



Tackling loneliness epidemic in Wales through music and fun!

With Music in Mind was founded in 2015 to help tackle the loneliness epidemic in older people in South Wales, as well as improving their physical and mental well-being.

The founders are Dr Sarah Miles and Kate Whitestone. Sarah worked in academic research in gerontology and found a wealth of evidence surrounding the issues of loneliness and isolation in older people, and the value of music, in particular group singing. Kate worked as a physiotherapist and knew the value of singing for physical lung health and the importance of social support in improving mental and physical health.

Based on the research demonstrating the benefits of group singing, which include reduced stress, increased confidence, improved mental wellbeing and friendships, Sarah and Kate held their first session in September 2015.

With Music in Mind provides fun, informal singing and social groups, to older people (aged 50 plus) irrespective of background. Some attend for the social aspect, enjoying singing or exercising with friends and building up their friendship groups. Those living with conditions such as dementia, Parkinsons disease, mental health problems, hidden conditions, and other long-term neurological conditions, as well as carers, are all welcomed.

“I don’t think I’m exaggerating when I say With Music In Mind saved my life.”

(LP, aged 60)

Five singing and social groups are held every week in Barry, Cowbridge, Llantwit Major, Penarth and Bridgend. And their successful pilot of gentle exercise and social groups during lockdown has also been rolled out.

With Music in Mind has six employees, three wonderful volunteers and over 160 fabulous service users. A dynamic organisation, it is developing and expanding according to the needs of older people in the community.

