The Impacts of Singing on Health and Wellbeing Across the Lifespan
8-9th Jan 2019

Recommended reading/links


Joyce, V. M. (2005). The “subject” is singing: Singing as social practice. *International Journal of Community Music, 2*(1). Retrieved from [www.intellectbooks.co.uk/Manager/Archive/IJCMA/.../08 Joyce.pdf](http://www.intellectbooks.co.uk/Manager/Archive/IJCMA/.../08 Joyce.pdf)

Kayes, G. & Fisher, J. (2016) This is a *Voice.* London: Welcome Collection


**SingUp.org** website, especially some of the little short films like: [https://www.youtube.com/watch?v=X4mnO3vHXf4](https://www.youtube.com/watch?v=X4mnO3vHXf4) with Lin Marsh.

World Voice pages from the British Council website: [https://schoolsonline.britishcouncil.org/classroom-resources/world-voice](https://schoolsonline.britishcouncil.org/classroom-resources/world-voice)
TED talk about a project in Melbourne Australia: https://www.youtube.com/watch?v=l_HOBr8H9EM

Conductor Francis Cojunez: http://www.franciscojnunez.com/quotes/

South African boys choir: https://www.youtube.com/watch?v=f-cwM54SiPk

https://ahrc.ukri.org/research/readwatchlisten/features/interview-daisy-fancourt/
http://www.streetwiseopera.org/
https://www.choirwithnoname.org/

Chaps Choir - Dominic Stichbury  https://www.chapschoir.com/

Chaps Choir is the brainchild of London-based vocal practitioner Dominic Stichbury, established in 2013 as a means of bringing men together to sing as a positive force for their mental health & wellbeing. It is predominantly aimed at the 20-40 age bracket and has set out to re-define the term "men's choir". Since launching, it has been inspiring to watch Dom set out on this mission, successfully creating a space for men to explore singing in a safe and encouraging environment. The Chaps singing community is one of the strongest out there, and clearly brings a lot of benefit to the many members.


Music & Motherhood - Project & Research Study by Royal College of Music and Chelsea & Westminster Hospital https://performancescience.ac.uk/musicandmotherhood/

This 2016 project explored the impact of creative interventions on symptoms of postnatal depression and its 10-week singing classes demonstrated that mothers with moderate-severe symptoms of PND who took part in the activity had significantly faster improvement rates that those receiving usual treatment. Significantly, the study also indicated that singing was more effective than other creative play activities.

Here's a short film: https://www.youtube.com/watch?v=vARFFcNbPQI


This choir for people living with dementia was born out of Wigmore Hall's Music for Thought programme, giving participants the opportunity to meet regularly, learn new music and perform in amazing venues including Buckingham Palace! The project has been researched by Canterbury University and Wellcome's Created Out Of Mind.

Part of Carnegie Hall's Social Impact programme, the Lullaby Project pairs pregnant women and new mothers with professional artists to write and sing personal lullabies for their babies, supporting maternal health, aiding child development, and strengthening the bond between parent and child. In New York City, the project reaches mothers in hospitals, homeless shelters, schools, and at Rikers Island Correctional Facility. Extending across the country and internationally, the Lullaby Project enables partner organisations to support families in their own communities.

Short film: https://www.youtube.com/watch?time_continue=1&v=lzgZpxjl-a0