

## Therapeutic Dose of the Classics

Thursday 21 May | 11am | Bupa Mosman Aged Care Facility

When musicians from the Sydney Symphony perform at the Bupa Mosman\* aged care facility this Thursday morning as part of the *Sydney Symphony & MBF music4health* program, there will be several residents in particular eagerly awaiting their arrival.



Lady D’Hrie Broun first saw the Sydney Symphony perform at only 11 years old and went on to be a subscriber for over four decades, however, Thursday will be the first time she has heard musicians from the Orchestra perform in 10 years. Fellow resident Rebecca Isaacs was a subscriber for over half a century but she has not heard the Orchestra for nearly 15 years.

The visit to Bupa Mosman is expected to be the first of many future visits to aged care facilities, expanding on *Sydney Symphony and MBF music4health’s* previous visits to hospitals around New South Wales.

“We’re very excited to have our musicians performing for the residents of Bupa Mosman,” says Sydney Symphony Managing Director, Rory Jeffes. “It’s wonderful that we can bring the therapeutic benefits of live classical music to the residents and staff at the centre as we have done in our previous visits to hospitals. It’s even more rewarding to know we’ll be doing so for some former Sydney Symphony subscribers.”

Research from Australia, the US and UK has shown that the relaxing effects music can have a range of benefits such as improving responses to medication and various forms of treatment. It can also be used to assist with pain alleviation, blood pressure reduction and boosting immune responses.

In elderly people, the sensory stimulation provided by music has also been shown to increase or maintain levels of physical, mental and social acumen.

“This program makes us aware of how even a small amount of live classical music can have a huge effect on people,” says Sydney Symphony violinist Stan Kornel, who has conducted many of the previous visits. “It can be such a source of joy – more than most material things – and it’s so encouraging to see people’s faces light up.”



The Sydney Symphony and MBF music4health program started in 2006 and since then has gone to over 25 hospitals throughout New South Wales. This year the program has expanded to include performances at Bupa Aged Care centres.

Thursday's performance at Bupa Mosman will take place in 11am.

**## ENDS ##**

**Photography is welcome at this event. For more information, images etc, contact:**

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**Note to Editors:**

The attending Sydney Symphony musicians are:

Nicola Lewis	First Violin, Sydney Symphony
Kristy Conrau	Cello, Sydney Symphony

They will perform a selection of violin/cello duet arrangements by Nicola Lewis.

Date: Thursday 21 May 2009  
Time: 11.00am  
Address: Bupa Mosman  
18 Bardwell Road  
Mosman NSW 2088

\* Bupa Australia cares for its customers under the brands MBF, HBA, Mutual Community and ClearView.

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MBF proudly covers around 1.7 million Australians, giving them the confidence to better manage their health and care needs. We have a broad range of quality health insurance products to support people through all of life's different stages, and we have an extensive member centre network across the country. Recently, we were independently assessed by CANNEX and given a five star rating as one of Australia's best value health insurers.

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