‘Songs of Resilience: Can group singing provide resources for better quality of life?’

Wednesday 20th May 2015 – 4:30m to 6:30pm

Venue: Canterbury Christ Church University – The Old Sessions House – Og12

MASTER CLASS WITH TRISH VELLA-BURROWS & SONIA PAGE
(HOSTED BY THE ENGLAND CENTRE FOR PRACTICE DEVELOPMENT)

Biography

Dr Trish Vella-Burrows (RGN, PhD) is Assistant Director and Principal Research Fellow for the Sidney De Haan Research Centre for Arts and Health and lecturer in arts and health at Canterbury Christ Church University. Her main focus of research has been the contribution of music and the arts to support changing models of care for older people living with long-term conditions (LTCs) and the potential for intergenerational singing and music activities to engender healthy, cohesive communities.

She has recently been commissioned by Surrey County Council to develop and deliver music-related training to reciprocally support the professional and personal wellbeing of care staff and the people for whom they care and music practitioners working in this field. In 2010 Trish was awarded a Finzi Trust scholarship for an international exploration and comparison of perceptions and practices among health professionals of the use of music as a creative care-giving tool in Continuing Care settings.

Trish is Co-Director of Music4Wellbeing which delivers learning programmes on creative practice in education and healthcare settings. Trish runs regular Singing for Health groups for people with LTCs. She has just been awarded funding from the Royal Surgical Aids Society for a two-year arts-based project to support the wellbeing of carers.

Sonia Page (RGN) is a senior lecturer in Adult Nursing at Canterbury Christ Church University and Principal Research Fellow at the Sidney De Haan Research Centre for Arts and Health. A background in Practice Nursing specialising in respiratory disease management led to involvement in research examining the benefits of singing for people living with COPD. Following a pilot study in East Kent in 2011, she is now involved in extending this body of research across Lambeth and Southwark as well as in north Kent and Medway.

In 2013 she and a team of colleagues from CCCU and Oxleas NHS Trust received the Nursing Times Award for Respiratory Services for developing, implementing and analysing the impact of a new pulmonary rehabilitation service at HMP Maidstone. A keen musician, she is Musical Director of Folkestone Singing for Health - a community choir for people using singing to support their health - and the Shorndcliffe Military Wives Choir.

Overview

The session is for health and allied healthcare staff, musicians/music practitioners and therapists, and others interested in developing the field of singing for health.

Participants will hear about up-to-date theory and research on singing interventions relating to public health and health promotion, and primary and community care. Participants will be invited to take part in a range of creative activities to help to demonstrate the topics under discussion. No previous musical experience or skills are necessary.

Aims

The overarching aim of the session is to broaden participants’ knowledge and experiences relating to the theory and practice of singing for health interventions in the community and in a range of healthcare settings.

Other aims include:
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- engender a sense of confidence to advocate/extend creative approaches to music-related, care-giving practices in different environments
- providing participants with a snapshot of musical material, resources and imaginative ways to use them
- initiate the potential for developing a supportive network within which ongoing sharing of practice and new learning can continue to occur

Useful information

Arts and Health organisations
- SDH Centre: www.canterbury.ac.uk/Research/Centres/SDH_R/Home.aspx
- (e.g. Singing Guides for specific conditions, Tips & Tactics for running singing groups)
- Research into the Arts as Wellbeing: www.winchester.ac.uk
- National Alliance for Arts, Health & Well being: www.artshealthandwellbeing.org.uk
- London Arts in Health Forum: www.lahf.org.uk
  www.facebook.com/LAHFArtsHealth
- http://ex cathedra.co.uk/education/singing-medicine

Examples of musical resources:
- www.codamusic.co.uk
- www.vocalunion.org.uk
- http://www.naturalvoice.net
- www.successfulsinging.com/odds/free-backing-tracks/
- “How to Grace the Earth” songbook and CD http://www.naturalvoice.net/about_us/to_grace_the_earth

References


Booking Details

External Professionals: £5* / CCCU Colleagues: FREE

If you are interested in attending this event: RSVP before Wednesday 13th May 2015 to:
anna.humphreys@canterbury.ac.uk
Or 01227 767700 Ext 1637
*Payment via online store http://www.canterbury.ac.uk/shop/ecpd-masterclass-series-may

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