

# REWIRE REVISTED

First Edition



Rewire is a not-for-profit organisation supporting research into the use of music in the treatment of disorders of the brain

Visit us at [Rewire.org.au](http://Rewire.org.au)



MOLLOY MEDAL PRIZE WINNER:  
GEORGIA BOLT

## The Maureen Molloy Medal

In conjunction with the generous friends and family of Dr Molloy, we at Rewire have donated an annual \$1,500 scholarship and medal, to be awarded to an outstanding student in the University of Melbourne School of Psychology's clinical neuropsychology program.

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The award recognizes the contributions of former University of Melbourne student, lawyer and forensic neuropsychologist, Dr Maureen Molloy. Dr Molloy, a pioneer in her field, was renowned for her expertise in the diagnosis, assessment and cognitive rehabilitation of acquired brain injury.

The first of these Medals was awarded in April 2017 to Georgia Bolt, whose research focused on the role of fatigue in the development of persistent cognitive difficulties after mild traumatic brain injury.

## Rewire Interactive Music

Over a ten month period, Melbourne residents of a Lendlease retirement village took part in a program of interactive music sessions.

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The program included monthly tuition covering a range of topics such as: Movement to Music, Rewire Rhythm, song writing, and singing.

Residents also collectively compiled a selection of their favourite music, producing CDs that were then used to foster positive mood and stimulate them mentally.

The pilot program, originally released in the Brighton campus, was such a success that it was progressed throughout the Lendlease campuses in 2018.



## Rewire Rhythm

The Rewire Rhythm research program is designed to investigate the benefits of rhythm in the alleviation of the symptoms of Post Traumatic Stress Disorder (PTSD) in veterans.

This study is ongoing, having begun two years ago and is expected to continue until 2020. The program has been conducted in partnership with the Ivanhoe branch of the Returned Services League (RSL), Austin Health and the University of Melbourne.

The initial pilot program took the form of 10 weekly, 60-minute sessions. Twelve veterans participated in the program, mentored by Darren Danielson (drummer for Pseudo Echo), group facilitator and researcher, James Richmond (The University of Melbourne) and guest musicians.

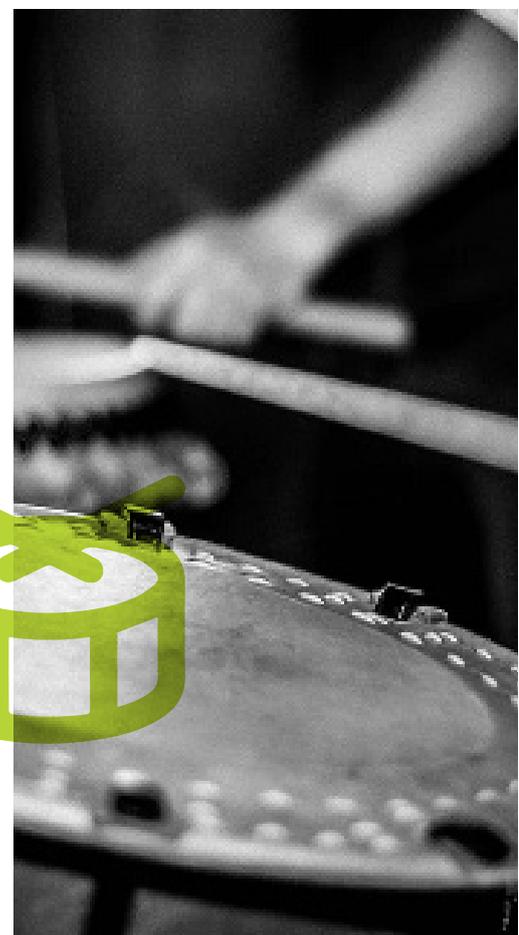
Engagement with the program has been very strong, with almost all members continuing to practice and perform regularly since the conclusion of the pilot. Members of the group have reported benefits to their cognition, social, emotional and psychological wellbeing. We are looking forward to the publication of this research later this year.

At the close of the pilot program in April 2017 Rewire coordinated an event to celebrate the achievement of the participants, and to launch their recently recorded CD. The pilot group participants performed a demonstration of their newly acquired skills to friends and family who had gathered. We at Rewire thank Mike O'Meara of the RSL for his work as the Master of ceremonies at that event.

