

# Workshop 1

40 minutes  
maximum

1<sup>st</sup> workshop then  
tea

2<sup>nd</sup> + 3<sup>rd</sup> workshops  
then plenary



Welcome and Introduction – Rumina

2-3 professionals on each table who work in community arts projects or for community and social care.



Small group work 15 minutes



Film about Jaqueline – plus 2 slides Rumina 5 mins



Rumina introduce and time keeps 5  
minutes each

Chris Bartram  
Helen Ward  
Christine Marmion



Summary Rumina





# **Workshop 1**

## **Chronic Illness**

# Health

Includes the concept of wellbeing and the ability to adapt and change.

The role of the health professional is to help the individual to adapt.



**Jaqueline** is your next patient. She is a frequent attender to surgery.

Age 54

Lives alone, retired.

### Medical history

- Diabetes (well controlled)
- Parkinson's Disease (medication optimised)
- Hypertension (well controlled)
- Stroke (recently discharged from physio and speech therapy)

### Current Concerns

- Ongoing weakness in left arm with impaired function.
- Still struggling to make herself understood through spoken and written word.
- Loss of confidence going out, so is feeling isolated and lonely.

**What might help Jaqueline?  
How might you use your  
consultation time?**



Jacqueline, 54

Denmark Hill  
Southwark



**World Health  
Organization**

reported evidence to support the health benefits of the arts for:

Stroke

Degenerative Neurological Conditions

General Wellbeing

Social Isolation



**World Health  
Organization**

Community based activities improve health and wellbeing in a number of ways:



## **Psychological**

Enhanced self-efficacy, coping and emotional regulation



## **Physiological**

Lower stress hormone response, enhanced immune function and higher cardiovascular reactivity



## **Social**

Reduced loneliness and isolation, enhanced social support and improved social behaviours



## **Behavioural**

Increased exercise, adoption of healthier behaviours, skills development





The Evidence for Song

# [www.ncem.co.uk/cuppachorus](http://www.ncem.co.uk/cuppachorus)

Protected Learning Time event at x Singing x NCEM - The National Centre for x how do I capture a screen shot - x +

Not secure | [ncem.co.uk/cuppachorus](http://ncem.co.uk/cuppachorus)


Apps finances Facebook BBC - iPlayer Radio Guardian Quick Cro... City Screen York Home | Warmshow... Essex Pension Fund Today's Daily Dose... Duolingo: Learn Sp... Other bookmarks


## Cuppa & A Chorus


[< back](#) | [Learning & Participation](#) > [Current Projects](#) >


### BOOK HERE

*Cuppa & A Chorus* offers an opportunity to sing in a relaxed environment and enjoy a cup of tea, a piece of cake and a friendly chat! You do not need to read music or have any previous experience, just a desire to find your own voice and meet like-minded people. Sessions are led by experienced community musician, Chris Bartram, who will guide you gently through a variety of music from around the world.

 Cuppa & A Chorus Watch later Share

 Singing and dancing at Cuppal

 Chris, our wonderful Cuppa leader.



Type here to search

14:10 06/01/2020



# The Chorus



and the Cuppa!

# Cuppa and a Chorus

*'Lovely group thank you - good tonic at a time that is not so bright!'*

*'Life enhancing experience'*

*'It was such an uplifting experience, I haven't sung in a group since school and I'm nearly 50!'*

*'This improves my mood even more in the winter when it's dark and cold'*



Before

good Different  
relaxed Joyful  
lovely sing confident  
Energised  
bright Calmed Brighter Lifted  
Flappily Happier  
better

After

Exciting  
Less  
Happier  
Alive enjoyable  
Really

# [www.ncem.co.uk/cuppachorus](http://www.ncem.co.uk/cuppachorus)

Protected Learning Time event at | Singing | NCEM - The National Centre for | how do I capture a screen shot -

Not secure | ncem.co.uk/cuppachorus


Apps | finances | Facebook | BBC - iPlayer Radio | Guardian Quick Cro... | City Screen York | Home | Warmshow... | Essex Pension Fund | Today's Daily Dose... | Duolingo: Learn Sp... | Other bookmarks

## Cuppa & A Chorus


[< back](#) | [Learning & Participation](#) > [Current Projects](#) >

### BOOK HERE



*Cuppa & A Chorus* offers an opportunity to sing in a relaxed environment and enjoy a cup of tea, a piece of cake and a friendly chat! You do not need to read music or have any previous experience, just a desire to find your own voice and meet like-minded people. Sessions are led by experienced community musician, Chris Bartram, who will guide you gently through a variety of music from around the world.



