



About The Hub

Intergenerational Music Making have created a weekly Together with Music Surrey Hub that will be a safe space for people to meet and make connections through the universal language of music. These sessions will run on **Wednesdays at 11am** for **6 weeks** starting on the **3rd March** each season will be an hour long. We want to reach out to members of our community living with dementia, carers, those shielding, socially isolated and lonely and create a positive music space. Here we will use music activities and therapeutic techniques to promote socialisation and to support individual wellbeing. The sessions will run online and will be led by a music therapist who will identify the needs of those involved. This means that the weekly sessions could take any musical direction. It has been a tough year and it feels like some of the community spirit that we saw last spring has dissipated and we want to get this back! We believe it is essential for our communities to have intergenerational interactions and stay connected and music is a great vessel for this!

How To Get Involved

We are running the hub on a **referral basis** so we can ensure that the most vulnerable and in need in our communities get the support they deserve. The hub will begin for **6 weeks** on the **3rd of March**. We will also be running a **meet and greet** session on the **24th February**. If you know somebody who could benefit from these sessions please fill out the referral form attached or alternatively email mica@imm-music.com.

Our Aims

Hub means central, the core of something. We want to make this weekly music hub the core of our community. Keeping this in mind we have created our motto

Helping

Us

Be...

Courageous, Creative, Connected.

We have chosen these three as our focus points because we want to give our participants the courage to express themselves, share their stories and build friendships. This also gives space for the participants to decide what they want to gain from the sessions. Anything from musical exploration to just having a chat. It is



integral that the focus is on “Us” as we want this to be a communal journey that benefits all involved. We can all learn something from one another.

The Sessions

This hub will be a weekly meeting for 6 weeks where we will use music tools and activities to encourage positive socialisation and improve the wellbeing of all involved. The sessions will run on Wednesdays at 11am and will be an hour long. The meetings will take place on Zoom, these will hopefully progress to in person sessions once things are safe to do so. Led by Izzy, our music therapist, we will discover what the participants want out of the session and what activities will benefit them the most. In the last hub we ran, the group decided to write songs together and this strengthened bonds and self esteem. This hub will be a musical space of free creative expression, helping us be courageous and stay connected.

Session Leader

Izzy qualified as a music therapist in 2015 and has worked in a number of different settings including care homes, specialising in dementia. She recently completed her second master's in Mental Health Science with an emphasis on Alzheimer's disease. Izzy is dedicated to improving wellbeing and mental health in care settings and believes that “Music has a wonderful way of healing, finding emotions and communicating in a way that words cannot.” She hopes that by being a part of the Surrey Hub she can play an active role in supporting and nurturing everyone involved through music!

SURREY HUB
HELPING US BE...

...**Courageous**
Creative
Connected

Our weekly online music hub is run on a referral basis, please email mica@imm-music.com to find out more.

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