



November 2020

Dear

Music Health Plans for people living with dementia

Have you heard and seen the powerful piece of music, '4 Notes' by Paul Harvey and the London Philharmonic Orchestra? It is something that lifts your spirit and your understanding of how music impacts upon the lives of those living with dementia.

The Forget Me Notes Project is a charity based in Scotland that is committed to ensuring that each person living with dementia has the opportunity of communication through music. With this in mind they have started a campaign to get music acknowledged formally as a positive health contributor to our daily lives.

I am asking you to take up this message, and discuss at the highest level, that every person living with dementia should have a **Music Health Plan**.

Medical interventions are not always helpful and in some cases medication produces a negative effect upon the issues faced by people living with dementia. Music talks to the innate human need for sound and rhythm. When we harness this, we enable Paul Harvey and others like him to reach their full potential, enabling them to be active citizens in their community.

People living with dementia have had a particularly difficult time over the last few months; this is a chance to do something positive.

If you want to know more go to www.forgetmenotes.org.uk.

Yours Sincerely

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using music to build community