Singing and dancing at Cuppa!



Chris, our wonderful Cuppa leader.



Type here to search



14:10 06/01/2020





Communitas Choir [www.yorks.ac.uk/converge](http://www.yorks.ac.uk/converge)

*OH YEAH!*




Communitas Choir [www.yorks.ac.uk/converge](http://www.yorks.ac.uk/converge)



Communitas Choir [www.yorks.ac.uk/converge](http://www.yorks.ac.uk/converge)

[www.canterbury.ac.uk/health-and-wellbeing/sidney-de-haan-research-centre/research/art-forms/singing.aspx](http://www.canterbury.ac.uk/health-and-wellbeing/sidney-de-haan-research-centre/research/art-forms/singing.aspx)




STUDY INTERNATIONAL RESEARCH SCHOOLS STUDENTS ALUMNI BUSINESS ABOUT

Search our site

Home / Faculty of Health and Wellbeing / Sidney De Haan Research Centre / Research / Art forms / Singing

Go to Sidney De Haan Research Centre from here

- Sidney De Haan Research Centre
- About the Centre
- Research
  - Current research
  - Health issues
  - Participants
  - Themes
  - Art forms
    - Singing**
    - Dance
    - Music
    - Drama
    - Visual arts
- Publications



<https://youtu.be/uQJpPDxtReA>

## SINGING

Singing is a form of musical participation and expression open to everyone. The Centre has conducted substantial research, on the benefits of singing in contributing to the quality of life and wellbeing of people with long-term health conditions

# The evidence- Randomised Controlled Trial

Members of the study completed a succession of standardised health measures before and after the program of singing and at a three-month follow-up.

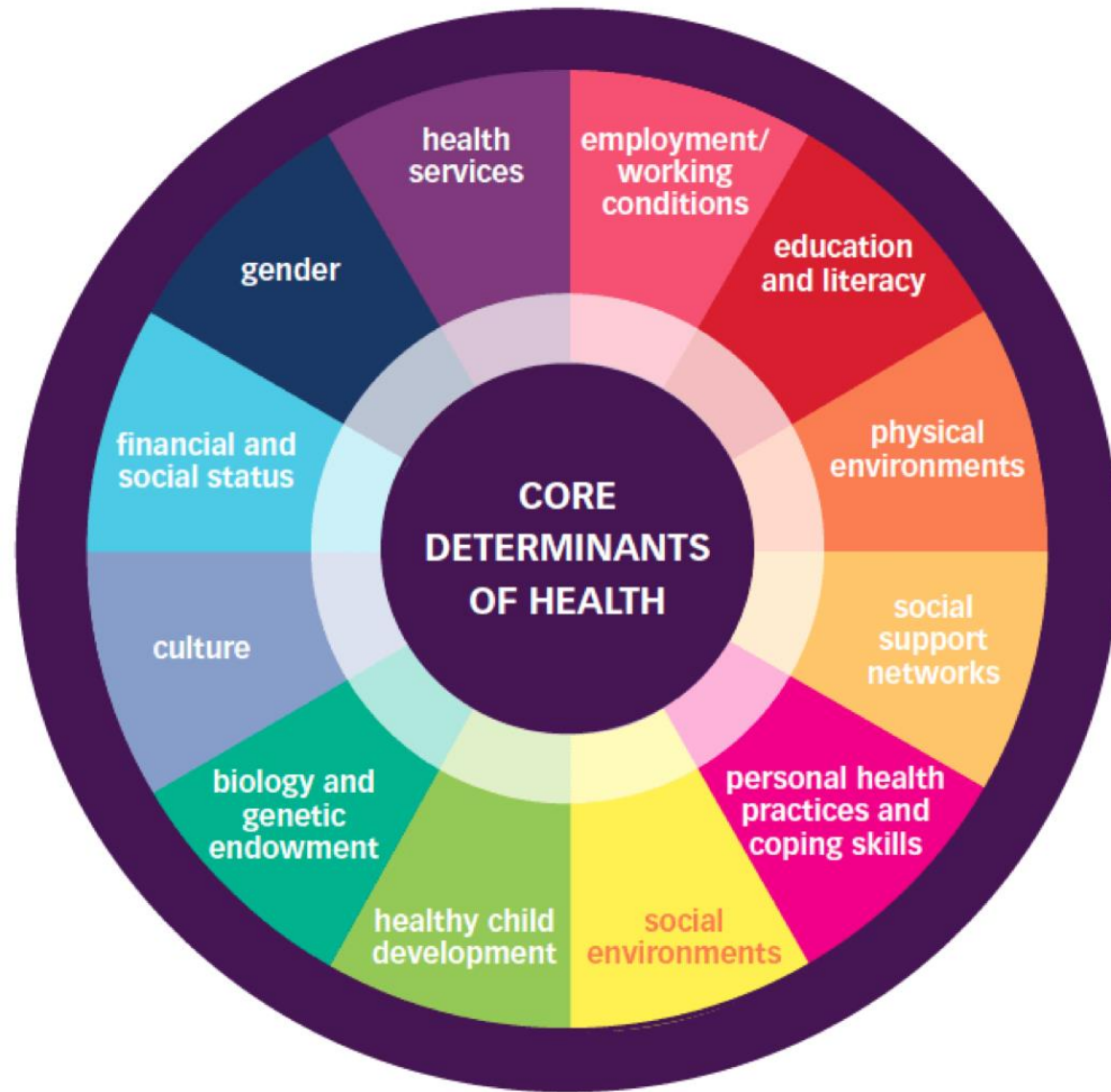
Measures of health were consistently higher among the singing group following the singing programme than among the non-singing group.

