

"Singing for body and soul in later life"

LIMMUD 2019 Birmingham NEC

Sunday 14:40 – 15:40

Presented by Thea Jacob

tjsongbox@yahoo.co.uk

www.york-songbox.co.uk

Session handout

There's increasing evidence that singing regularly, as part of a group and at home, is good for your general health and wellbeing. Informal singing can support people living with: breathing difficulties, speech, communication and coordination challenges, anxiety, social isolation and dementias, including within residential care. Friends, family and people's community can help.

If you have any difficulty accessing the following table of information, organisations and services please contact me. I will be happy to send the information in a different format.

Condition	Symptoms that can benefit from singing	Useful singing activities Links to resources
COPD lung disease	Feeling short of breath. Breath control. Managing symptoms. Posture. Confidence.	Basic vocal warm ups including sitting well. Singing songs with long slow phrases. Singing songs you enjoy, in a group or at home. The British Lung Foundation website has excellent information, links and resources including: "Singing for breathing CD" "BLF singing for lung health" groups www.blf.org.uk/support-for-you/singing-for-lung-health
Parkinson's	Vocal strength. Speech fluency and articulation. Walking Posture Motor function Memory and learning Mood Anxiety Trust and relationships	Basic vocal warm-up exercises. Rhythmic chanting (including tongue twisters). Singing songs with a strong musical rhythm. Singing songs you enjoy, in a group or at home. Parkinson's UK informative website including "Sing to beat Parkinson's" groups www.singtobeat.co.uk The Sidney de Haan research centre have a very informative website including a good review of research in this area. https://www.canterbury.ac.uk/health-and-wellbeing/sidney-de-haan-research-centre/documents/singing-and-people-with-parkinsons.pdf
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Aphasia speech disorder	Difficulty articulating words. Mood. Confidence.	Basic vocal warm-up exercises. Singing songs you enjoy, in a group or at home. Stroke Association website includes local singing groups for people with aphasia. https://www.stroke.org.uk/finding-support/clubs-and-groups and enter "singing" in the search box.
Dementias	Speech and communication Alertness Social isolation Anxiety Restlessness Identity	Singing songs you enjoy, in a group or at home. Age UK advocate the value of singing. www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/dementia/dementia-and-music Alzheimers website lists "Singing for the brain" groups for people living with dementia and their carers. www.alzheimers.org.uk/get-support/your-support-services/singing-for-the-brain Make a personalised music resource that can support the individual and their care-givers. "Play list for life" and "Music Mirrors" can guide and assist in creating these individualised resources. www.playlistforlife.org.uk www.musicmirrors.co.uk

These notes have been produced by Thea Jacob, a community musician based in York. Thea specialises in shared informal singing to promote personal development, community inclusion, cultural cohesion and wellbeing. She works with families with young children, and with older adults particularly those living with age related challenges. In recent years Thea has been developing intergenerational formats to bring these groups together. You can contact Thea through her website www.york-songbox.co.uk, follow her on facebook and twitter at /songboxyork and email her at tjsongbox@yahoo.co.uk.