

SOWENNA SOUNDS: A MULTI-DISCIPLINARY LED MUSIC DAY FOR CAMHS IN-PATIENTS IN CORNWALL

Dr Jennifer Groeber BA(Hons) BMBS PGCert MRCPsych (CT3 Cornwall Foundation Trust)

Introduction

Sowenna is a new child and adolescent mental health in-patient unit with staff from various disciplines sharing a combined interest in music and the arts. Collaboration between the local NHS trust and charity Music for Good was funded by Cornwall Music Education Hub to create a bespoke music day with the intention to foster a therapeutic space incorporating different musical experiences.

Methods

The days sessions comprised of *Singing, Taiko Drumming, Composition & Performance* and *Connection Through Playing*. Young people (YP) could come and go as they pleased. Lunch was provided for YP, staff, families and friends with live performances from two YP who had been admitted previously, some doctors, an upbeat folk duo and a pianist.

Results

A staff survey following the event generated many positive opinions about the day. Staff felt that YP were "enthused" and "invigorated" in the days following. There was also felt to be improved rapport, mood and confidence. Things that worked less well was the variable attendance at activities as YP were allowed to move about freely or not attend at all.

Conclusions & Developments

The day was an enjoyable success and has since sparked a collaboration with Deep Blue Sound Music (Plymouth) to produce and record an album on the ward alongside a team of professional musicians and record producers from July 2021. Sessions will include *Anyone Can Play Guitar, Found Sounds & Mindfulness* and *Creating Lyrics, Rhythm and Beats*.

"There was a sense of the patients expressing something meaningful about their experience and identity" - Staff Survey

"It was marvellous, a real morale boost, as much for staff as for patients" - Staff Survey