

PEN Awards

September 2026

Our Engagement Work

Sounds of the Soul & The Sangeet Memory Box

Bringing Memory, Culture and Connection Back
Through Music

PEN Awards Finalist 2026 Category: Partnership Working

The Challenge: When Memory Fades, what else can be lost?

For many people living with dementia:

Memory is affected

Communication becomes harder

Connections to culture, faith and identity can fade

We asked:
How can we help
people reconnect with
who they are?



A Partnership Built on Listening

We Started with People

Partners included:

- Mindsong
- Chaplaincy teams at Gloucestershire Hospitals NHS Foundation Trust
- Adult Social Care
- Community groups
- Faith leaders
- Families and carers

We did not start with a solution. We started with listening.

More Than Music:

What We Saw

- People began singing
- Participants hummed familiar tunes
- Conversations opened naturally
- Families shared memories together
- Community members became storytellers



Music reached places words sometimes could not.

Seeing the Impact

"Every song held a memory. Every memory told a story."



Voices of Families.

The Impact Beyond the Session

"My mother started humming again after many years."

"For the first time in a long while, I felt like I had my mum back."

"The Sounds of the Soul playlist was played at a father's bedside, giving the family comfort and connection during his final days."



We Created Together: Two Lasting Resources

Sounds of the Soul (2025)

A community-led programme using music, memory and storytelling.

Sangeet Memory Box (2026)

A culturally meaningful online resource featuring Devotional music.

Now being used by: Families, Community groups,
Hospital chaplaincy teams and Healthcare professionals

Why This Matters:

This Work is Not About Music

It is about: *Identity, Culture, Belonging and Family*

"That felt like me again."

"Even when memory fades, identity and belonging do not have to."



Thank you