

# INTERACTIVE MUSIC

## Top tips for carers

**Playlists** – Create a playlist of favourite song + pictures to create a scrapbook together.

**All senses** – Block off background sounds and use smell alongside music to play “Name That Tune” to music prompts.

**Film Stars** – Talk about famous film stars in iconic scenes to aid reminiscing incorporate a quiz.

**Write songs** – Using words or symbols as prompts, create songs, theme with special memories.

**Move to Music** – Use different song beats + rhythms + DIY percussion tools, encourage movement to dance.



  
LOST CHORD UK  
[lost-chord.org.uk](http://lost-chord.org.uk)

**Transforming lives through music**  
Our diverse team of musicians and volunteers enriches lives in bustling memory cafes to serene care homes. We stimulate memory, elevate mood, and reduce anxiety, offering hope and joy.  
**Communities** – we form choirs, foster supportive networks, bolster self-assurance, and diminish social isolation.  
**Care Homes** – our music transforms care environments, triggering memories, promoting interaction, and elevating spirits. Join us in making a difference.

## OUR SERVICES

**ANNIVERSARY APPEAL**  
Join us in celebrating 25 years of bringing joy to hundreds of people in 25 new communities. Our Silver Fundraising Appeal supports people living with dementia and neurological conditions. Take part in our events or donate £2.50, £25, or £250 to help us achieve our goal. Let's build a future full of connection. Visit our website for more information or use our QR code to donate today! [www.lost-chord.org.uk](http://www.lost-chord.org.uk)

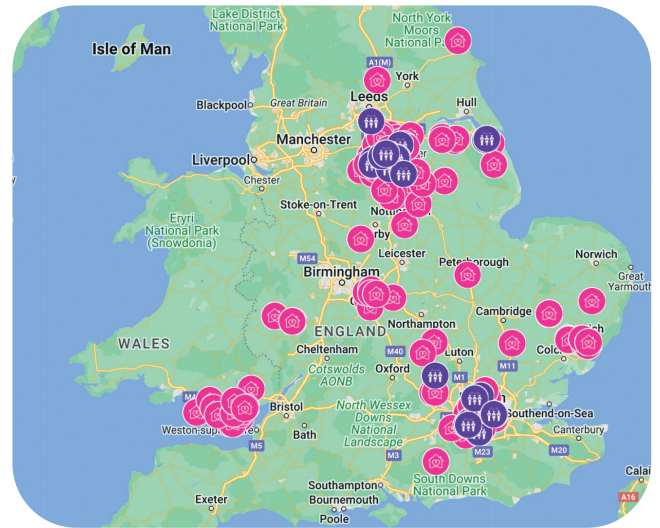
## OUR STORY

Founded in Maltby, South Yorkshire in 1999, for 25 years, Lost Chord UK has harnessed the power of interactive music to improve the mental health and wellbeing of people with dementia and neurological conditions. Founded by Helena Muller, inspired by her sister Annette's story, our professional musicians and dedicated volunteers bring joy and connection through music, creating unforgettable moments and positively impacting lives across the nation.



## WE'RE MAKING IMPACT

Visit our website to explore our Impact Map, showcasing how our musicians are making a difference in care and community settings across the UK through transformative music programs.



Registered Charity Number: 1099385.

## WAYS TO HELP

Get involved and make a difference! Why not volunteer to give talks to spread the word, run a marathon, host your own event or music-themed fundraiser, become a Trustee, support us on social media, or nominate us for charity of the year at work. Support us your way, donating, time, skills, and energy.

Together, let's ensure no-one with dementia feels alone.

## VOLUNTEER WITH US

Join our dedicated team of volunteers bringing joy and music to people living with dementia and neurological conditions.

Support musicians in care homes, assist in community sessions, raise awareness through talks, or work behind the scenes. Your contribution will make a profound impact, creating unforgettable moments that uplift and connect lives. **Be part of our mission and make a difference.**

**Sign up today!**