

Conversations for Kindness

MusicQafé - A healing gathering through music

September 2025

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About the movement

Conversations for Kindness is a monthly virtual meeting that was set up in the summer of 2020 by eight colleagues and friends working in healthcare across Sweden, the UK and the USA: Bob Klaber, Dominique Allwood, Maureen Bisognano, Göran Henriks, Suzie Bailey, Anette Nilsson, Gabby Matthews and James Mountford. The purpose of the meeting was to have some time together to continue some initial conversations around kindness, and its role at the 'business end' of healthcare, and to plan interactive workshops on this topic.

Conversations for Kindness

- Monthly MS Teams call on the third Thursday of every month (6-7pm UK time)
- A focus on listening, learning, thinking differently and mobilising for action
- An open culture of sharing of resources, energy and ideas

If you would like to join the conversation for kindness, please complete this **[contact form](#)**

Joining the Conversation from across the world

More than **40** Kindness in Healthcare community members came together from all over the world for this Conversation for Kindness. Once again, we had new faces join us for the first time!

Where were
our
participants?



Melbourne, Australia



Jönköping, Sweden



Leicestershire,
United Kingdom

Who did we hear from? Christian Farman and Göran Henriks

Christian is a licensed nurse with an extensive experience as a patient, having undergone three kidney transplants. He is co-founder of MusicQafe, an initiative which brings music into healthcare settings.



Göran is Chief Executive of Learning and Innovation at [Qulturum](#) in Region Jönköping County, Sweden. He has more than thirty years' experience of management in the Swedish healthcare system, including his role as Chief Executive of Learning and Innovation in the County Council of Jönköping, Sweden, between 1997 and 2023.

This insights pack summarises the session, but you can also [watch the YouTube video](#)

What did we hear? Setting the scene

Göran began by setting the scene:

When we think about communication, we often think about language. But there are other ways to reach hearts and minds, including music,

We then listened to two pieces of music together to give us a taste of the spirit of MusicQafé, which uses music as a way to connect and have meaningful conversations.



Lean on Me by Bill Withers with Stevie Wonder and John Legend




Triumphant Heart by Jason Becker a guitar prodigy with ALS who uses eye-tracking technology and computer programmes to compose complex music

What did we hear? Introducing MusicQafé

What is MusicQafé?

- A meeting place where the power of music leads to conversations about life, feelings and mood, aiming to support health and wellbeing on a deeper level.
- MusicQafé Hospital offers the experience to inpatients at the Ryhov County hospital.
- It builds on a wealth of scientific evidence on the benefits of music in healthcare, which is shown to enhance emotional wellbeing and reduces pain and stress.



"I enjoyed the whole evening. I jammed along and felt so alive. A brief moment of wellbeing despite being seriously ill"

- MusicQafé participant

Group discussion

The provocation for our breakout discussion was:

- **How did this make us feel?**
- **Do you have any similar experiences?**

Sue

We talked about so many different examples of music in healthcare, including:

- Music therapists composing to the music of a child's heartbeat
- The Forget Me Not Chorus, a choir for people with dementia and their families

We reflected that all of these initiatives require momentum and energy to drive them forward.

Cath

For the last 25 years, I've been bringing composers into hospital through Hush Music. The impact on staff and patients is remarkable. For staff, it helps keep them calm and treat each other with kindness and respect.

Göran

Creating a place where people are people, not roles and functions is really important. Sometimes healthcare is so rational and production oriented that we forget to reach another person you need to have a place where you're invited to do that, such as Culturum.

*Kindness in
healthcare*

Acknowledgements

This insights pack has been co-produced by
Nicki Macklin and the team at **Kaleidoscope Health and Care**

For all enquiries please contact us [via the Kindness in Healthcare website](#) or email
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See you next month for another great Conversation.

[Check out resources from our previous sessions on our website](#)

Thank you for joining, thank you for reading.

We'll see you next month!