

# An Orchestral Morning.

## 10 key points for the success of the activity

– Summarized results of research carried out in 2018 by Dr. Salvador Simo and Dra. Jessica Garrido, (University of Vic, UVIC), and Dr. Gianni Ginesi (Escola Superior de Música de Catalunya ESMUC)

The key aspects that can serve as proposals or guidelines for promoting sociocultural policies in other institutions are:

- 1. The cultural institution.** Carrying out the activity in such a prestigious cultural facility such as L'Auditori guarantees the interest of users, since it is a cultural and leisure centre recognised by the community.
- 2. The potential of the arts.** Especially music. Used as a means of social contact and non-verbal expression, music boosts motivation, communication skills and social interaction among users.
- 3. Access to top-level artists.** The OBC. Attending an orchestra rehearsal is something that is highly valued, as it is not something we get an opportunity to do every day. Closeness and an attitude of dialogue among the musicians that participate in the meetings with the users must be fostered.
- 4. Professionalism of those leading the activity.** An important point to highlight is that those who lead the activity are music therapists, as well as musicians, who have the experience and skills to be able to guide the selected group of users. This facilitates communication with the participants and helps to create a bond between them, and the activity and communication can be adapted to the needs of each group.
- 5. The institute's workers.** The high level of motivation and involvement on the part of the workers of the cultural institution (organisers, musicians, interns, etc.) allows the activity to be developed in the best way possible.
- 6. Fostering social relationships inside and outside the group.** The dynamics of the activity favours interaction between the various participants (users, professionals and companions) and is a positive aspect for guaranteeing success. The involvement of carers and

relatives in the activity is very important for forming social relationships and for strengthening the bond between users.

- 7. Adaptable activity.** Adapting each part of the activity to the cognitive and physical level depending on the needs of each individual in the group enables the users to become interested in and to participate in the activity, thus avoiding situations of frustration or loss of interest or attention if they cannot follow or get involved in the activity.
- 8. Combining active and passive participation.** Facilitates the active participation of users, especially in the music workshop, as they are no longer merely passive agents attending a rehearsal, and this in turn increases their feeling of well-being.
- 9. Enables individual expression.** Freedom of expression is fostered through music, whether independently or guided, in the final part of the activity.
- 10. Community and cultural participation.** Participation in community and cultural activities outside each centre contributes to maintaining the subjective well-being of people, since it is a motivating and gratifying social experience that can stimulate social relationships. For this reason, it has become necessary to offer cultural activities that can provide well-being to society, through proposals that are recognised in public social and health programmes.