



care home
open week



MOVE & GROOVE
STARTER PACK

Care Home Open Week Song-writing Challenge.

Presented by Together with Music.



Together with Music, a national, intergenerational programme that connects schools, community groups and creatives to their local care homes and older people through music. The programme tackles loneliness and isolation, supporting those living with dementia and mental health to create stronger, healthier, intergenerational communities across the UK

Exciting Partnerships.

The Together with Music programme as a whole build's relationships in and across communities, promoting partnership working and strong intergenerational relationships between care homes, older people and their local schools and young people for a mutual benefit. Our current project is called Move and Groove and is an innovative partnership with The Youth Sport Trust (YST), the UK's leading charity improving every young person's education and development through sport and play.

Move and Groove sets out to accelerate the growth and impact of intergenerational practice, and maximise the health and social benefits of young and old alike, through an innovative and inspirational intergenerational music and movement programme.

We are currently carrying out an experimental piece looking at combining the worlds of music and movement to support the mental and physical wellbeing of both the young and the old, empowering teachers and care givers and creating an intergenerational network across the UK.

The challenge.



As part of the Move and Groove project, we have designed a song-writing, movement challenge for this years, Care Home Open Week.

Song-writing is a powerful tool for wellbeing, used to empower and celebrate different voices and provide a space whereby people can connect, share and explore through the power of music.

1. Song writing and Action Activity
2. Musical Movement Sign
3. GET INVOLVED!

Song writing activity.



What we want you to do.

We would like you to work together with your residents, families, staff and community to create your own original song along with unique actions to accompany it. We have created instructions to guide you through the process and invite you to submit your song and video to us once you have finished so we can celebrate and share them.

How to write your song:

1. Listen to the song [HERE](#)
2. Print off the Song-writing Activity sheet
3. Follow the instructions
4. Record your song and send to emily@imm-music.com

Song writing activity sheet



What we want you to do.

Listen to the song [HERE](#)

Working together, think about the melody of the music and how many syllables are on each line. This is important as when you change the words, you want it to maintain its flow.

For example: Clap along, if you feel like a room without a roof has 13 syllables. This could be changed to – Dance along, if you feel like making a cup of tea

Print out your lyrics and using the spaces in between, write your version of the song. This is a great opportunity to think about what it is in life that makes you happy, sharing these things with those around you and remembering that life is good and full of sunshine!

Once you have completed your song, start to think about some actions and movement to go along with it. If driving a car makes you happy then you could create an action showing how you would drive a car – moving your body to bringing to music to life!

Happy :) by Pharrell Williams

Verse

It might seem crazy what I'm 'bout to say
Sunshine, she's here, you can take a break
I'm a hot air balloon that could go to space
With the air, like I don't care, baby, by the way

Chorus

Because I'm happy
Clap along, if you feel like a room without a roof
Because I'm happy
Clap along, if you feel like happiness is the truth
Because I'm happy
Clap along, if you know what happiness is to you
Because I'm happy
Clap along, if you feel like that's what you wanna do

Clap along, if you know what happiness is to you
Because I'm happy
Clap along, if you feel like that's what you wanna do

Verse

Here come bad news, talking this and that
Yeah, well, gimme all you got and don't hold back
Yeah, well, I should probably warn you, I'll be just fine
Yeah, no offense to you, don't waste your time
Here's why

Chorus

Because I'm happy
Clap along, if you feel like a room without a roof
Because I'm happy
Clap along, if you feel like happiness is the truth
Because I'm happy
Clap along, if you know what happiness is to you
Because I'm happy
Clap along, if you feel like that's what you wanna do

Bridge

(Happy) bring me down
Can nothing (happy) bring me down
My level's too high (happy) to bring me down
Can nothing (happy) bring me down I said
(Happy, happy, happy) bring me down
Can nothing bring me down
My level's too high (happy) to bring me down
Can nothing bring me down

Chorus

I said
Because I'm happy
Clap along, if you feel like a room without a roof
Because I'm happy
Clap along, if you feel like happiness is the truth
Because I'm happy
Clap along, if you know what happiness is to you
Because I'm happy
Clap along, if you feel like that's what you wanna do



Sign challenge.



I am sure you have seen signs like this throughout your community... well, not quite like this... SwaG Design have given the original symbol an energetic spin, transforming the walking stick into a dancing cane.

This new sign aims to combat ageism and challenge stereotypes. Celebrating that anyone of any age can still boogie around their home and dance like nobody's watching. This challenge is to remind people that oldies have still got the moves but also to share music, get moving and connect through generations.

What song are they listening to?

Get involved!



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To find out more about Move and Groove and Together with Music and to register interest for being involved in future projects, visit

www.togetherwithmusic.org.uk

You can find out more and sign up for regular updates via

www.moveandgroove.org.uk



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For more information visit:
www.championingsocialcare.org.uk

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