

"Life Echo is an easy to use technology which captures, and then re-plays on demand, reproduced soundscapes associated with pleasing and comforting personal memories. It is an entity that brings memories – past, present and even future - into clear focus, finds that vital trigger link between memory and sound, and skillfully and uniquely crafts the amalgamated soundscape into a playable antidote to negative thoughts and unwanted feelings. It is a privilege to be associated with all the work that backs it up."

Dr. Mike Graveney, Consultant Advisor to John Taylor Hospice as well as Public Health Medicine and Research and Development, Hon. Clinical Professor at University of Warwick

"Life Echo is a refreshing way of using sound as a supportive tool to help people of all walks of life to reconnect with their past in order to deal with the here and now. Justin has found a way of making the ordinary exceptional through bringing sounds to the forefront and using their powers to change moods in a positive way. We all know the power of a good tune to motivate us and Justin has just taken this to another level - simple and effective in so many ways. I just love Justin's passion to try new ways of putting sound to use."

Lucy Chatwin, Business Manager, West Midlands Academic Health Science Network

If you would like to know more about how your organisation can use Life Echo to support the people you work with email info@life-echo.com

www.life-echo.com

The Future of Memory

"The research activity which has led to the development of Life Echo has created much interest and traction across key areas of the healthcare system (hospital and community settings). A number of NHS organisations have already indicated that they wish to collaborate in this activity as its success will have a positive impact on the health and wellbeing of patients, carers and the community."

Bethan Bishop (Aliciyo LTD)

"Justin Wiggan is the most exciting artist working across arts and health in the UK today. Life Echo is a ground-breaking project with huge potential for impact across life sciences, a testament to the power of creativity in health and wellbeing. Investment in crucial R&D at this stage will underpin rigorous research, development and cross sector governance to develop a solid business model to scale in response to demand Justin has identified across the NHS, prison service and social care."

Karen Newman Director BOM (Birmingham Open Media)

"We have been delighted to work with Justin over the last few years with regard to the Life Echo project. We have seen first-hand the benefit to our patients at John Taylor Hospice and believe it has many possibilities to support a range of areas across society to improve wellbeing."

Penny Venables, CEO of John Taylor Hospice

life echo

Life Echo is a personalised sound memory map to support wellbeing which has seen a host of positive results for participants.



Since 2013 Justin has been working with hospice patients at John Taylor Hospice, creating their Life Echoes. Through a series of one-to-one sessions and the completion of a written life map called a “memory atlas” with patients and carers, participants are encouraged to share positive memories which can be triggered by sounds.

Justin then makes a Life Echo, an individual recording featuring these sounds. Each participant can then recall memories triggered by these sounds from the past just at the click of a button.

Patients at the hospice have focused on a range of sounds from their childhoods, early working careers, families and even holidays. Many have reported that the Life Echo process has helped with long-term memory retention as well as creating a sense of well-being.

A study by Leicester University found a range of positive effects resulting from participation in Life Echo:

- Sparked a curiosity in the participants.
- Participants appreciated and recognised a value in their memories.
- Generated a high level of engagement, where the participants were visibly animated as well as visibly absorbed particularly when listening back to the soundtracks or their drafted Life Echoes.
- Increased enjoyment and socialisation in the participants through actively participating and working with others.
- Helped participants gain confidence and supported them in returning to activities they would have previously done and potentially can still do but had avoided since becoming ill.

“Life Echo has really helped patients at John Taylor Hospice recall memories which they thought they had lost,” says Justin. “But it not only works as a memory aid, it also promotes well-being, socialisation and confidence.

“From this work we have now looked at ways of developing and adapting Life Echo so that it can support people in a range of different settings including schools, emergency services and charities supporting people with difficulties including homelessness, dementia and end of life conditions.”

Justin has developed Life Echo in new directions and worked with other organisations.

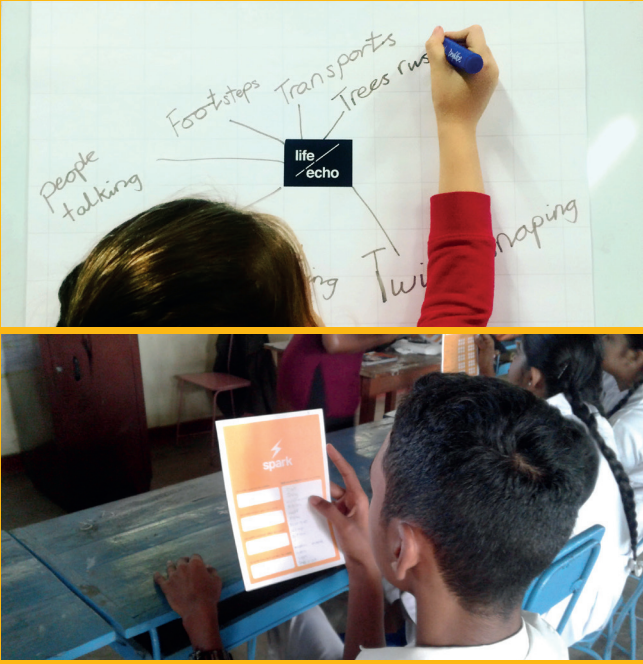


Life Echo and homelessness

SIFA Fireside works with some of the most vulnerable adults in our society: those experiencing homelessness or who are vulnerably-housed. SIFA Fireside used Life Echo as a focus and motivational tool and to aid understanding of new clients accessing its service.

At Crisis, clients who were homeless made their Life Echoes as part of a training process where they also learned software, sound recording and composition skills.

“I just want to say your project is amazing. With your project you get to know more about the clients, it’s a trip down memory lane for clients where we talk about positive memories. It makes them think and they remember happy times, lots of smiles were in that session and laughter. I hope more organizations gets involve in such a brilliant project.”
SIFA Fireside staff member.



Life Echo and education

“Spark” was a dual project bringing together Cotteridge School in Birmingham and the T.E.A. Project in Sri Lanka , who devise creative and educational ‘Schedules of Activity’ to engage and attract children off the streets where they are vulnerable to exploitation, violence and many other dangers.

In both cases the schools replaced morning and afternoon registration with children choosing meaningful happy sounds which were played instead of their names being read out.

Cotteridge School reported seeing a positive impact on the children’s behaviour and mood and The T.E.A. Project reported it had enhanced children’s well-being and reduced anxiety.

“We really noticed a difference in the children’s attitude and a difference in some children in terms of behaviour. They felt more positive. It has been a fantastic experience to be part of.”
Cotteridge School staff member.

“Spark sessions give children confidence and they visibly enjoy the experience. They welcome the opportunity to express themselves.”
The T.E.A. Project, Sri Lanka



Life Echo and the blue light services

At West Midlands Fire Service, Life Echo was used with Kings Norton White Watch to embed wellbeing through a toolbox approach: keeping fire fighters mentally and physically fitter for longer.

“Life Echo is an incredibly powerful example into how an artist can create work which sensitively and collaboratively support the well-being of fire fighters and others facing trauma as part of the day to day work. This is a fascinating insight as to how sound and memory can be combined creatively to help with creative safe internal and external spaces such as with White Watch.”
Creative consultant to the project.

WMFS Noted the following benefits:

- Crew team building, connections and motivation
- To improve wellbeing of employees.
- Potential reduction in sickness absence to assist staffing and budgets and also a reduction in accidents and injuries
- To enable employees to recall the happy memories at any point by listening to the sound track of their Life Echo.