



# Musical Memory Box

Intergenerational  
Community Music Project,  
Hertford, 2015

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# Benefits of Intergenerational Work

- Music Service/NHS conversation
- Elderly People as a rich resource
- Young People can benefit from tradition
- Song-writing can help link the two
- Hertford Extended School Project (primary school children and grandparents)

# Benefit of ( the right) Music

- People have affective response
- Everyone has a favourite song
- Offers an everyday and easy way *for all* to talk safely about emotion
- Offers historical common reference points
- Links to informal social interaction, dance, etc
- Ceilidh culture!

# Musical Memory Box

- Funded by EHDC as part of their 'Ageing well' programme
- Ran in Spring 2015, at Carlton and Birchwood Housing Centres, Hertford
- Community Musicians delivered 10 music and reminiscence sessions, supported by music students from HRC
- Concluded with a presentation/celebration at the Hertford Theatre.
- Activities were filmed, and participants interviewed as part of this, and after for evaluation.

# Essential Elements

- Choosing to, and how to participate (after taster)
- Participatory, not simply audience
- Using everyday music that people have a relationship with to unlock reminiscence
- Right workshop leaders, and students
- Planning, and spontaneity
- Effective partnership working
- Ethics