

Musical Journeys – Additional Information

From Hazel Child, HCPC Registered Music Therapist

There are three musical journeys on the Belltree website at present – one, a reminiscence with songs, for older people called Seaside Memories, and two for younger people, called Ocean Adventure and Animal Adventure.

The two for younger people started out as stories for young adults with complex needs, to reflect and expand on feelings they may be having, as the hero – themselves – has to manage fear, excitement, boredom or distress. They would often begin with whatever feeling was in the room, with an imaginary backdrop to match, and journey from there. In these retellings, there is a more traditional story arc and more open opportunities for participation. I would encourage listeners to respond to the story in any way they like, but an active response is not necessary for a person to be engaged and enjoy listening.

Active listening

The first time, you may just listen all the way through – but it doesn't matter at all if you want to join in from the beginning – that just means there'll be surprises next time!

Stories engage all of our senses, if we let them. The best storytellers will literally act out all the moves and voices in their tale, and it enhances our memory as vision, touch and taste, hearing and smell are all activated.

If your young person is mobile, you could encourage them to get up and act out bits – it doesn't matter if it's not clear what the actions may mean, as it's all happening in the mind's eye. Breathe deeply, stomp about, wriggle and flap! A nice stone is a handy prop, as a special stone appears in both stories. It might be fun to search for one together if you are near a beach, but a stone from the garden or park will work just as well – or a gemstone for extra special effect.

As you shout back at the screen, sing or sniff the air, you are engaging your whole nervous system. As the tale becomes more familiar, you might want to join in with bits you recognise, like naming the animals in the whirlpool, or becoming a bear or fish. Roaring is good! You can always pause the video if you get involved with more actions than I've allowed time for – just hit the space bar. When you've finished dancing about and singing, the end of the story will bring the energy back down... and as you go home tired, it's nice to end with a hug.



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Optional extra equipment

Instruments are great, if you have them. Play along with anything at all – especially a rainstick or ocean drum - but if not, a Kenco coffee tin with a handful of dried lentils in will do the same job, or a bucket and saucepan and a stick to hit them with. The stories have a rhythm, and you can encourage getting loud and quieter again.

Your most important instrument is your voice, and singing your young person's name in the ooh – ooh! sections will reinforce their sense of being seen and heard and being the centre of the story.

Seaside Memories

This encourages memory and singing along.

It is paced slowly enough to allow more engagement and encourage discussion afterwards. As with the stories for younger people, you are invited to respond with all your senses, and imagine the smells and sounds from your memory. There will be some similar memories from everyone who is listening, as a day at the beach really hasn't changed much in the last 80 years.

As you talk to your person about your beach memories, try to recall the feel of stones and sand, and the smell of seaweed. The cold of the sea! And whatever you used to eat, as you sat on your towel or blanket.

How did it feel on the way there? What about when it was time to go home? Did you go a lot, or only a few times in summer and never in the winter?

What is the beach like in other seasons?

A lot of older people would have gone on the Sunday School outing as children, even if their families didn't normally attend church – some churches would insist that children attend 10 weeks of Sunday school to qualify for the trip, and then the whole family was often invited.

Encourage your older person to sing along with whatever words they like, but if you would like to have the words to refer to, they are on the next sheet:



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It's a long way to Tipperary

It's a long way to go
It's a long way to Tipperary
To the sweetest girl I know
Goodbye, Piccadilly
Farewell, Leicester Square!
It's a long, long way to Tipperary
But my heart's right ther

Pack up your troubles in your old kit-bag

And smile, smile, smile
While you've a lucifer to light your fag
Smile, boys, that's the style!
What's the use of worrying?
It never was worthwhile So!
pack up your troubles in your old kit-bag
And smile, smile, smile

Oh! I do like to be beside the seaside

I do like to be beside the sea!
I do like to stroll upon the Prom, Prom,
Prom!
Where the brass bands play: "Tiddely-om-
pom-pom!"

So just let me be beside the seaside
I'll be beside myself with glee
For there's lots of girls (boys) besides,
I should like to be beside
Beside the seaside! Beside the sea

In Dublin's fair city

where the girls are so pretty
I once met a girl named sweet Molly
Malone
and she wheeled her wheel barrow
through the streets broad and narrow
singing cockles and mussels alive alive oh
Alive, alive oh, alive alive oh,
Singing cockels and mussels alive alive oh

She was a fish monger
and it was no wonder for
so were her mother and father before

and they wheeled their wheel barrow
through the streets broad and narrow
singing cockles and mussels alive alive oh

Alive, alive oh, alive alive oh,
Singing cockels and mussels alive alive oh

She died of a fever
and so one could save her and
that was the end of sweet Molly Malone
now her ghost wheels her barrow
through the streets broad and narrow
singing cockles and mussels alive alive oh

Alive, alive oh, alive alive oh,
Singing cockles and mussels alive alive oh

Moon river, wider than a mile

I'm crossing you in style some day
Oh, dream maker, you heart breaker
Wherever you're going, I'm going your
way

Two drifters, off to see the world
There's such a lot of world to see
We're after the same rainbow's end,
waiting, round the bend
My Huckleberry Friend, Moon River, and
me

Wise men say only fools rush in

But I can't help falling in love with you

Should I stay? Would it be a sin
if I can't help falling in love with you?

Like a river flows
Surely to the sea
Darling, so it goes
Some things are meant to be

Take my hand, take my whole life too
For I can't help falling in love with you