

Promoting health and wellbeing through community singing



***Connection
Collaboration
Communication***

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People powered choir

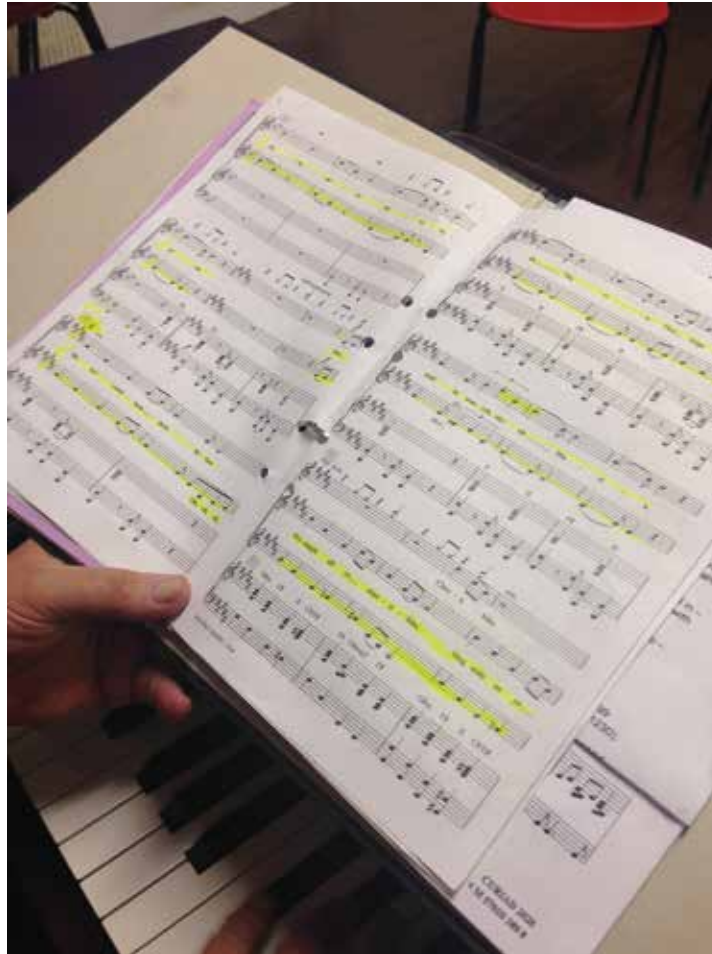
Challenges in Scotland



Benefits of Community Singing



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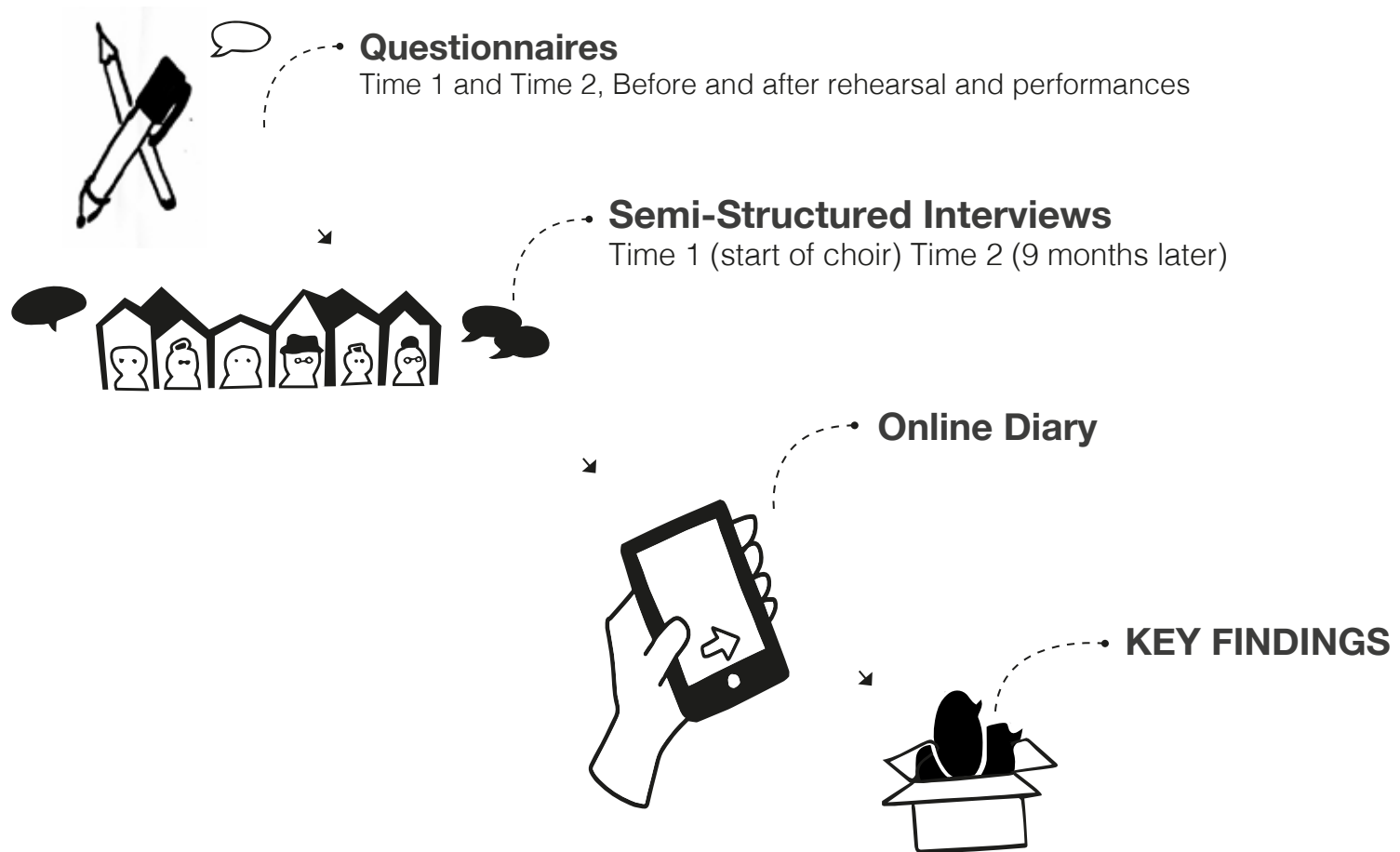
Benefits of Community Singing



