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Dear Colleagues

I am writing to draw your attention to our upcoming conference *Music therapy and dementia care in the 21<sup>st</sup> century*, September 4<sup>th</sup>-6<sup>th</sup> 2015. Our list of over 40 presentations is now available on the website: [www.anglia.ac.uk/therapies-conf](http://www.anglia.ac.uk/therapies-conf) and Early Bird registration is open until the end of June, so book now! The conference is the first in the UK to focus specifically on music therapy and dementia, and Anglia Ruskin University are collaborating with Methodist Homes, (MHA), a major employer of music therapists in the UK, and The British Association for Music Therapy (BAMT) for the conference. The conference will open on Friday Sept 4<sup>th</sup> at 6.00pm with an evening reception. The conference will be linked to a preceding one-day conference on Friday Sept 4<sup>th</sup>, '*The Role of the Arts Therapies in Dementia Care in the 21<sup>st</sup> Century*', sponsored by ICRA (International Consortium for Research in the Arts Therapies), and will focus on Dance Movement Therapy, Dramatherapy, Art Therapy and Music Therapy.

The conferences take place within a strong research culture at Anglia Ruskin University where MA's in Music Therapy and Dramatherapy are well established. Six successful conferences have already been held by our therapies team at the University; this year's conference has been inspired by the long tradition of links between Anglia Ruskin University and therapy services for older people with dementia. Specifically we have a research collaboration with Methodist Homes (MHA); the impact of our music therapy research with MHA was recently rated as world leading in the Research Excellence Framework (REF) 2014. We also have strong links with NHS and social care trusts, and with the BAMT network for music therapy and dementia.

[www.anglia.ac.uk/therapies-conf](http://www.anglia.ac.uk/therapies-conf)  
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### **Why is this conference important now?**

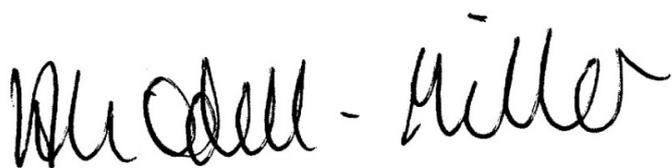
In 2013, approximately 44.4 million people were reported to be living with dementia worldwide (Alzheimer's Disease International, 2013). This number is estimated to increase to 75.6 million in 2030, and 135.5 million in 2050. This results in an increased demand for beneficial therapies and care approaches which include ways other than verbal, as a form of relating. A report commissioned by the Department of Health (DH, 2009a, p.8) emphasised a need for further research investigating the clinical and cost effectiveness of non-pharmacological methods. In line with this, music therapy has been recommended as a psychosocial intervention in the UK National Dementia Strategy (Department of Health, 2009). Recent research (Ridder et al 2013) shows music therapy can reduce agitation and reduce the use of medication.

### **Keynote Speakers for the Music therapy and dementia conference will be:**

Dr David Aldridge	Editor of the book <i>Music therapy in dementia care</i>
Ming Hsu	Methodist Homes (MHA) and Anglia Ruskin University
Prof. Hanne Mette Ridder	Director of Music Therapy Research, Aalborg University
Dr Orii Mcdermott	Music therapy researcher, University College London

Confirmed speakers for the ICRA one day Arts Therapies Conference on Friday Sept 4<sup>th</sup> include Prof. Di Waller, Dr. Stuart Woods, Dr Richard Coaten & Sarah Williams, Angela Byers, Prof. Vicky Karkou & Dr. Bonnie Meekums, Melody Golebiowski & Kimberley Iyemere, Nicky Morris and Kathinka Poismans. I do hope to see you there – it proves to be a stimulating exciting conference, including new knowledge and innovation for care for older people with dementia.

Best Wishes,



Dr Helen Odell-Miller

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