Date: July 17th 2017

To: The Music Therapy Charity

From: Phoene Cave (Music therapist and recipient of £1400 funding)

Project: The Lung Cycle

I am pleased to share that the day of sharing went ahead as planned at the Royal Brompton hospital on Tuesday April 18th with over 20 people attending.

We were able to juggle the rb&h Arts budget in order to produce the final report as a newspaper from the Newspaper Club <https://www.newspaperclub.com> which will be sent to you as a hard copy and a PDF

This required an additional day’s work from the music therapist which she was able to take from the Music Therapy charity budget, which fundamentally paid for 8 – 9 days of her time at approx. £160 per day.

The newspaper really has all you need in it for a final report. The day is introduced by the Arts Manager of rb&h Arts with written contributions from myself (the music therapist), the respiratory physiotherapist, and the writer with lots of illustrations from the graphic artist, photos and quotes from all those who attended.

I can confirm that the planning and preparation for the event, the day itself and the unpicking and unpacking of the content, delivery and participant evaluations were all invaluable in terms of thinking about how the biomedical focus of current research can be enhanced by broader phenomenological and creative thinking.

The application for a further RCT in Singing for Lung Health has been delivered by Dr Nick Hopkinson to the National Institute of Health Research and, if successful, I will be employed at the Brompton hospital on a part time band 7 contract. This would then give me eligibility to apply to the NIHR as an AHP employed within the NHS to commence a funded PhD at the same time (ie autumn 2018). <https://www.nihr.ac.uk/funding-and-support/funding-for-training-and-career-development/fellowship-programme.htm>

In the meantime I have been able to purchase the very excellent book called “Arts in Health: designing and researching interventions” by Daisy Fancourt so I can start to think about potential outcome measures and approach.

I have been accepted onto the course at UCL for an MA in Health Humanities, or will attend UWE to top up my PG Dip in MT to an MA in Therapeutic Music studies. Both will afford me the opportunity to learn about research methodology.

Thank you again for your generous support which provided a wealth of material from patients with chronic lung disease thinking about evaluation. As one participant said:

“When we measure, we need to measure what we value, not what is easily measurable .... there are so many things about the singing that I think, to a certain extent, are unmeasurable, and you know, they drop off the list a little bit if you are not careful”

Stories, photos, video, audio were all captured as wonderful legacy material from the day, including sketches and the final newspaper report which has been widely shared.

It helped formulate my thinking around how and why we collect and collate qualitative evidence and how I might suggest both a broader set of outcome measures for a clinical trial as well as any future research from myself (be that a book or a PhD). I will update you further.

I enclose a few additional photos from the day.

Your donation was invaluable and I hope you enjoy the newspaper report.

With best wishes

Phoene Cave