** currently provides weekly and monthly 1-2-1 minstrelling sessions at care homes in Shepway and Kent.
 2. Nina curated and led a series of 24 singing workshops for staff at William Harvey and Kent and Canterbury hospitals called the **WE Care Choir**. This was part of a feasibility study run by Ann Skingley, Principal Research Fellow at **Sidney De Haan Centre for Arts and Health**, and marked Nina's first engagement with EKHUFT.
 3. In collaboration with **Found in Music**, Nina has; built a Best Practice Music Model which Dr Julia Jones presented to the **UN in Kuala Lumpur**, the first of its kind to be featured at The World Urban Forum; developed a bespoke Music Model for the upcoming **Harmonia Dementia Village** in Dover; co-written a **White Paper** on recommendations for music, wellbeing and social inclusion for **The Utley Foundation** and presented preliminary findings at the **House of Lords** to a
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committee discussing the impact of music to combat the challenges of an ageing population.

4. In May 2019, Nina was invited by **KCC and Folkestone Library** to deliver a workshop on music, wellbeing and dementia as part of their 'Get Creative' festival, engaging local care staff and music practitioners in a taster session of the staff training currently being developed by Musical Walkabout CIC.
5. Nina organised the visit of **Dutch Music and Dementia specialist Ignar Rip** to Hawkinge House and William Harvey Hospital, inviting staff from both centres, as well as local voluntary groups, and people living with dementia to attend.
6. Nina followed this up by a '**Music Memories**' event, sponsored by The Utley Foundation in association with Found in Music and the Folkestone Hendrix Festival. Attendees were encouraged to meet other providers; this event has built an active network leading to the following collaborations;

Spring 2019 - Meetings with...

7. **Broadmeadow Care Centre**; activities organiser Kerry Jones and manager Donna Knights met Nina to discuss potential partnering opportunities around music and dementia provision.
8. **East Kent Care Home Group** - Anthea Craig and her team met with Nina, inviting her to lead a workshop at an upcoming Care Home Education Programme event in Shepway.
9. **Shepway Community Mental Health Service for Older People** - at the invitation of Dr Yvette Kusel, Nina met with the team and learnt of the current provisions for people living with Dementia in Shepway, and gaps in that provision, particularly around people with a young onset dementia diagnosis.

YO Songsters!

- **Shepway has a higher than usual instance of Young Onset Dementia** but is lacking provision, particularly regarding music and wellbeing.
- **In May 2019 Nina started YO Songsters!** a weekly community singing group for people with young onset dementia, their family and associated staff in the health and social care sector. Hosted at Broadmeadow Care Centre, this inclusive participatory session has just received funding from Folkestone Town Council to run a 10 session beta test period throughout summer and autumn 2019.
- **Staff training and empowerment is vital** to the ongoing growth of music and wellbeing provision. Funding to support such training and consultancy in Shepway is

necessary to build a greater variety of creative interventions; the development of more practitioners, enabling volunteers, care staff and people living with dementia to curate and lead their own musical interventions, in an inclusive and accessible way.

NEXT STEPS

1. Nina Clark and Musical Walkabout CIC are currently developing a national training and development scheme; a Big Lottery Fund bid is being written to support this endeavour.
2. October 2019 will see the Musical Walkabout project brought into NHS and East Kent Hospitals University Foundation Trust at Kent & Canterbury with 13 sessions of practice modeling, staff training and practical implementation of the Best Practice Music for Wellbeing Model. This will be delivered on their acute dementia wards, in association with Ann Skingley and Joy McCue, Dementia Matron for EKHUFT.
3. The continuing evolution and implementation of Harmonia Dementia Village's music model in 2019/20.
4. Nina will be delivering an inclusive music session at South Kent Coast's Care Home Education Programme event at the Leas Cliff Hall in Folkestone on Nov 28th 2019. This event is free of charge to SKC support workers and care home nurses and will focus on promoting staff empowerment to embed music in their daily practice.
5. Research and development of Nina's creative practice around music and dementia, to include a sub-specialism in young onset variance.
6. Lobbying for legislative change around inadequate care sector budgets for music; currently considered 'entertainment', these interventions are known to be therapeutic, cathartic and have proven health and wellbeing benefits, complimenting pharmaceutical 'solutions'. **As such, music provision should be at least part paid for through medical/pharmaceutical budgets.**

For more information

Please visit www.musicalwalkabout.com and Nina Clark Music on LinkedIn, Youtube, Facebook and Instagram.

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