The results of this study are being used to design programs conducted by Rewire to assist in the alleviation of PTSD symptoms amongst veterans and the community at large and funding for the continuation of this program is now being sought.

*This research will not only further our understanding of the effects of music participation, but contribute to improving services, activities and support for people with a history of PTSD. This not only includes veterans, but emergency service workers and the wider community.*

**JAMES RICHMOND**  
PHD CANDIDATE AND MUSICIAN



## A Rewire Performance Program

### JUNIOR PERFORMANCE PROGRAM

A number of programs have been conducted between local schools and Melbourne care homes, with an aim to facilitate social interaction between residents and the younger generation.

The first of these programs was conducted in October 2017 at the Forrest Hills Lendlease care home, and included performances from 12 music school students, ranging from

5 to 18 years of age. The program included various grades and levels of musicianship, ranging from grade one to university level.

This program was extremely well received by residents and audiences in excess of expectations has been recorded. As a result of the success of the program, further performances are being sought across nursing homes and retirement villages. It is hoped that the program will be introduced into regional areas also.



## Rewire Music Therapy

Since 2017, Prof. Felicity Baker and music therapist, Matt Lewin, have been providing weekly music therapy sessions to members of a memory support group, as well as a group of hospital inpatients suffering from mental health disorders.

The memory support groups are based at the Sir William Hall, Heidelberg, and the Vasey House Bundoora retirement home. The program consists of a weekly 4-hour group session, conducted by Matt, who then offers individual contact on a needs basis.

Weekly music therapy sessions were also being conducted in 2017 at Ward 17 the inpatient facility at the Rehabilitation Hospital in Heidelberg. A weekly 4-hour session of song writing was conducted by one of

our music therapists. This program was exceptionally well received and significant outcomes were observed.

This program has been ongoing since 2017, and was first funded by the Ivanhoe RSL whose initiative this program was. Sadly the second part of the music therapy program is on hold as funds were depleted.

The team at Rewire are currently searching for further funding to continue this program throughout 2019!



## RewirED

The aim of the RewirED program is to raise funding that will provide children who have experienced trauma the opportunity to learn a musical instrument. The RewirED program is initially focused on providing funds to Music Educators who wish to implement a music education program in their school that specifically focuses on the needs of children who have experienced trauma or disadvantage.

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The target recipients for these grants are children and young adults (age 3-16) who have experienced trauma or disadvantage in the form of violence, poverty, experiences as a refugee/asylum seeker or as a result of war or strife. These children will be considered for support by the RewirED program when they are enrolled in an Australia school that is registered on the My Schools website.

### **FUNDRAISING STRATEGY**

The RewirED program will raise funds through a series of ticketed bespoke evening events that will centre around a Q&A session with professional musicians, performers, artists, and music industry specialists. These engaging conversations will centre around how music helped these successful individuals overcome their own challenges, such as trauma, poverty and/or mental health issues.

The events, held initially in Melbourne, will be ticketed, and take place 3-4 times a year. An iconic Australian radio presenter/ classical musician has already agreed to MC the evenings

### **MARKETING STRATEGY**

The initial events will be advertised through Rewire social media, word of mouth and support from the University of Melbourne Department of Psychology. Interest in the initial event will need to be driven by guests or a combination of guests who will be attractive to the attendees. The attendees experience of the evening will be paramount in the design of the event.



## A Rewire Performance Program

### **ADULT PERFORMANCE PROGRAM**

As a result of the success of the Junior program, Rewire will focus on adult musicians who, having chosen careers other than music, no longer have the opportunity to play. The purpose of this program is to engage with these musicians

and to give them the opportunity to collaborate with like minded people. This will provide them with a purpose of reigniting their musical prowess, and enable them the opportunity to practice and prepare for performances at Rewire fundraisers.

Once set in motion it is intended that there will be performance opportunities on a monthly basis.



