

Media Release

July 4, 2016

For immediate release

Ray receives the gift of music from Bayside businesses

The generosity of the Bayside community has given Uniting AgeWell client Ray McSweeney access to a music therapy program that will provide relief from the day-to-day strains of mental health issues.

A fundraising campaign by the Brighton Lions Club and local café Tuccibrown raised funds for the Uniting AgeWell Girrawheen Centre to include Ray in its Music for David program.

Music for David uses music on an iPod to soothe yet gently stimulate clients who are agitated or withdrawn due to the effects of dementia and mental health issues.

Ray, 66, lives in Supported Residential Services accommodation and attends the Centre three days a week.

He will be presented with an iPod filled with personalised favourites, such as Santana and Meatloaf, on Thursday, July 14.

Uniting AgeWell Girrawheen Centre Coordinator Rossella Frezza said research had found appropriate and familiar music was a great benefit to people living with dementia and mental illness, helping ease symptoms of restlessness, anxiety or agitation.

She said through the Music For David program, a Music Therapist works closely with clients to develop a list of music that personally resonates with them.

It not only provides a meaningful and enjoyable activity for the person, it also supports carers by giving them short-term respite from the demands of their loved ones.

Over the month of April, Tuccibrown café partnered with the Brighton Lions Club and generously donated thirty cents from every coffee sold towards the Girrawheen Centre.

“Since taking part in music therapy at the Centre, we’ve seen a steady improvement in Ray’s mental health status,” Rossella said.

“He actively takes part in the program and often helps choose creative materials for the group.

“Now, the iPod filled with his favourite tunes will give him respite from his disability and daily grind.”

Rossella said Uniting AgeWell Girrawheen Centre was extremely grateful to the Brighton Lions Club and Tuccibrown for the donation of funds.

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Uniting AgeWell is an organisation of the Uniting Church in Australia

Ray will be presented with the iPod by members of the Brighton Lions Club at Girrawheen Centre, followed by a celebration at Tuccibrown café.

Thursday, July 14

11:30am

3 Murphy Street Brighton 3186

Photograph and interview opportunities are available.

Please contact Communications and Social Media Advisor John Le on: 0417 647 000, or email JLe@unitingagewell.org

About Uniting AgeWell

Uniting AgeWell is an organisation of the Uniting Church in Australia with a long tradition of providing quality aged care services for older Australians. With services available throughout metropolitan and regional Victoria and Tasmania, Uniting AgeWell offers a range of specialised options to support health and wellbeing include independent and assisted living, home care, social support and therapy programs, respite and residential care communities. For further information visit www.unitingagewell.org