

# *musique* & santé

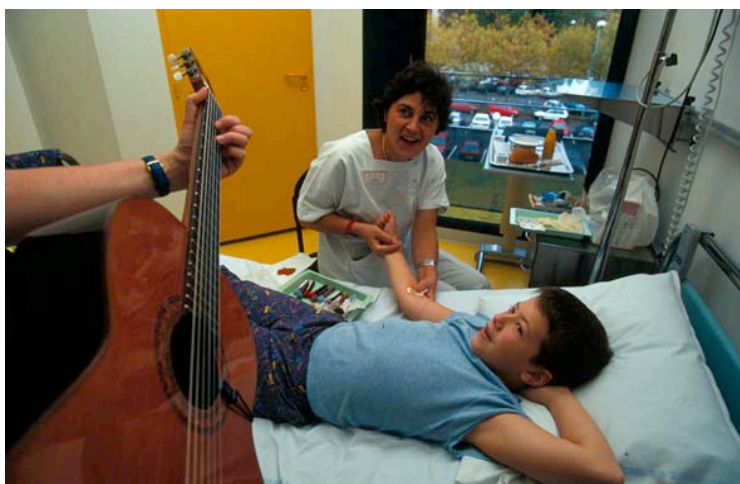


Although hospital is an excellent place for medical treatment, loneliness and depression can accompany illness when a person stays for a long period of time, cut off from family and friends.

**Musique & Santé** was founded in 1998. It is a French non-profit organisation **advocating and working for the development of live music in hospitals and institutions for disabled persons.**

Through **actions, training sessions, research, and mediation**, Musique & Santé engages with everyone – whatever their age and culture.

Professional musicians work in healthcare units at the patients' bedsides, in workshops, or organise ambulatory concerts. They mobilize and train the care and medical staff as well as the families. Their professionalism and their ability to improvise allow them to engage and interact closely with the patients.



Sarah Nemtanu, 1<sup>st</sup> solo violin of the Orchestre National de France,  
Steve Waring, Jean-Jacques Milteau, Dédé Saint-Prix, musicians,  
Pr. Marcel Rufo, paedo-psychiatrist, and Pr. Yannick Aujard, paediatrician,  
are patrons of Musique & Santé.

*“Whilst in hospital, the artists are cultural ambassadors.  
Their presence could be compared to a transfusion giving access to creativity and life.”*

*Pr. Marcel Rufo, paedo-psychiatrist,  
patron of Musique & Santé*

Musique & Santé takes part in the **general care and support of hospitalised and disabled persons.**

- **humanisation:** the musician creates a new perspective which helps to overcome the difficult experience of hospitalisation.
- **creativity and shared pleasure:** with the musicians, hospitalised people experience moments of discovery, of expression, and of shared pleasure in music – a window is opened to the outside world.
- **encounters and proximity:** music creates a common dialogue and sharing ground which is favourable to a climate of trust between hospitalised people, families, and healthcare staff.
- **competences and professionalism:** the musicians are professional artists trained to work in healthcare environments. They use different musical repertoires. They sing and use a variety of instruments that are appropriate to each context.
- **partnership and durability:** our actions are carried out in close collaboration with the hospital so that music can become an integral part of the units. For each project to be durable, training sessions are offered to the care staff. The projects are carried out in the framework of each hospital's cultural policy.



*Yasmine, 13 years old  
"Hospital is happier  
with the musicians,  
it is less grey."*

Musique & Santé works in several different ways:

- **regular musical activities** in the framework of annual agreements with the health or handicap institutions. Different approaches and methods: playing at patients' bedsides, workshops, ambulatory concerts, playing for and with the patients, families, and care staff. Playing or singing for all ages – from premature babies to the elderly.
- **artistic residencies**: composers and performers are invited to lead artistic, creative workshops and participatory musical activities with patients and staff (songs writing, vocal and percussions workshops, concerts,...) for a condensed period of time (e.g. 5 days in a row). These residencies are supervised by a musician who belongs to Musique & Santé.
- **professional training** of staff of the health and handicap sectors and of musicians on the topics of music practice and its integration in a medical environment, the general care given to patients, cultural care,...
- **research and reflection** with medical and care staff. Each action is followed by an evaluation so that the necessary improvements can be made. Musique & Santé also collaborates with research centres which work on the themes of relational care and pain (*Centre National de Ressources de lutte contre la Douleur, Espace Éthique Assistance Publique – Hôpitaux de Paris, Strasbourg University Hospital...*) as well as organising and participating in numerous conferences.
- **mediation**: Musique & Santé promotes and encourages the meeting of cultural institutions and artists with hospitals that are willing to develop musical projects (*Orchestre National de France and Hôpital de Pédiatrie et de Rééducation in Bullion, Cité de la Musique and Hôpital Kremlin-Bicêtre, the City Cultural Office and the hospital of Montereau,...*).

*"Black Ideas"*

*I wait to throw away the mask  
To stop all these escapades.  
In short, I wait for life to call me  
To spread my wings at last  
...*

Laurine, 16 years old

Extract of lyrics composed during a residency with Jean-Jacques Milteau (University Hospital of Nice)



## The European Experience

Since its creation in 1998, Musique & Santé has always built up links with its European counterparts.

