

MEDIA RELEASE

THERAPEUTIC DOSE OF THE CLASSICS

Friday 14 August, 11am | The Children's Hospital at Westmead

For the first time this year, the Sydney Symphony is set to visit the Children's Hospital at Westmead on Friday 14 August, giving a special performance with one of Australia's leading performers, Trisha Crowe, singing Disney favourites such as 'When you Wish Upon a star' and 'Supercalifragilisticexpialidocious!'.

Another special guest in attendance on the day will be NSW Member for Parramatta, Tanya Gadiel MP.



The performance is part of the Sydney Symphony/MBF award-winning *music4health* program. This is the sixth hospital visit this year by the Sydney Symphony as part of the program.

"music4health is undoubtedly the cornerstone of our community work," says Sydney Symphony Managing Director, Rory Jeffes. "The feedback we receive on the powerful effect music has on people's lives proves to us what an important program this is."

Research out of Australia, the US and the UK indicates that live classical music and its relaxing effects can improve patient responses to medication and various forms of treatment. It also has therapeutic benefits ranging from pain alleviation, blood pressure reduction and increased immune response.

Dr. Christine Bennett, Chief Medical Officer at Bupa Australia* says the program highlights the natural alignment between beautiful music and improved health and wellness.

"Music has the ability to relax patients, improving their responses to treatment and therapy," Dr Bennett says. "In addition to experiencing the therapeutic power of music, the music4health concerts are great fun and a welcome break for the patients from the routine of hospital life."

music4health is the first known instance in Australia of a large health organisation and an established music institution working together to utilise and promote the association between music and health.

The program was first devised in 2003 when the Sydney Symphony began to consider how to bring music to people who were unable to experience live classical music due to limited mobility, illness or other circumstances. The Orchestra wanted to explore ways of bringing music out of the concert hall and into the community, in particular to hospitals.

Each year, musicians from the Sydney Symphony visit 10 hospitals throughout New South Wales and since the program started, the Orchestra has visited over 30 hospitals and healthcare facilities including a number in western Sydney including Liverpool Hospital and the Autism Advisory and Support Service, Mount Pritchard.

According to Sydney Symphony violinist Stan Kornel, who regularly performs at the hospital visits: "The program makes us aware that even a small amount of live classical music can have a huge effect on these young children. It can be such a source of joy and a greater gift than most material things. It's so encouraging to see their faces light up."

The performance will take place this Friday morning in the Starlight Room at The Children's Hospital at Westmead.

ENDS

PHOTO OPPORTUNITY

NSW Member for Parramatta Tanya Gadiel MP with children from the hospital, Sydney Symphony musicians and Trisha Crowe.

For more information, please contact:

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Note to Editors:

Date: Friday 14 August
Time: 11.00am
Venue: The Starlight Room,
The Children's Hospital at Westmead
Cnr Hawkesbury Road and Hainsworth Street,
Westmead, NSW

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

About MBF

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As a leading private health insurer, MBF's primary aim is to help all Australians live longer, healthier and happier lives.

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.

In addition to our core private health insurance business, the MBF group of companies offers life and travel insurance, as well as financial planning, superannuation and managed investment products through ClearView Financial Solutions, ClearView Life Nominees and MBF Life.