



Music in Healthcare Mentoring Programme

Delivered by rb&hArts and Sound Connections

Background

This mentoring programme is part of rb&hArts commitment to providing professional development opportunities for musicians wishing to develop and run high quality music activities in clinical settings. It offers an opportunity to engage directly in an informal training programme of shadowing, mentoring and learning to develop the skills and confidence to work with vulnerable people of all ages in healthcare settings.

Delivered in partnership with Sound Connections this project aims to:

- improve the quality and standards of music delivery for people of all ages in healthcare settings
- share our music practice at Royal Brompton & Harefield NHS Foundation – and to provide a platform for others to engage with us and our work
- support individuals to become confident music-makers in clinical settings

rb&hArts, Sound Connections and Royal Brompton & Harefield NHS Foundation Trust

[rb&hArts](#) is delivered through Royal Brompton & Harefield Hospitals Charity and is charitably funded to bring the benefits of the arts to support in and outpatients and the local communities surrounding each hospital. We aim to increase levels of wellbeing, enhance the patient experience and improve the healthcare estate through access to high quality arts experiences. It first began in 2002 and now, in a typical year, runs 250 workshops with over 5,000 people taking part.

[Sound Connections](#) is a leading strategic music education charity with a reputation for personalised learning and professional development. Underpinned by its long-standing role as Youth Music strategic partner, Sound Connections supports individuals and organisations through investment, mentoring, apprenticeships, and professional development, training and consultancy services. Passionate advocates for excellence in music education, our small but dedicated team brings a wealth of experience, knowledge and understanding to each project, balancing tried and tested models, with tailored and bespoke approaches.

[Royal Brompton & Harefield NHS Foundation Trust](#) is the UK's largest specialist centre for the treatment of heart and lung disease. Working from two sites, Royal Brompton Hospital in Chelsea, West London, and Harefield Hospital, near Uxbridge, the Trust has an international reputation for the expertise of its staff, high standard of care and research success. Experts at the Trust help patients from all age groups who have heart and lung problems and provide some of the most complex surgery and sophisticated treatments available anywhere in the world.

Who can join the Mentoring project?

We are looking to recruit musicians with little or no experience of working in clinical settings. As a musician, you will play/sing confidently and are keen to build your skills, experiences and networks to support the delivery of music in healthcare settings.

Ideally, you will have some experience of engaging with vulnerable people through music – and wish to develop your own projects and activities in the future.

The Mentoring Programme, supported by Youth Music, is a unique opportunity to develop music skills and practice in both clinical and community settings. The mentoring is free and we have up to 5 spaces available. If you are accepted on to a place, attendance at all activities is compulsory. It recognises that musicians who take part may have very different skills and experiences, and the programme will be tailored and personalised to meet individual needs and capacities.

The mentoring will include:

- Provision of Occupational Health clearance and Enhanced DBS – which will be in place before the mentoring can begin. As most of the shadowing and observation will be undertaken in a clinical setting it is important that your immunisations are up to date. This is required to work in any hospital setting.
- Completion of questionnaires (e.g. needs assessment) before and after completion of the project
- Any hours undertaken will be paid at the London Living Wage rate – for inductions and shadowing projects – up to the value of £400/person. This funding can be used to cover travel and/or childcare
- Use of shuttle bus between hospital sites
- Access to external supervision, if required
- 1-day induction by Sound Connections and rb&harts. This will include an introduction to Sound Connections and the Trust, the music education ecology, rb&hArts music programme, evaluation methodology, fundraising and will be an opportunity for participants to meet rb&harts musicians.
- A week-long shadowing placement for each mentee – and an opportunity to visit and join all rb&hArts music activities
- Three hours of mentoring time with your designated mentor (face-to-face or via Skype). Our mentors run our current activities and bring a wealth of experience of running and evaluating music interventions in clinical settings, as well as their own professional practice
- Keeping a reflective diary to capture your experiences and progress.
- Production of a case study, reflecting on your experiences and learning at Royal Brompton & Harefield NHS Foundation Trust (for sharing on the Youth Music Network)
- A final reflective meeting with all mentees and musicians.
- Development Needs Analysis (DNA) – led by a Sound Connections Programme Manager, this tailored 1:1 support will be offered at the end of the programme to support individuals to identify ongoing professional development needs and identify an action plan for short, medium and long term next steps on a confidential, one-to-one basis.

rb&hArts current music provision includes:

- 3 hours of performative music per week for adults at each hospital, including long-stay transplant patients
- 3 x 1 hour weekly Singing for Breathing workshops – for older adults in the community living with Chronic Obstruction Pulmonary Disease (COPD)
- 7 hours per week of music provision for young people in hospital – including early years bedside singing; creative music making, music technology, lyric writing, beat boxing and vocal coaching
- 6 hours per week of participatory music making for young hospitalised adults (aged from 17 to 25 years)
- 1 hour of online vocal coaching for young adults aged 19 to 25, living with Cystic Fibrosis.

