



# Music, Wellbeing and Mental Health

An RMA, BFE and NAMHE event

at the University of York St John

## Programme (Room 037, Skell Building)

Saturday 12 May: Study Day

9-9.30: Registration

9.30-11: Session 1

**Liz Haddon** – University of York - Mental health and well-being – university music students and academic supervisors

**Isobel Clarke** – Royal College of Music - The Art of Brexit: the challenges faced by Historically-Informed Performance musicians in post-Brexit Britain

**Alexander Douglas** – University of Central Lancashire - Healing the Mind: Music as Epistemic Necessity (beyond language)

11-11.30: Break

11.30-1: Session 2

**Anne-Marie Czajkowski** – University of Leeds – Mindfulness for conservatoire musician students at the Guildhall School of Music and Drama: Developing the whole musician

**James Williams** - University of Derby – Autonomous Sensory Meridian Response – An online phenomenon or a therapeutic reality?: Opening academic discussion(s) on ASMR, and exposing its practical relevance in music composition, performance and listening in the arts, health, wellbeing, and HE sector

**Andrew Lansley** – University of Gloucestershire – Mental Health and the HE Musician

1-2: Lunch and Poster Session

Posters by Simone Willis, Liam Barnard and Juan Urdaniz

2-3.00: Session 3

**Simone Willis** – Cardiff Metropolitan University – The relationship between stress and well-being of performing artists

**William Longden** – London Metropolitan University - Inclusive participatory design of bespoke music instruments and auxiliary equipment as emancipatory arts interventions that advocate for equality, personal and social wellbeing

3.15-4.30: Keynote talk

**Ros Hawley** – LIME Music for Health and SOAS – Listen to a Songbird Sing: Musicians, Creativity and the Paediatric Hospital Setting

This presentation has a practical element- **please bring instruments, voices and any percussion** you may wish to use!

Evening: Social

Food and drink at venue TBC (not included in fee) and Eurovision final

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Sunday 13 May: Workshops

9.30: Registration

9.45-10.45: Enya Doyle

You are not inadequate!: **A workshop on mental health and postgraduate study**

11-11.45: Raluca Matei

**Health education & the conservative conservatoire**

11.45-12.15: Zaina Shibabi

**Depression in Higher Education:** Identifying the signs and taking the right steps towards improving your mental health and wellbeing

12.15-1: Lunch

1-1.45: Julio d'Escriván

**Yoga and Mindfulness**

1.45-2.30: The Retreat York

**Singing for Wellbeing:** our experience at The Retreat

3-4: William Longden (Joy of Sound)

Demonstration of bespoke musical instrument for **Participatory Inclusive Community Music**

4-4.30: **Final Roundtable**

## Skell Building

The event will take place in the Skell building on the campus of York St John University in the heart of the City of York. The campus is next to Lord Mayor's Walk (YO31 7RB). The Skell building is #18 on the [campus map](#).

The campus is a 15-20 minute walk away from the train station. On the map, the blue star is the train station, the red star is York St John University and the orange star is the YHA youth hostel.



## Parking

No parking is available on campus, except for blue badge holders. There are public car parks near campus, you can find a list [here](#).

## Wifi

Eduroam is available on campus.

## Food and Drink

Lunch and refreshments will be provided on both days. Tea, coffee, juice and water will be available throughout in the room. Please be mindful of other delegates and the noise you make when boiling the kettle.

We encourage you to **bring your own travel mug!**

Delegates are invited to attend a social gathering on Saturday evening. A venue will be chosen on the day for dinner. You are also welcome to watch the Eurovision final as a group!

## **Social Media**

You are encouraged to share your experience on social media during the day, but please be mindful of sharing personal or sensitive information. Due to the nature of the event, some of the topics discussed will not necessarily appropriate to share.

## **Code of Conduct**

Delegates will be expected to abide by the BFE's Code of Conduct. It can be found [here](#). The organisers will expel any delegate not complying.

We will not tolerate any harassment. If you are being harassed, notice that someone else is being harassed, or have other concerns, please contact a conference organiser or a designated assistant, who will be happy to contact university security or police, to arrange for an escort, or otherwise help participants feel safe for the duration of the event.

Harassment includes offensive verbal comments related to sex, gender identity and expression, sexual orientation, disability, physical appearance, body size, race, age, disciplinary affiliation, or religion or belief. It also includes intimidation, stalking, following, harassing photography or recording, sustained disruption of talks or other events, inappropriate physical contact, and unwelcome sexual attention.

## **Childcare**

Delegates with childcare duties are welcome to bring their children along. We cannot provide prolonged childcare but reasonable efforts will be made to allow you to participate fully in the event.

The RMA Research Skills Officer (Núria Bonet) has been recently DBS checked.

## **Further Information**

If you require any further information before or during the event, contact Núria Bonet on [researchskills@rma.ac.uk](mailto:researchskills@rma.ac.uk) or +44 79755 21021.