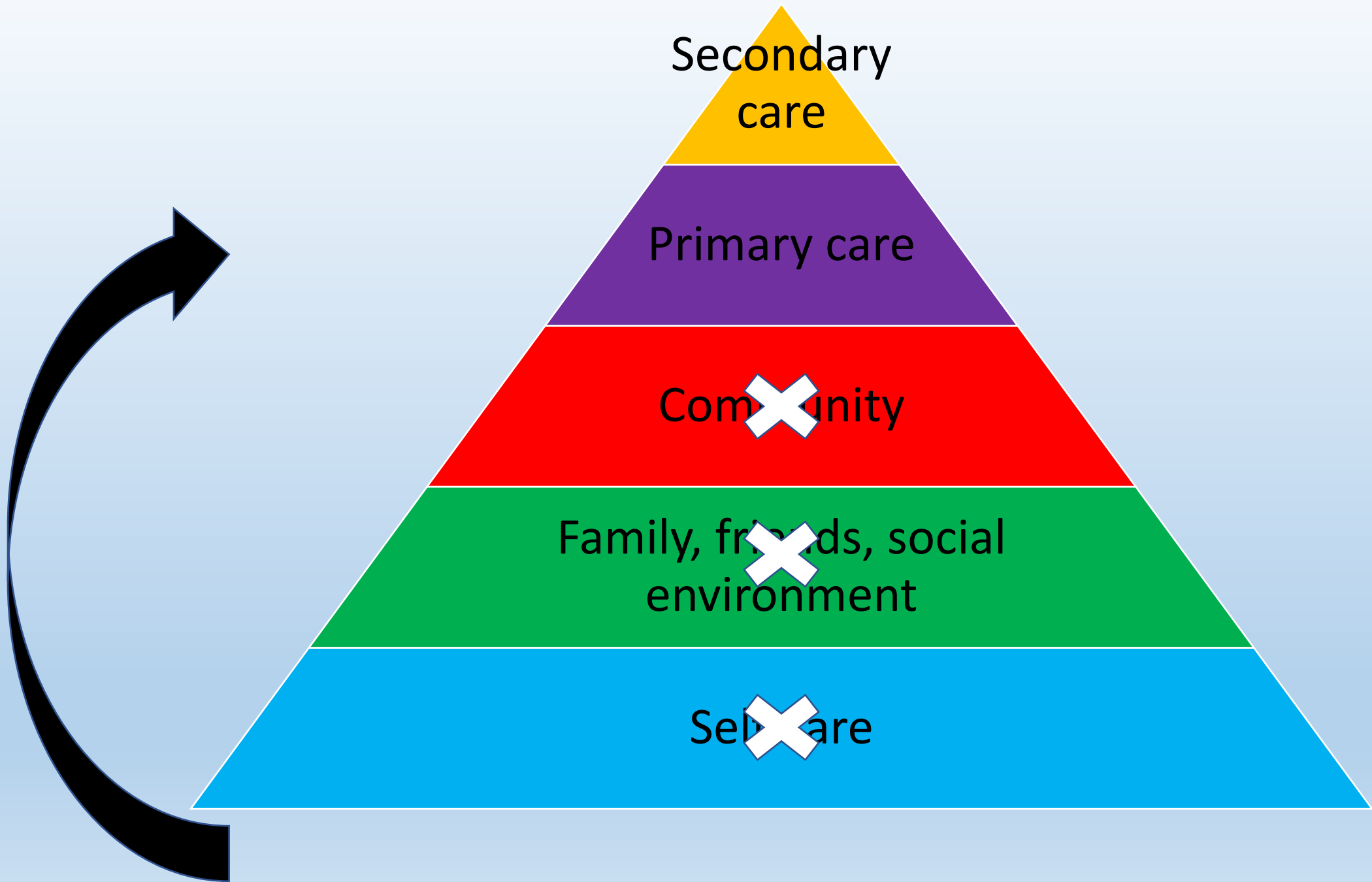


## SINGING: RANDOMISED CONTROL TRIAL

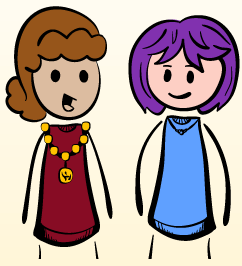
This study was undertaken in collaboration with the University of Kent and the charity Sing for Your Life, and was based on earlier evaluations of the Silver Song Club programme delivered by Sing for Your Life.



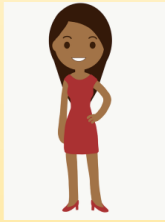








Centre for Voluntary Service

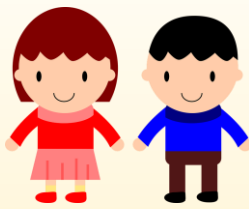


Local area co-ordinators, social link workers



Museums trust & Arts Council

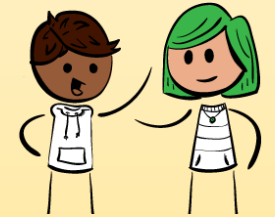
Community health champions



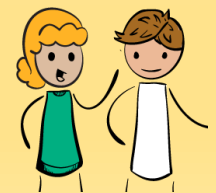
Local authority, Adult social care, Public health



Libraries



IAPT/ Community mental health partnership



Inclusive sports

Theatre, music, dance, art groups



Carer support



“What did you used to do?”  
or  
“What might you do now?”

Sport

Joining a  
society or club

Cooking

Volunteering

Acting

Drawing

Painting

Meditation

Photography

Exercise

Creative  
Writing

Craft

Gardening

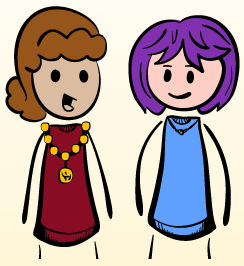
Dancing

Being  
Outdoors

Singing

Music

Reading



Centre for Voluntary Service



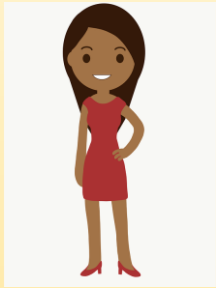
Primary Care Health Professionals



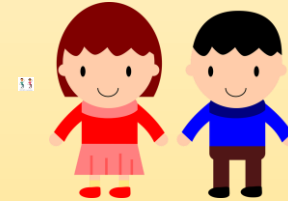