What you will gain from taking part in the mentoring programme:

- An in-depth introduction to music in health care settings, opportunities to engage directly with Sound Connections and their networks
- Mentoring from an expert music in healthcare leader
- Shadowing different music activities
- Insight into evaluation systems and fundraising planning
- Personal development plan with actions for further development
- Signposting to further training, professional development, networks and career opportunities.

Application and Recruitment process

In the first instance, please speak to Karen Taylor, Head of Arts at rb&hArts.
K.taylor2@rbht.nhs.uk or 0330 128 8121 x 84087

To apply, send your CV and a covering letter via email to Karen Taylor, explaining how you meet the criteria, why you want to join the mentoring programme and how you feel it will support your professional development

Deadline for applications is Wednesday 4 July at 5pm. Applicants will be notified by 18 July. The programme will start in September 2018.

Shortlisting and decisions will be undertaken by a panel including representation from Sound Connections, rb&hArts and our musicians.

Activity	Learning Outcomes	Indicators	Evidence
<p>1 Induction Session</p> <p>Full day in September 2018</p> <p>Introduction to music in healthcare settings; existing music in healthcare networks;</p> <p>the basics of working in a hospital/infection control, dealing with emotional impact of the work</p> <p>repertoire/music activities;</p> <p>Evaluation, fundraising</p>	<p>Mentees understand the principals of music in healthcare settings</p> <p>Mentees understand approaches to working in clinical settings (infection control, consent and permission) and the role of external supervision/how to access</p> <p>Mentees understand music practice at Royal Brompton & Harefield</p> <p>Mentees understand approaches used at rb&hArts to evaluate music, including observation and peer observation, along with techniques to access funding in the future.</p>	<p>Mentees have a greater understanding of the role of music in healthcare and successful approaches to delivering music in health care</p>	<p>Baseline survey of apprentices</p> <p>Post induction questionnaire</p> <p>Reflective diaries</p>
<p>2 Mentoring</p> <p>Ongoing</p> <p>Up to 3 hours of mentoring for each apprentice with rb&hArts musician, either face-to-face or via Slype</p>	<p>Progress to be reviewed on on-going basis</p> <p>Apprentices will develop confidence in putting new skills into practice</p>	<p>Number of hours spent with mentor</p> <p>Subjects covered</p>	<p>Mentors log and reflective diary</p>
<p>3 Shadowing</p>	<p>Mentees gain insight into music interventions in healthcare settings and an opportunity to</p>	<p>Number of apprentice hours spent job shadowing and</p>	<p>Mentors log and reflective diary</p>

<p>1 week – date tbc – but done individually, rather than in a group. This includes visiting up to 17 hours of music provision at the hospitals</p> <p>A week long shadowing placement for each mentee – and an opportunity to visit and join all rb&hArts music activities</p>	<p>work with people of all ages in hospital through observation: Dealing with unexpected situations Interacting with different stakeholders including inpatients, clinicians, patient visitors etc Understanding of group dynamics, engagement and clinical environments Raised confidence in own practice</p>	<p>reported increase in self-confidence</p>	
<p>4 Production of a reflective case study (for sharing on the Youth Music Network)</p>	<p>Reflection and awareness of own CPD journey/needs Identifying key learning moments Wider sectorial insight not professional development needs for musicians working in healthcare settings</p>	<p>Raised confidence and skills No. of times blog is downloaded</p>	<p>Case Study YMN page stats</p>
<p>5 Sound Connections D.N.A</p>	<p>Tailored 1:1 support will be offered at the end of the programme to support individuals.</p>	<p>On-going CPD needs identified and plan to address in short, medium and long term</p>	<p>Baseline survey of apprentices Post induction questionnaire Reflective diaries</p>
<p>6. Final Informal Sharing</p>			