



"The thing about Dad and music is he's just like he always was... he plays the same tunes, sings the same songs and still likes and dislikes what he always liked and disliked. Music is and always was so important to him."

Left: Rob and his ukulele shared by daughter Liz Mair



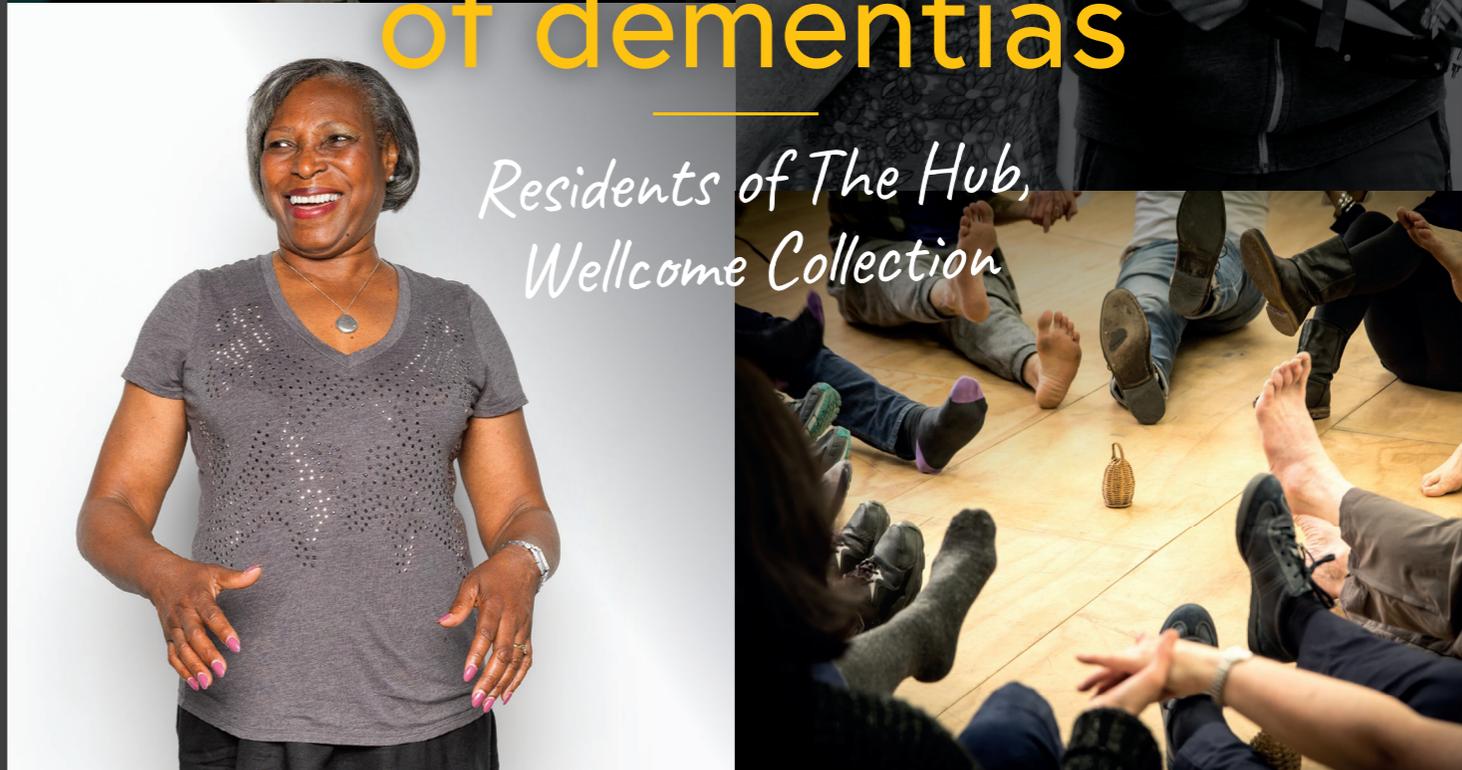
John, jazz pianist extraordinaire! Shared by his partner Kate White



Grandpa and Dexter, shared by Emerald Sheldon



Shaping perceptions of dementias



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CREATED OUT OF MIND

is a team aiming to explore, challenge and shape perceptions and understanding of dementias through science and the creative arts.