Local authority, Adult social care, Public health



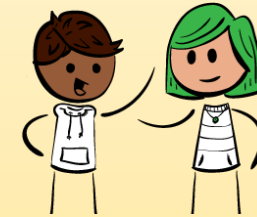
Libraries



Local area co-ordinators, social link workers



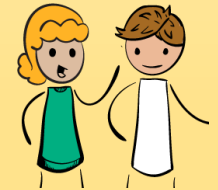
Community health champions



IAPT/ Community mental health partnership



Theatre, music, dance, art groups



Inclusive sports



Museums trust & Arts Council

Carer support





yorkcvs

# Social Prescribing



What is the matter with you?

What matters to you?



yorkevs

Primary Care

Community and  
Voluntary Sector



yorkcvs

A photograph of two metal toolboxes. The foreground features a green metal toolbox with a silver handle and latch, showing signs of wear and use. Behind it is a red metal toolbox, also showing wear. The background is a plain, light-colored surface.

Helping people to help themselves

yorkcvs







# What Works Wellbeing



Research and information about the health and wellbeing benefits of the arts can be found on these websites

---





**explore york**

**healthwatch**

Details of resources in your community can be found in many places

---



TheKingsFund>

# Community is the best medicine

**Health Professionals have a  
key role in promoting this  
message**





Link for Jacqui film- if needed

<https://vimeo.com/283913323/2f718c6952>