## Rewire Remembered

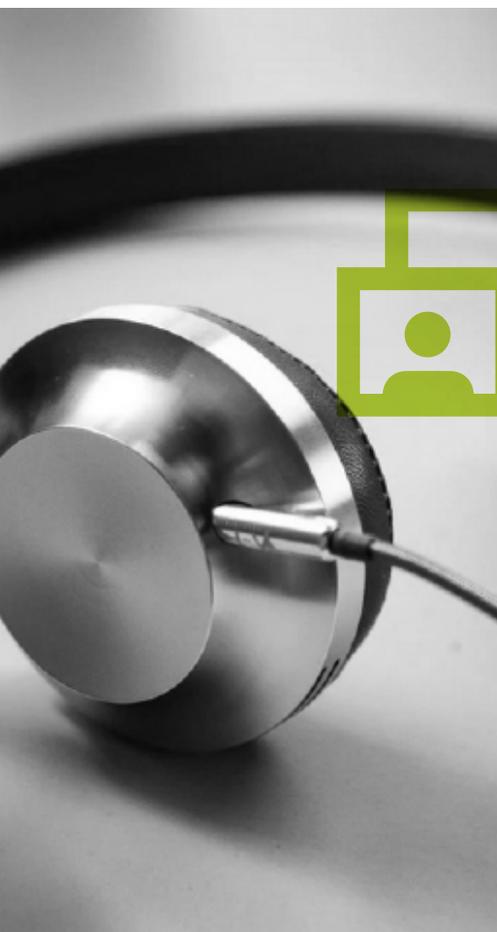
### **A REWIRE DOWN MEMORY LANE PROGRAM**

This new rewire program will be launched in the first half of 2019. The program is intended to assist healthy older adults, living in retirement villages, to set down music memories which may in the future prove useful to them in reconnecting with the music of their past. These works will also of course serve as a memento for loved ones.

Appointments are made with one of our Music Therapists to assist the participants in selecting photographic memories to place in a book with appropriate annotations as requested by the participants.

These photographic memories are then set to music as selected with the assistance of the Music Therapist and recorded on a CD to accompany the book. Participants are then provided with both the Book and CD. In addition participants can elect to purchase additional books.

It is anticipated that 3 one hour sessions will be required for the preparation of the materials for the book and CD. The costing for this project on an individual basis has not yet been completed.



## A Rewire Event Plan

With the teams extensive connections throughout the Melbourne music scene, we are organising a series of evening events showcasing local talent.

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During each evening, 5 young local artists and musicians will be invited to perform 3 solo pieces each. Not only will the event undergo extensive advertising, but musicians will be encouraged to bring their friends and family along to support them.

Dizzy's jazz club have kindly agreed to let us use the venue, free of charge, and once overheads have been covered, profits from the door fee will be donated to Rewire to further our research partnerships and current programs.

Given that we cannot pay the performers Rewire will arrange an in kind contribution from a local restaurant, in the form of a meal. Therefore, the participating restaurant will also become an 'in kind' supporter of Rewire and our charitable aims.

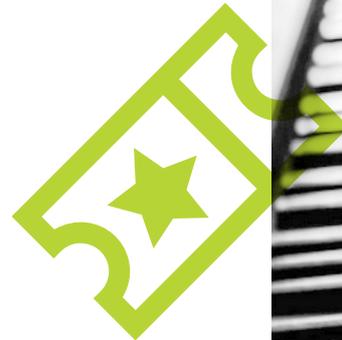
Rewire's Rory Clark, successful jazz musician and Melbourne University lecturer has a large network of young performers looking for the chance to perform in a premium club on a grand piano. Rory will recruit these musicians into the program as well as reach out to his network of fellow pianists from the Victorian College of the Arts. Of course Rory will also perform during the evening too!

