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Scottish Music and Health Network
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COMMON WHEEL
COMMUNITY MUSIC IN A MENTAL
HEALTH CARE CONTEXT

common wheel

The people we work with:

- Inpatients in Gartnavel Royal Hospital Psychiatric Wards (both adult and elderly)
- Adults in the community who are referred through their mental health support agency
- Older people in residential & dementia care

Most of our activities are weekly groups & in our music service we work with around over 200 individuals each month

common wheel

Music & Bicycle Workshops – Getting Involved

"Our mission is to improve mental wellbeing, increase skills and reduce isolation through the provision of supported, meaningful activities for people with mental illness and dementia."

What is Recovery?

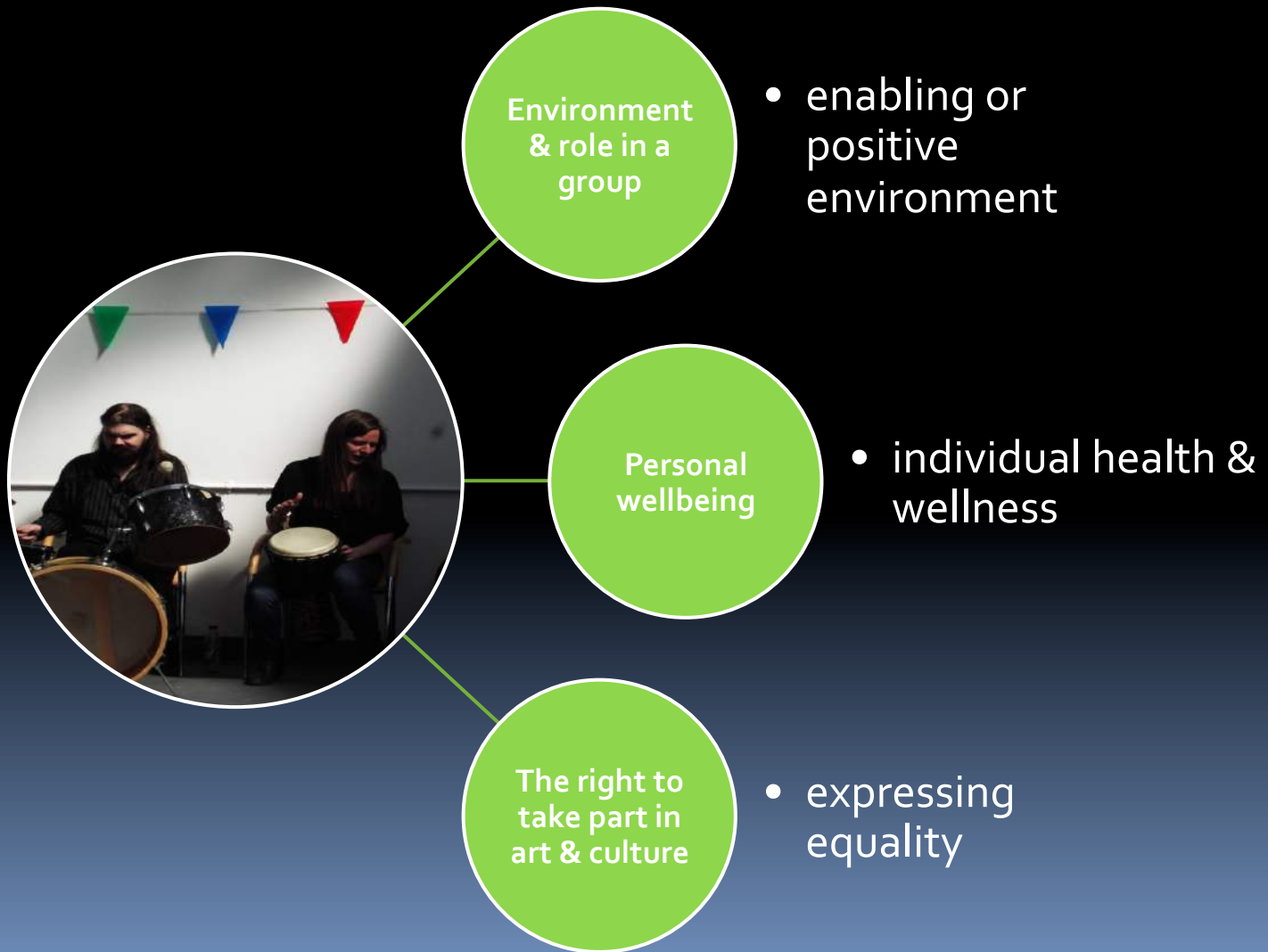"For many people, the concept of recovery is about staying in control of their life despite experiencing a mental health problem… Putting recovery into action means focusing care on supporting recovery and building the resilience of people with mental health problems, not just on treating or managing their symptoms. There is no single definition of the concept of recovery for people with mental health problems, but the guiding principle is hope – the belief that it is possible for someone to regain a meaningful life, despite serious mental illness.

Mental Health Foundation
www.mentalhealth.org.uk

Considering a role for music in recovery

Environment & role in a group

- enabling or positive environment

Personal wellbeing

- individual health & wellness

The right to take part in art & culture

- expressing equality

Range of Our Work

Alzheimer Assessment

Mental Health Rehab

Tunes Up

Music In Inpatient Care

- Music Therapy
- Community Music
- Music Performance

Older People's Project & Dementia Specific Work

Using Skills & Expressing Identity

Time of fulfilment
Time of improvisation
Time of enjoyment

Common Wheel

Scottish Charity No. SC 031798

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