

**We're Givin' it Laldie:**

**Can Community Singing Improve Wellbeing  
in an Area of Multiple Deprivation in  
Glasgow?**

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A black and white photograph of a choir performing. In the foreground, a man in a striped shirt and dark vest is singing with his head tilted back and mouth open. Behind him, another man in a striped shirt and bow tie is also singing. To the right, a woman is visible, and further back, another man is singing. The background is slightly blurred, showing an indoor setting.

# Givin' it Laldie



## The Lodging House Mission Choir

- Set up in partnership
- Lack of consistency
- Damaged voices
- Less agency
- Emotional Engagement
- High profile demanding projects

## Gorbals Community Choir

- Large, energetic, lively, city-wide
- Inclusion, cohesion, tolerance
- Challenging
- Seen as a local institution



**Singing as a driving force for change :**

**What is the perceived effect of  
participating in a Community Choir in  
an area of high deprivation in  
Glasgow?**

**Impact on Wellbeing**

**Social Impact**

# Impact on Wellbeing

Emotional	Psychological	Therapeutic	Health	Spiritual
Pleasure.	More confident.	I get lost.	Improved mental health.	Nourished.
Uplifting.	Achievement.	Its therapy.	Beneficial for breathing.	<b>Found 'fertile ground'.</b>
Empowering.	Improved self-esteem.	<b>Opened me up.</b>		Lifts my soul.
Self- expression.	Valued.	Better than anti depressants.	<b>Need the physicality of singing</b>	Moves me.
Enjoyment.	Accepted.			Connected - ness
Laughter.	<b>Healed an old wound.</b>			
Fun.				
Calming.	Never seen myself as a singer.			
<b>Sense of pride.</b>				

# Social Impact

The Individual	The Team	Community	Wider Social Impact
<p><b>Meet different people I wouldn't meet anywhere else.</b></p> <p>New friends.</p> <p>Joined other clubs and classes with new choir friends.</p>	<p>We're a team, a family, a unit.</p> <p>Pulling together.</p> <p>Make decision together.</p> <p><b>Cease to be individuals - now working as one.</b></p>	<p>More bedded into local community.</p> <p><b>This is how community is built.</b></p> <p>Bought me closer to other residents and local community.</p>	<p>Enhance the image of the Gorbals.</p> <p>Got a new job because of the choir.</p> <p>Singers living out-with the Gorbals embrace the community.</p> <p>I use singing as a tool in my life.</p> <p><b>Challenge negative stereotypes.</b></p>

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# PhD Research

***Just Sing It: Can group singing empower individuals experiencing socio-economic disadvantage and homelessness to effect life transformations?***

1. Agency
2. Meaning and Purpose
3. Building the Emotional Self
4. Belonging and Community
5. Leadership

# Questions and Comments

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