

MEDIA RELEASE

THERAPEUTIC DOSE OF THE CLASSICS

Thursday 7 May, 11am | The Sydney Children's Hospital, Randwick

music4health, the award-winning program run in partnership between the Sydney Symphony and leading private health insurer MBF, will see musicians from the orchestra perform for seriously ill and hospitalised children in the Starlight Express Room Sydney Children's Hospital, Randwick this Thursday morning.

The program sees Sydney Symphony musicians performing in hospitals throughout New South Wales and is the first known instance of a large private health insurer and an established musical institution partnering to promote the positive health-related links between music and wellbeing.



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

For the young patients at the Children's Hospital, the experience will also be engaging and educational with a 'Toy Symphony' performed in which they are supplied with percussion instruments and encouraged by play along.

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.

With the aim of helping all Australians lead longer, healthier and happier lives, Dr. Christine Bennett, Chief Medical Officer at Bupa Australia* says that 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 said. "In addition to experiencing the therapeutic power of music, the *Sydney Symphony & MBF music4health* concerts are great fun and a welcome break for the patients from the routine of hospital life."

For the musicians, seeing the responses of the young patients makes the hospital performances incredibly rewarding.

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

This will be the first time since the program began in 2006 that the Sydney Symphony has visited Randwick. The performance will take place in the Starlight Express Room at 11am.

ENDS

Note: Photography is welcome at this event.

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Note to Editors:

Date: Thursday 7 May
Time: 11am
Venue: The Starlight Express Room
The Children's Hospital, Randwick
19 Eurimbla Ave
Randwick, NSW 2031

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

About MBF

MBF has been looking after Australians for more than 60 years.

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.