

# musical tea



Share the power of personal  
music to help dementia

**#MusicalTea**

Your guide to  
organising a  
fundraiser



Playlist  
for Life

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# Why host a Musical Tea?

Put the kettle on, line up your favourite music and give someone you love a call. Playlist for Life is inviting you to join us for a cuppa, cake and some great music for a worthy cause.

Musical Teas are a fun way to raise awareness of the power of personal music for those living with dementia. Over two decades of scientific research has shown that listening to a personalised playlist can improve the lives of those living with the condition. In fact, listening to music that is personally meaningful has many psychological benefits, meaning everyone can benefit from a personalised playlist.

At Playlist for Life we want everyone living with dementia to have their own playlist of songs that is meaningful to them and for all those who love and care for them to know how to use the playlist effectively.

Fundraising is vital for us to achieve this mission. Any donations you collect whilst enjoying your Musical Tea will go directly to our goal of sharing the power of personal music with those who could benefit most.

“

**Playlist for Life is an absolutely wonderful thing. You pick songs from your own life – it can be any song that you like that means something to you and brings back a memory. When I’m sad or low or feeling grumpy, Malcolm puts my playlist on and I’m up dancing and jumping and it’s absolutely wonderful.**

**Carol**

# Where your money goes

Provides 20 families with Get Started wall charts

£5



£10

Buy the book '100 Years: A Century of Song'



Trains one person in Music Detective skills

£30



£150

Sets up a Help Point in your community

Help us share the power of personal music to help dementia

# How to organise your event

We want everyone to be able to join in the fun – whether you're having a cuppa in person or you're connecting virtually. This pack includes everything you'll need to host a Musical Tea fundraiser: from technology advice to recipe ideas and choosing the right music.

## Four steps to success:

### 1 Plan

Pick a date, think about how you would like to host the event and who to invite. If you already have a regular virtual meet-up, you could dedicate a meeting to a Musical Tea. The event can be as small or as large as you like. There are ideas in this guide for group gatherings as well as a cuppa with a friend or two. Use our email invitation templates or print out one of our postcards to remind people to keep the date free. Find these resources at [playlistforlife.org.uk/musical-tea-resources](https://playlistforlife.org.uk/musical-tea-resources)

### 2 Set up

Lots of us have become accustomed to using technology to work and socialise during lockdown, but a Musical Tea could be as simple as sharing musical memories or enjoying a sing-along over the telephone.

### 3 Music

Musical Teas are all about celebrating the connection between music and memories. Check out the 'Choosing your music' advice on the next page for top tips on making the most of your music.

### 4 Play

Party games and tasty treats at the ready! This guide includes musical-themed activities and recipes to make your event one to remember.

# Choosing your music

Musical Teas celebrate the connection between music and memories. Who is coming to your tea? What music will spark memories for them? A good place to start is the 'memory bump'.

## The memory bump

We create more memories between the ages of 10 and 30 than at any other time in our lives. That is why it's a great place to start looking for musical memories.

How old are the people attending your Musical Tea? Make a playlist of tunes that were popular when they would have been in their teens and twenties.

You could even ask guests to send you a tune and a musical memory in advance so you can build a playlist of all their favourite tunes.

## Ideas for playing your music

- ▶ Find out more about the memory bump, including playlists with top songs from each decade in our '100 Years: A Century of Song' book on our website **[playlistforlife.org.uk/musical-tea-resources](https://playlistforlife.org.uk/musical-tea-resources)**
- ▶ Use one of our free playlists on Spotify by visiting our Spotify profile (**[open.spotify.com/user/playlistdementia](https://open.spotify.com/user/playlistdementia)**) or, if you have the Spotify app, search for 'playlistdementia'.
- ▶ Get a pile of old records and a record player and play some music. Be sure to test the volume before you begin.

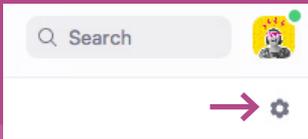


# Setting up a virtual Musical Tea

Why not set the scene by decorating your background to get you in the party spirit. Check out our printable bunting or our party-themed Zoom backgrounds.

## How to set up your Zoom background

1. Download your favourite Musical Tea background from [playlistforlife.org.uk/musical-tea-resources](https://playlistforlife.org.uk/musical-tea-resources)
2. Log in to Zoom through the app
3. Click the 'settings' icon in the top right hand corner



4. Click 'virtual background'
5. Select 'add image' and select your chosen background

## Music at your Virtual Musical Tea

To listen to music on Zoom, you can share YouTube links to your personally meaningful tunes in the Zoom chat. This means everyone can play the songs on their own device, guaranteeing the best sound quality.

### Top tip

Make sure everyone is on mute before they press play on a song link!

Your Musical Tea background will look backwards on your screen, but don't worry, it will look right to your guests.



# Setting up a Musical Tea in person

If you are hosting a Musical Tea in person, please follow government guidelines on social distancing and enjoy your event safely. Find details at [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Able to safely host an event? Great! Why not set up your room for a party with bunting and balloons? Visit our website for printable bunting, cake flags and other free resources to make your event a success [playlistforlife.org.uk/musical-tea-resources](https://playlistforlife.org.uk/musical-tea-resources)

You could take a tip from Jennifer who created LP cake stands for the first ever Musical Tea at St Andrew's Church in Carluke.