The association has organised and participated in several European actions: First European Forum of the Arts in Hospital and Healthcare (Strasbourg, 2001); First European Summer University “Music in health and handicap environments” (Strasbourg and Florence, 2002); International Conference of



Culture in Hospitals (Dublin, 2004); organisation of training sessions for Italian musicians wishing to professionalize their musical actions in the paediatric Meyer Hospital of Florence, in partnership with the Livia Benini Foundation and the Athenaeum Musicale Fiorentino (2002, 2005 and 2008).

## European Projects

### European Exchange Project “Music in hospitals” (Culture 2000)

Musique & Santé, in partnership with Arts for Health (United Kingdom) and Waterford Healing Arts Trust (Ireland), organised the **first European Exchange Project “Music in hospitals – Exchanges and comparisons between artistic practices”** in the framework of the Culture 2000 programme of the European Commission.

This project was set up around three actions:

- six **artistic residencies** in French, English, and Irish hospitals;
- a **European Exchange Seminar** held in Paris for cultural and healthcare professionals from several European countries (France, United Kingdom, Ireland, Italy, Poland, Estonia, Lithuania, Slovakia, and Bulgaria);
- a **documentary film** (52 minutes) which helps promoting music in healthcare environment and the humanisation of hospitals.

### European Network

A European consensus on consolidating and enlarging the exchanges emerged and a European network is being built with the following key aims:

- To draw together European key stakeholders from the music and health professions as a framework to support action learning in Music in Healthcare Settings;
- To expand and consolidate practical actions, providing unique opportunities for the development of musicians and cultural leaders;
- To underpin practical activity with research and training at the highest level.

### Music in Healthcare Settings – European Cooperation

In order to bring live music to patients, Musique & Santé (France), the Royal Northern College of Music (UK), and the Fundatia M.A.T.C.A.-2000 (Romania) carried out a European cooperation project with the following objectives:

- Opening up the Music in Healthcare Settings cooperation to Eastern European countries
- Developing innovative approaches to music in health settings and artistic and intercultural exchanges
- Heightening the awareness of the necessity for public cultural policies in health settings
- Participating in the humanisation of health settings

Workshops and multicultural crossed artistic residencies were carried out in the hospitals of the partner countries.

### European Interdisciplinary Resource Centre “Culture in Hospital”

Musique & Santé has been commissioned by the *Délégation au Développement et aux Affaires Internationales* of the French Ministry of Culture and Communication to set up a **European Interdisciplinary Resource Centre on Culture in Hospital** with the following objectives:

- to gather information and do an inventory of cultural actions and actors in health settings;
- to create an exchange network to heighten the awareness of policy- and decision-makers, cultural and health organisations for public cultural policies in health settings.

### European Training Session “Music in Health Settings”

Musique & Santé and the Royal Northern College of Music have set up a **European training session “Music in Health Settings”**. It is carried out in Paris in English by training officers from both organizations. It is open to all European musicians.

### Pilot Training Project in the framework of a Leonardo da Vinci partnership 2008-2010

Musique & Santé coordinates a European pilot training program “Music in Healthcare Settings”. This project is co-organized by the Royal Northern College of Music (UK), Music Network (Ireland) and the Music Academy of Krakow (Poland).

This program receives the support of “Leonardo da Vinci – Partnership” in the framework of the European Union’s Lifelong Learning Program.

Musique & Santé reaches **16,000 hospitalised and disabled persons throughout France and Europe.**

Its hospital and cultural partners are numerous:

- the hospitals of Strasbourg, Nice, Marseille, Toulon, Paris (paediatric units of Robert-Debré and Armand-Trousseau, geriatric units of Émile-Roux, Paul-Brousse, and Sainte-Périne, Institut Gustave Roussy...), several hospitals and institutions for disabled persons,...
- the *Orchestre National de France* (Radio France), the *Centre de Formation de Musiciens Intervenants de l'Université d'Aix-Marseille*, the *Association Française des Orchestres*, the *Cité de la Musique*, the *Royal Northern College of Music* (UK), the *Manchester Metropolitan University* (UK), the *University of Tallinn* (EE), the *Academy of Music and Communication of Esbjerg* (Denmark)...

The association trains around **600 health and culture professionals** each year.

The association's board of administration is composed of:

- Dr. Didier Cohen-Salmon, anaesthetist doctor at Hôpital Armand-Trousseau, Paris;
- Dr. Patrick Ben Soussan, paedo-psychiatrist and head of the psycho-oncology unit of the Institut Paoli-Calmettes, Marseille;
- Mrs. Dominique Boutel, journalist at Radio France, Paris.

Musique & Santé receives the support of **the Ministries for Culture and Health** in the framework of the inter-ministerial programme "Culture à l'hôpital". It also receives the support of **hospitals and public and private sponsors.**



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*Pascale Thibault, chief executive nurse*

*"For a long time now, with the notion of "global responsibility", health staff know that to take care of people is also to give them the means to develop, to blossom."*