We aim to reaffirm the value of people living with dementias and their individual experiences. Taking the lead from our conversations with them, we seek to better inform current representations, and demonstrate the power of art and music in communicating the personal stories and scientific realities of dementia; a more powerful channel than any blood test, brain scan or histogram.

We are also exploring how creative activities like music-making, painting and movement can enrich in the present. Much of the evidence into the arts for people with dementias looks at long-term benefits or 'improvement' but this is not always helpful- the effect of music in the present moment can be equally valuable. Through observation, communication and wearable technologies, we are measuring the impact of arts-based activities for people living with dementias.

The work of our team of scientists, visual artists, musicians, writers, broadcasters, clinicians and people experiencing dementias builds on years of research and collaboration across the arts and science communities.'

“My album Awake But Always Dreaming was inspired by a miraculous musical encounter one Christmas that ‘awoke’ my grandmother from the seemingly inaccessible world of dementia. Since meeting the Created Out of Mind team, I have been able to learn more about the power of music for people living with dementias and inspired to raise awareness through my music”

Hannah Peel, Musician, Singer and Composer



“From childhood I have been really fascinated with music. Things like this [music] we do with other people- you feel you belong somewhere. You feel that you are in touch with people”

Rukiya Mukadam. Image credit: Ben Gilbert/Wellcome Collection

Cover photos (Clockwise T-L to B-R): Keith, Charles and Chrissie taking part in Beatrice Allegranti Dance Theatre - Participatory Dementia Dances. More at www.beatriceallegranti.com. Photo: Julia Testa. B-L: Image: Veronica Williams-Laing. Credit: Ben Gilbert/Wellcome Collection

Research



The Fellowship Octet from National Youth Choirs of Great Britain rehearses pieces inspired by the words of people living with dementias. Composed by BBC Proms Inspire Young Composers and Kerry Andrew. Credit: David Sandison/Wellcome Collection

“Music for life is about co-creating, forming bonds & spaces just to be.”

Hermione Jones, Programme Manager, Music for Life

Music for Life 360 builds on Wigmore Hall's Music for Life programme, which brings together professional musicians, care staff and people living with dementias through interactive music sessions.

“I have been moved by the desire of people whose dementias have been very advanced to connect and make a creative contribution, just like the rest of us”

Julian West, Musician and Co-Director, Created Out of Mind

We are applying technologies such as a 360 degree camera to these sessions, in order to capture even the most minute physical changes (e.g. foot tapping or eye flickering) that might be missed by a human observer. This will enable us to complement current evidence on the value of these interactions for all involved, and improve future musical activities for people with dementias.

Mind, Body and Song explores the effect of choral singing on people living with dementias and their caregivers with a singing group at Wigmore Hall. We have been measuring both physiological responses (e.g. stress hormone levels and heart rate) and psychological responses (subjective anxiety and subjective wellbeing) before and after a choral singing session, using saliva samples, wellbeing scales and wearable sensors.

“I look forward to it so much. The singing group is becoming part of my life, the songs, the people and the enjoyment of singing. I count on it being there.”

We hope to capture valuable evidence of the impact of choral singing in the moment it is happening. We already have some results on changes in subjective stress and wellbeing during a singing session and they will be shared soon. Led by Paul Camic, Clinical Health Psychologist and Co-Director, Created Out of Mind.

Play it again explores how music we are familiar with can provoke a measurable physiological response.

We are measuring how pupil size and skin conductivity (both measures of arousal) change as a result of listening to familiar and unfamiliar music for people living with and without dementias. In particular we are measuring responses to music in people who have difficulty communicating their familiarity to music, to test the effectiveness of music at creating a positive response. Led by Nicholas Firth, Computer Scientist, UCL.

Created Out of Mind Director, Sebastian Crutch has been appointed to a new **Commission on Dementia and Music**, that brings together leading universities, charities, care providers, music practitioners and policy makers to explore the current and potential role of music-based interventions for people living with dementias.