EVERY CLOUD HAS A SILVER LINING

Customers and visitors at a local charity’s Wellbeing Centre share the benefits of the Silver Lining Project.

Volunteers from the community and customers of Age UK North Tyneside’s Wellbeing Centre at Linskill Park in North Shields, are greeted each week by The Sage, Gateshead ukulele band, when they all take part in playing the band’s instruments and sing along to songs from their era and the 1960’s.

Every Monday morning from 10.30am to 12pm over 20 people take part, where the power of music helps lift their spirits.

The band was originally set up in partnership with The Sage Gateshead and Northumbria Healthcare NHS Foundation Trust for their Silver Lining Project, to teach new skills and improve and maintain overall health and wellbeing.
With over 20 band members, ranging from the ages of 67 to 90 years, they have been playing at Linskill Park for over three years and have become very well known with regular participants and spectators.

Angela Watt, Head of Wellbeing & Prevention Services at Age UK North Tyneside, said: “We really look forward to the ukulele band visiting on a Monday morning, it is very noticeable that moods become uplifted and everyone wants to join in. Age UK North Tyneside’s aim is to promote independence and improve overall health and wellbeing, so being a part of the band works wonders for the older customers and visitors of Linskill Park.”

The Silver Lining Project provides many benefits to all taking part, including exercising chest problems through singing, supporting people with dementia to access forgotten memories through song and overall uplifting their moods.

Sylvia Lowes, Older Persons Health & Wellbeing Occupational Therapist at Northumbria Healthcare NHS Foundation Trust, said: “It is great to see everyone get so involved and really enjoy their time playing instruments and singing along to songs from their era. As well as playing every week at Linskill Park, band members enjoy regular days out which include the Local Heritage Day at Northumberland Park and visiting The Sage Gateshead.”

“We are always looking for new members and want to encourage more people from the local community to get involved and perhaps discover a talent they never knew that they had.”

If you would like more information please contact Sylvia Lowes at Northumbria Healthcare NHS Foundation Trust on 0191 2932773 or visit Linskill Park in North Shields.

ENDS

Additional Information

We are a local charity helping to Make More of Life for older people in North Tyneside by listening and responding to their needs and aspirations. For more information about Age UK North Tyneside see our web site at www.ageuk.org.uk/northtyneside
We are a local, independent charity and brand partner of the National charity Age UK.