

## Playlist for Life

Playlist for Life is a music and dementia charity. The charity was founded in 2013 by writer and broadcaster Sally Magnusson after the death of her mother who had dementia. They want everyone with dementia to have a unique, personal playlist and everyone who loves or cares for them to know how to use it.

Scientific research has shown that listening to a personal playlist can improve the lives of those living with dementia. Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia connect with family, friends and carers.

Playlist for Life has resources to help you identify tunes including a 100 years book, a personalised music journal a video on how to make a start.

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**Telephone:** 0141 404 0683

**Website:** <https://www.playlistforlife.org.uk>

**Email:** [rebecca.kennedy@playlistforlife.org.uk](mailto:rebecca.kennedy@playlistforlife.org.uk)

**Twitter:** <https://twitter.com/playlistforlife>

**Facebook:** <https://www.facebook.com/playlistforlifeUK>

**Youtube:** <https://www.youtube.com/channel/UCShLfetjoOJQ7OUd4jTkdDw>

**Opening Hours:** Monday to Friday 9am to 5pm

**Cost:** Free

**Address:**

Suite 419  
Pentagon Centre  
36 Washington Suite  
Glasgow  
G3 8AZ

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