

The Impacts of Singing on Health and Wellbeing Across the Lifespan

8-9th Jan 2019



Recommended reading/links

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- Dunbar, R. (2012). On the Evolutionary Function of Song and Dance. In N. Bannon (Ed.), *Music, Language and Human Evolution* (pp. 201–214). OUP Oxford.
- Elefant, C. et al (2012) *The Effect of Group Music Therapy on Mood, Speech, and Singing in Individuals with Parkinson's Disease — A Feasibility Study*
https://www.researchgate.net/profile/Geir_Skeie2/publication/233972556_The_Effect_of_Group_Music_Therapy_on_Mood_Speech_and_Singing_in_Individuals_with_Parkinson's_Disease_-_A_Feasibility_Study/links/56274eca08aeedae57dda5d6.pdf
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- Harrison, C. & Mullen, P. (eds) (2013) *Reaching Out: Music Education with hard to reach children and young people*. Wilts: The UK Association for Music Education
- 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/MediaManager/Archive/IJCM/.../08_Joyce.pdf
- Kayes, G. & Fisher, J. (2016) *This is a Voice*. London: Welcome Collection

Marschark, M. & Hauser, P. C. (2011) *How Deaf Children Learn: What Parents and Teachers Need to Know (Perspectives on Deafness)* USA: Oxford University Press.

NICE. (2015). *Older people - independence and mental wellbeing* (Guidelines No. NG32). London: National Institute for Health and Care Excellence. Retrieved from <http://www.nice.org.uk/guidance/ng32/resources/older-people-independence-and-mental-wellbeing-1837389003973>

Palkki, J., & Caldwell, P. (2017). "We are often invisible": A survey on safe space for LGBTQ students in secondary school choral programs. *Research Studies in Music Education*, 1321103X1773497, doi:10.1177/1321103X17734973.

Perkins, R., Yorke, S., & Fancourt, D. (2018). How group singing facilitates recovery from the symptoms of postnatal depression: a comparative qualitative study. *BMC Psychology*, 6(1), 41. <https://doi.org/10.1186/s40359-018-0253-0>

Pitts, S. E., Robinson, K., & Goh, K. (2015). Not playing any more : A qualitative investigation of why amateur musicians cease or continue membership of performing ensembles. *International Journal of Community Music*, 8(2), 129–147, doi:10.1386/ijcm.8.2.129.

Rao, Doreen & Perison. B (2005). *Circle of Sound Voice Education: A Contemplative Approach to Singing*. Boosey & Hawkes, New York.

Small, C. (1998) *Musicking: the meanings of performance and Listening*. Middletown Connecticut: Wesleyan University Press.

Tamplin, J. et al (2013) 'Stroke a Chord': *The effect of singing in a community choir on mood and social engagement for people living with aphasia following a stroke* [https://www.researchgate.net/publication/250919185_%27Stroke a Chord%27_The effect of singing in a community choir on mood and social engagement for people living with aphasia following a stroke](https://www.researchgate.net/publication/250919185_%27Stroke%20a%20Chord%27_The_effect_of_singing_in_a_community_choir_on_mood_and_social_engagement_for_people_living_with_aphasia_following_a_stroke)

Williams, E., Dingle, G. A., & Clift, S. (2018). A systematic review of mental health and wellbeing outcomes of group singing for adults with a mental health condition. *European Journal of Public Health*, cky115–cky115. <https://doi.org/10.1093/eurpub/cky115>

Yerichuk, D. (2015). Grappling with inclusion: Ethnocultural diversity and socio-musical experiences in Common Thread Community Chorus of Toronto. *International Journal of Community Music*, 8(3), 217–231, doi:https://doi.org/10.1386/ijcm.8.3.217_1.

SingUp.org website, especially some of the little short films like: <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>

TED talk about a project in Melbourne Australia: https://www.youtube.com/watch?v=I_HOBr8H9EM

Conductor Francis Cojnunez: <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.

Check out this short film for a flavour of the

project: <https://www.chapschoir.com/news/2018/3/20/chaps-choir-a-very-mini-documentary>

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 than 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>

Singing with Friends - Wigmore Hall & Resonate Arts
<https://www.resonatearts.org/singing-with-friends.html>

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.

Lullaby Project - Carnegie Hall <http://bit.ly/16oi2TK>

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=IzgZpxjJ-a0