

Music and Movement Project for people with Parkinson's disease

Music and movement activities can be beneficial to people with Parkinson's disease. Such activities can provide valuable social interactions as well as strengthen movement coordination, promote confidence and prevent falls.

The Wellbeing Unit and the Arts Team of St Columba's Hospice Care will offer a music and movement project for people with Parkinson's and their carers. The project will be open to a group of 8-15 adults with Parkinson's and carers. We will offer six weekly sessions starting on **Monday 3rd October, 11.00-12.00**, and all sessions will take place in-person at the Wellbeing Unit of St Columba's Hospice Care. Address: 15 Boswall Road, Edinburgh EH5 3RW.

This project will follow the Dalcroze Eurythmics approach to music and movement. Dalcroze-based sessions include listening and responding to live music played by a music facilitator who interacts with the group through her improvisations.

The project will help us evaluate the potential benefits of such music and movement interventions. At the end of the project, the group participants will be invited to take part in a focus group discussion to reflect on their experience. The outcomes of this discussion will inform the integration of music and movement in the healthcare of people with Parkinson's disease and future potential research.

Monica Wilkinson will be the music practitioner delivering the sessions.

Monica completed her training at Institute Jaques-Dalcroze in Geneva in 2015. Highly experienced in music education with people aged 3 – 93, her energy and enthusiasm are infectious. She has a varied freelance practice and lectures at the Royal Conservatoire of Scotland. Her Dalcroze work has taken her around the world, with visits to Australia, Ukraine, and Geneva in 2018-19.



Sessions will be attended by a St Columba's Hospice researcher Dr Anna Lloyd, an academic psychologist and previously trained staff nurse. Anna, together with the Arts Lead of the Hospice, Dr Giorgos Tsisiris, are the researchers of the study.

Would you like to take part?

We are recruiting participants! If you are interested in taking part in this project or simply wish to find out more about it, please contact Anna Lloyd or Giorgos Tsisiris

Tel: 0131 551 1381

Email: alloyd@stcolumbashospice.org.uk OR gtsiris@stcolumbashospice.org.uk

Alternatively you can book sessions directly via the Wellbeing Unit website at St Columba's Hospice:

<https://stcolumbashospice.org.uk/wellbeing-service/>

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