Rewind << 5 Years



Methods



Findings: Social support, belonging and community

'I've enjoyed just being part of the group too um cos it is a very social thing and I've never stopped to see music in any form as being a social thing but of course it is when you're working as a group like that and there's a lot of support because I don't think I'm the only person that sometimes gets mid way through something and thinks what on earth!



Findings: Sense of achievement, development and progression

'That is the best part of it once you've trained and trained and then suddenly you put on this wonderful performance and everybody thinks is wonderful and you think great we've done somethin right!' (laughs)



Findings: Benefits for health and wellbeing

‘you can go there feeling tired or down, you’ve had a rotten day or a busy day and you go there and you, you just everything’s just lifted. It’s wonderful [...] It’s just important I think to life now and that we just go and meet one another and sing, and sing, and sing, and it’s lovely... it’s just a great boost to life, 1 night a week but it’s just, ooh terrific, really enjoy it”



Findings: Importance of choir participation

'I would be really upset and I would like to think that I would find some other way of filling it but I think what the choir has done is fairly unique because of the fact you've taken people and have said I don't care if you can't read music I don't care what your ability is ... I don't know that there are other groups that people like me could go and become part of because you've made it so open so I think that in some ways makes it really, really important and I believe that that's one of the reasons why it's been the success that it has'



A People Powered Choir



The “C’s” of Community Choirs



Connection



Collaboration

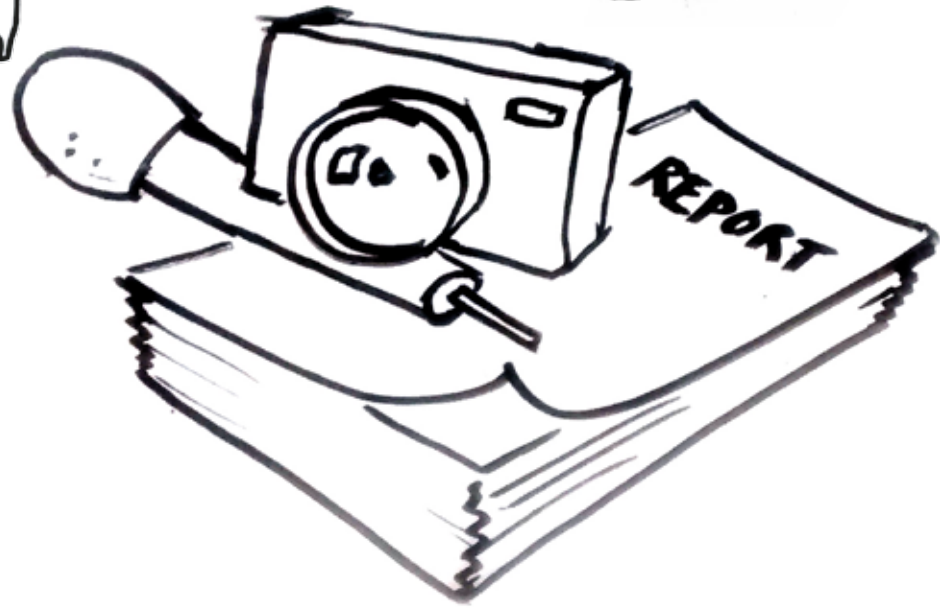


Communication



Confidence

Challenges



Digital Health and Care Institute



**THE GLASGOW
SCHOOL OF ART**





A collection of wooden cutouts on a white background. It includes four stylized human figures: one with a beard and glasses, one with a mustache and glasses, one wearing a nurse's cap with a red cross, and one wearing a suit and tie. Scattered around them are various medical and surgical tools, including a stethoscope, a syringe, a scalpel, a pair of scissors, a reflex hammer, a first aid kit with a red cross, and a small book.

Questions?

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