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# MUSIC FOR THE MIND

Music for the Mind is a group which meets monthly in Eyam Church Centre to sing and socialise. It was inspired by Betty Horton of Eyam who, a musician herself, knew that singing had many benefits in terms of mental well-being and she recognised the need for support. In the community, of dementia sufferers and their carers and friends. Since its inception, the group has evolved to include many in, and around Eyam, who enjoy the company, the singing, and the opportunity to catch up with friends who they, perhaps, do not see too often.

Sadly, Betty died in 2022 but the group continues to grow with an enthusiastic ensemble of musicians who give freely of their time every month to accompany the singing. As part of their community engagement, Eyam Primary School is also involved and groups of two or three older pupils join us to engage with, and enrich the sessions,



bringing together the different generations.

We have been very fortunate to have the support of fund-raising groups in the village who have provided donations and held raffles to cover room hire, photocopying of song lyrics, and the all important refreshments and treats which we all look forward to.

Just before

Christmas, we were delighted to take delivery, of a set of new songbooks to use in our sessions, funded by a generous grant from Eyam Book Barn. The Book Barn, is a non-profit organisation whose shop, situated in Eyam Hall Courtyard, is able to raise funds through the sale of books and jigsaws to fund local community projects. Community groups are able to apply to them for a grant for certain types of expenditure and we were very fortunate to receive a grant for our new songbooks

George Dawn of Mensa Printers, Sheffield, and a

resident of Eyam, took care of the layout, typesetting and printing and we now have a set of song books which are easy to read and handle and which will replace the individual song sheets that we have previously used. This will certainly make the planning and organisation of our sessions a lot easier.

If anyone would like to find out more about Music for the Mind please contact us on 01433 631049

Our grateful thanks to The Book Barn for supporting us with funding, and to George for his sensitive approach to our project

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