

Music, Songs, Rhythm and Recitation

Music is now well recognised as a valuable engagement tool in helping people who are living with dementia. There are various projects which look to support carers and people living with dementia to look at the wellbeing of individuals where music allows them to recall old songs, recognise favourite music, join in singing songs. Keeping the mind active through song and music allows social interaction too. This is especially important for people who feel isolated, possibly start to feel depressed, or find it hard to try and cope with dementia and dementia care.

In some populations such as the Christian, Hindu and Sikh communities, music can also be a part of religious worship, where singing (praise) is accompanied by instrumental music. Therefore, people of faith from these communities can benefit from using music and song as it will help them recall hymns and songs of praise. However, in others, such as Islam, music is forbidden, though culturally accepted.

Where people prefer not to use music for religious or cultural reasons, rhythm in poetry, recitation, and praise can still include melody, which is a form of music for the brain. Although, as Muslims, the recitation of the Qur'an can consist of different styles of reading, the melody within the call to prayer can act in a similar way to instrumental music.

All cultures and communities have music. In South Asian heritage households, you might hear songs sung by old favourites such as Mohammed Rafi, Noor Jahan, Lata Mangeshkar, Kishore Kumar. There is a lot of faith-based music such as 'bhajans' or 'kirtans'. However, there is often Quranic recitation being played in Muslim homes, or Sufi music such as 'Sayful Muluq' the 'Qalaam' of Mian Muhammad Bakhsh.

The use of music, songs, recitation and poetry can create calmness and a sense of wellbeing. Whichever approach is taken, rhythm enables carers and people living with dementia to have a sense of wellbeing and a connection to their faith or culture.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp 'CALL BACK'** on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