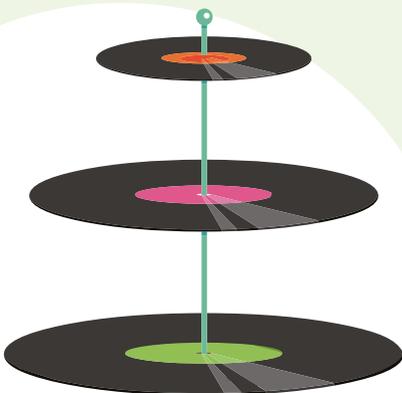
## LP Cake stands

### You will need

- ▶ 3 vinyl records
- ▶ 1 cake stand fitting

### How to do it

- 1 Dig out some unwanted vinyl or buy some cheap records from a charity shop or Gumtree.
- 2 Google 'cake stand fittings' and pick the ones you want. They usually cost about £3. Remember to look at postage costs – some retailers will offer free delivery.
- 3 Follow the instructions on your cake stand fittings, using records instead of plates.



# Hosting a dementia friendly event

Here are a few tips for making sure your event is a welcoming and enjoyable experience for all.

- 1 Choose music to play that you know your group will enjoy. If you can, ask people in advance if there are songs they would like you to play during your Musical Tea.
- 2 Appeal to the senses with your environment – the smell of freshly baked cakes, a bright tablecloth and some favourite music playing in the background are all great ways to make your event multi-sensory.
- 3 Give people name badges when they arrive. You can use big sticky labels and a marker pen to write their names so they are easy to read.
- 4 When making conversation, stick to one subject at a time and avoid starting with a factual question that involves memory.
- 5 Ask questions that allow for 'yes' or 'no' responses or in a way that gives the person a choice e.g. 'would you like tea or coffee?'.  
  
6 Make sure people have plenty of time to relax and enjoy themselves. It's important that nobody feels rushed and they have enough time to eat.
- 7 Have a good old singalong!



# Activities

Simply enjoying music and sharing music memories is a fun way to get involved in a Musical Tea. The great thing about these events is that each one is unique, so it's up to you how you choose to celebrate.

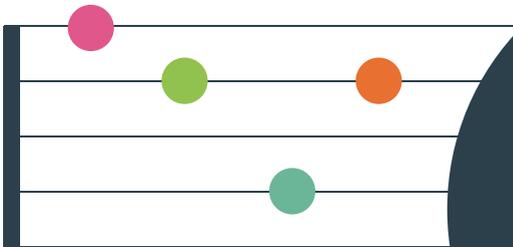
Here are some ideas for fun activities for your event:

## Intro quiz

Play the first 10–15 seconds of a famous song and see if your guests can guess the track

## Impressions

Dress up as your favourite musician and ask people to guess who you are



## The missing word

Sing a famous song and miss out a key word. Can anyone guess what's missing?

e.g. 'Near, far, wherever you are, I believe that the \_\_\_\_ does go on'

Find more activities on our website [playlistforlife.org.uk/musical-tea-resources](https://playlistforlife.org.uk/musical-tea-resources)

# Recipes

We love a good musical pun! Complete your Musical Tea with a music inspired treat.

What about Bananarama Bread? Bing Crispy? Try this recipe for Roxy Music-inspired 'Bryan Ferry cakes'. Don't forget to decorate your bakes with our cake labels, available to download at [playlistforlife.org.uk/musical-tea-resources](https://playlistforlife.org.uk/musical-tea-resources)

## Bryan Ferry Cakes

### Ingredients

- 4oz self raising flour
- 4oz butter or margarine
- 4oz sugar
- 2 eggs
- White icing
- Black icing pen

### Method

1. Preheat the oven to Gas Mark 4, 180°C, 350°F.
2. Cream the butter and sugar in a bowl until smooth.
3. Add the eggs one at a time, beating them until the mixture is a smooth pale yellow.
4. Sift the flour and fold in gradually.
5. Teaspoon the mixture into the cupcake cases.
6. Bake in the oven for 12–15 minutes or until golden brown.
7. Leave to cool before icing. Draw a Bryan Ferry face or trademark black tie on top. Voila – Ferry Cakes!



### Other musical baking ideas

- The Rolling Scones
- Simply Red Velvet
- Pie of the Tiger

# How to donate

Thank you for fundraising for Playlist for Life.

Any donations you collect whilst enjoying your Musical Tea will go directly to our goal of sharing the power of personal music with those living with dementia.

## Paying in your donations

### Online

Donate online at  
[playlistforlife.org.uk/donating](https://playlistforlife.org.uk/donating)

### Post Office

Donate over the counter at the Post Office by completing a Giro pay-in slip

### Cheques

Please make cheques payable to **Playlist for Life** and send to **Playlist for Life, Unit 419, The Pentagon Centre, 36 Washington Street, Glasgow G3 8A**

### Scan code

You will be taken to our donation page where you can choose your donation amount.



### Bank details

Account name:  
Playlist for Life

Account number:  
00490966

Sort code:  
82-62-19

If paying in at a bank, remember to use the event organiser's name as a reference



# Tell us about your event

From helping you to plan to celebrating the success of your event, we're with you at every step of your Musical Tea. Please let us know about your event by signing up on our website: [www.playlistforlife.org.uk/register-musical-tea](http://www.playlistforlife.org.uk/register-musical-tea)

For top tips and inspiration, be sure to sign up to our mailing list [playlistforlife.org.uk/keep-in-touch](http://www.playlistforlife.org.uk/keep-in-touch)

Are you on social media? Please share any photos, videos or ideas of great musical baking puns with the hashtag #MusicalTea.

## Questions or good news to share about your Musical Tea?

### Get in touch



0141 404 0683



[info@playlistforlife.org.uk](mailto:info@playlistforlife.org.uk)



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Playlist for Life is a charity that operates UK-wide and is registered as a SCIO at Unit 419, The Pentagon Centre, 36 Washington Street, Glasgow G3 8AZ. Reg no: SC044072