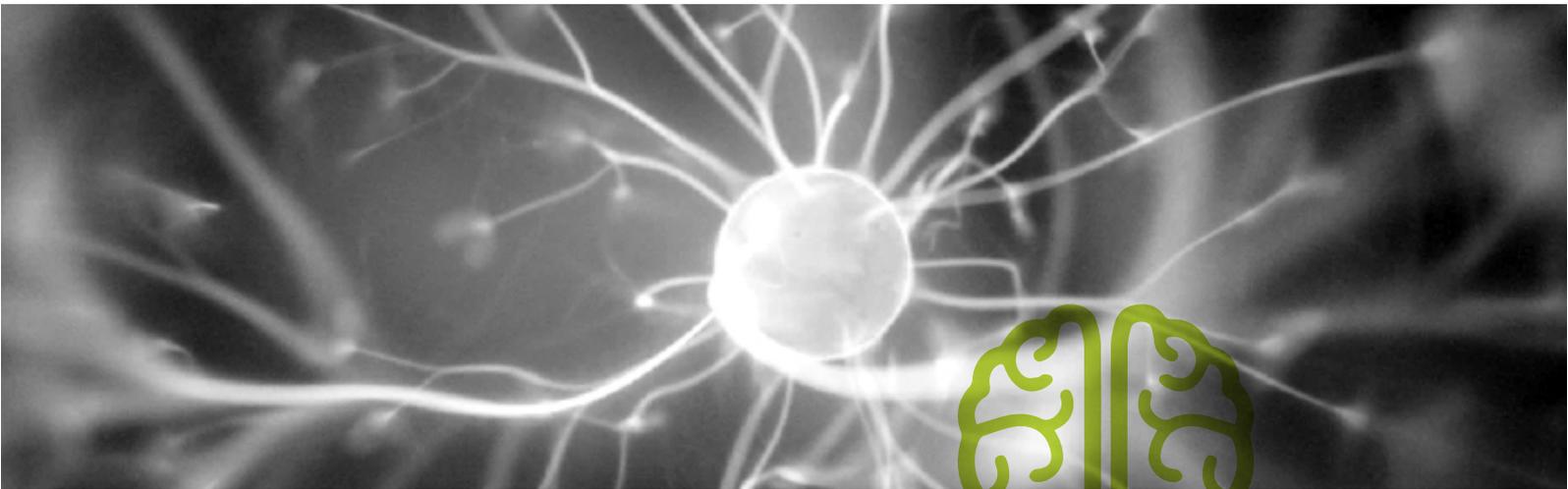
If this is successful, there is scope to replicate it semi-regularly, expanding the performances and adding a house band to support the budding musicians.

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*"The way I see it, we are giving ambitious young musicians a chance to perform and in turn raising money for a great cause - so it's a WIN / WIN!"*

**RORY CLARK**  
MUSICIAN





## Rewire **Early Career Awards**

Discussions are underway with the School of Psychology at the University of Melbourne to establish an award for early career researchers.

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The award would target early career researchers (ECRs) within the Melbourne School of Psychological Sciences (MSPS) who work in the field of neuroscience or neuropsychology.

ECRs have been identified by the School as a priority for financial support and mentoring. The immediate postdoctoral years are critical for career success but challenging in view of limited research funding and precarious employment.

The award would be an annual cash prize of \$1,000 to support a career development activities such as conference travel or a training course. The award would supplement the recently inaugurated "Friends of Psychology" awards,

which support career development activities for ECRs, and the new "John Trinder Early Career Research Award in cognitive and behavioural neuroscience" and "Margot Prior Early Career Research Award in clinical science", each of which recognises the best publication by an ECR in the respective fields.

### **ELIGIBILITY**

The award(s) would be open to early career researchers within MSPS – defined as staff no more than 5 years post-PhD who have at least 0.5FTE position within the School – who work in the area of clinical neuropsychology or clinical or cognitive neuroscience.

### **FUND-RAISING**

The award will initially be endowed on a year-to-year basis by Rewire, funded by donations and events. The medium-term goal is to raise \$20,000 to set the award on a sustainable footing, at which point a University-based fund will be set up and a new student award will be created in the University system.

Rewire director, Katharina Dimtscheff is in discussion with members of the legal profession and musicians who, together with members of the MSPS will combine to participate in the conduct of regular fund raising events. The program would consist of a 30 to 40 minute talk on matters of neuro science, neuro psychology and/or music neuro science, together with approximately 60 minutes of a musical performance. Funds raised at these events will be allocated to the annual ECR Awards.

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*"This gives Rewire an excellent opportunity to strengthen our ties with the University of Melbourne, as well as lending a helping hand to a student of the mind!"*