

MUSIC SOCIAL NOTTINGHAM

Interactive Music Sessions for Care Homes & Older Adults

Music • Memories • Participation • Connection

Music Social Nottingham provides relaxed, inclusive and engaging music sessions for care homes, residential settings, day centres and community groups.

Sessions are designed to encourage participation, social interaction, creativity and enjoyment through familiar music, singing, rhythm and accessible musical instruments.

No musical experience is required.

Participants can take part at whatever level is comfortable for them — from singing and playing an instrument to simply listening, requesting songs or enjoying the atmosphere.

OUR SESSIONS

Music & Memories

A relaxed session built around familiar and nostalgic music.

Activities may include:

- Singing favourite and familiar songs
- Musical reminiscence
- Requests and song choices
- Simple percussion
- Rhythm activities
- Trying different instruments
- Playing along with familiar music
- Group participation and conversation

Ideal for: care homes, residential settings and older adult groups.



Rhythm & Percussion

A more interactive session focused on rhythm and participation.

Participants can explore:

- Drums
- Shakers
- Tambourines
- Hand percussion
- Rhythm games
- Body percussion
- Simple musical patterns

Activities can be adapted to suit different physical and cognitive abilities.



Try an Instrument

A relaxed opportunity for participants to explore instruments they may have always wanted to try — or haven't played for many years.

Depending on the group, instruments may include:

- Guitar
- Bass
- Keyboard
- Electronic drums
- Percussion
- Microphones and vocals

There is no expectation that participants will learn to play an instrument. The emphasis is on **having a go and enjoying the experience.**



Sing & Play

A highly accessible session centred around familiar songs.

Participants can:

- Sing along

- Play percussion
 - Choose songs
 - Play simple rhythms
 - Try instruments
 - Listen and participate in whatever way feels comfortable
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SESSION LENGTH & PRICING

60-MINUTE SESSION

£75

Suitable for shorter activity schedules or smaller groups.

90-MINUTE SESSION

£100

Our recommended session length.

Provides enough time for a mixture of singing, instruments, rhythm activities and musical interaction without becoming tiring for participants.

2-HOUR SESSION

£150

A longer, more varied session suitable for larger groups or special events.

A short comfort break can be incorporated where appropriate.

REGULAR BOOKINGS

Regular sessions can be arranged weekly, fortnightly or monthly.

WEEKLY

From **£90 per session**

For organisations booking a minimum of 4 sessions per month.

FORTNIGHTLY

From **£100 per session**

MONTHLY

£110 per session

Regular bookings provide consistency for participants and allow sessions to be developed around the interests of the group.

Regular booking rates are subject to availability and travel distance.

INTRODUCTORY SESSION

Try Music Social Nottingham

£75 for a first 60-minute session

A simple way for a care home or organisation to experience a Music Social Nottingham session before committing to regular bookings.

If you decide to book a regular programme following the introductory session, we can discuss a suitable ongoing package.

WHAT'S INCLUDED?

Every session includes:



Session planning



Musical instruments and percussion



Portable music equipment where required

-  All activity materials
-  Facilitated group activities
-  Music-based reminiscence where appropriate
-  Adaptation to the needs and interests of the group
-  Set-up and pack-down

There is **no requirement for the venue to provide musical instruments or equipment.**

SPECIAL EVENTS

Music Social Nottingham can also provide bespoke music sessions for:

- Resident birthdays
- Christmas and seasonal events
- Summer events
- Family days
- Activity days
- Intergenerational events
- Themed music days
- Special celebrations

Bespoke event pricing available on request.

TRAVEL

Prices include travel within an agreed local area of Long Eaton.

For venues outside the standard service area, an additional travel charge may apply.

This will always be agreed before booking.

IMPORTANT INFORMATION

Music Social Nottingham provides **facilitated recreational and creative music activities.**

We do not provide:

- Music therapy
- Medical treatment
- Personal care
- Nursing care
- Instrumental tuition
- Manual handling or lifting

The host organisation remains responsible for the care, supervision, mobility assistance and clinical needs of its residents/participants.

Sessions are adapted in collaboration with the host organisation to ensure activities are appropriate for the participants attending.

SAFETY & SAFEGUARDING

Music Social Nottingham maintains appropriate safeguarding and risk-management procedures for activities involving older adults and people who may have care and support needs.

Documentation available to organisations includes:

- Adult Safeguarding Policy
- Activity Risk Assessment
- Public Liability Insurance
- DBS information
- Session information and requirements

Venue-specific requirements can be discussed before the first session.

BOOKING

To discuss a session or arrange an introductory visit:

Music Social Nottingham

Jemma Lee

 Long Eaton & surrounding areas

Email: musicsocial@hotmail.com

Phone: 07307 414209

Instagram/Facebook: Music Social Nottingham

Prices correct as of September 2026 and subject to review.