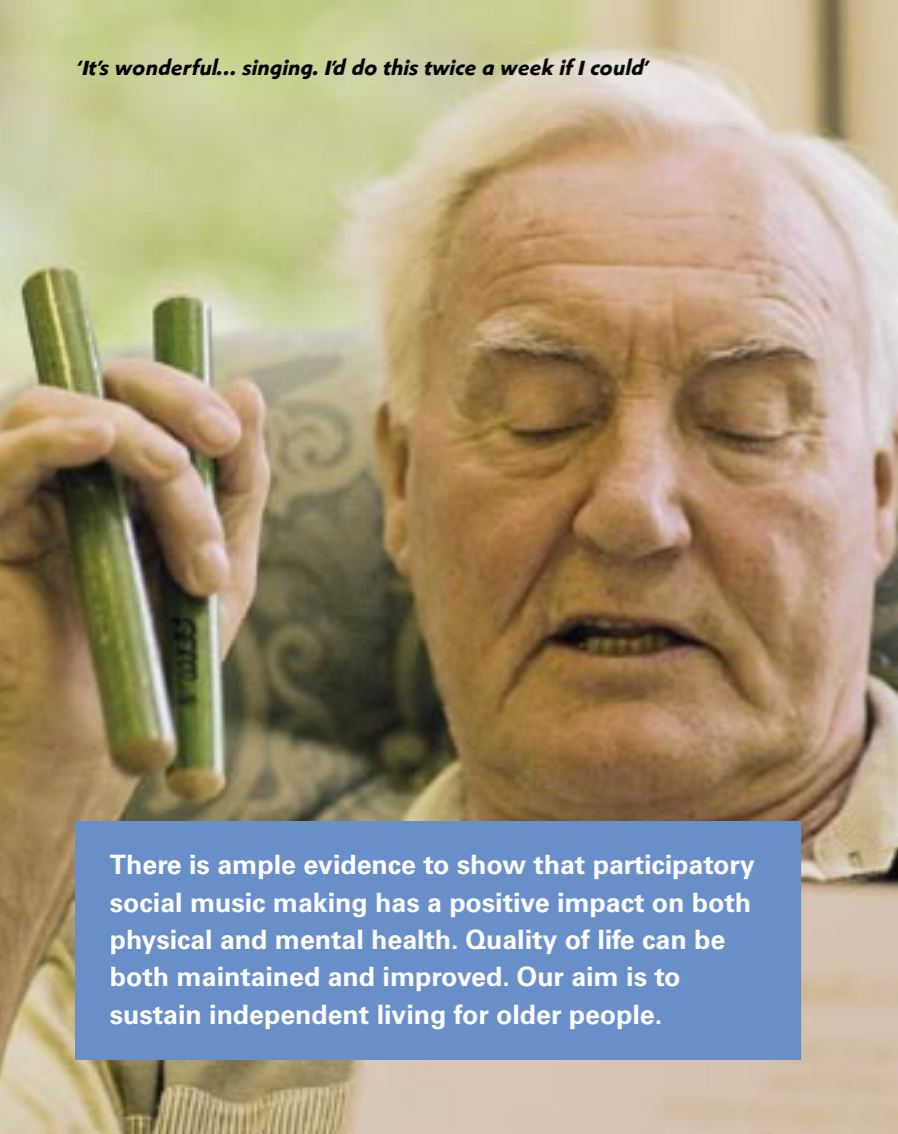
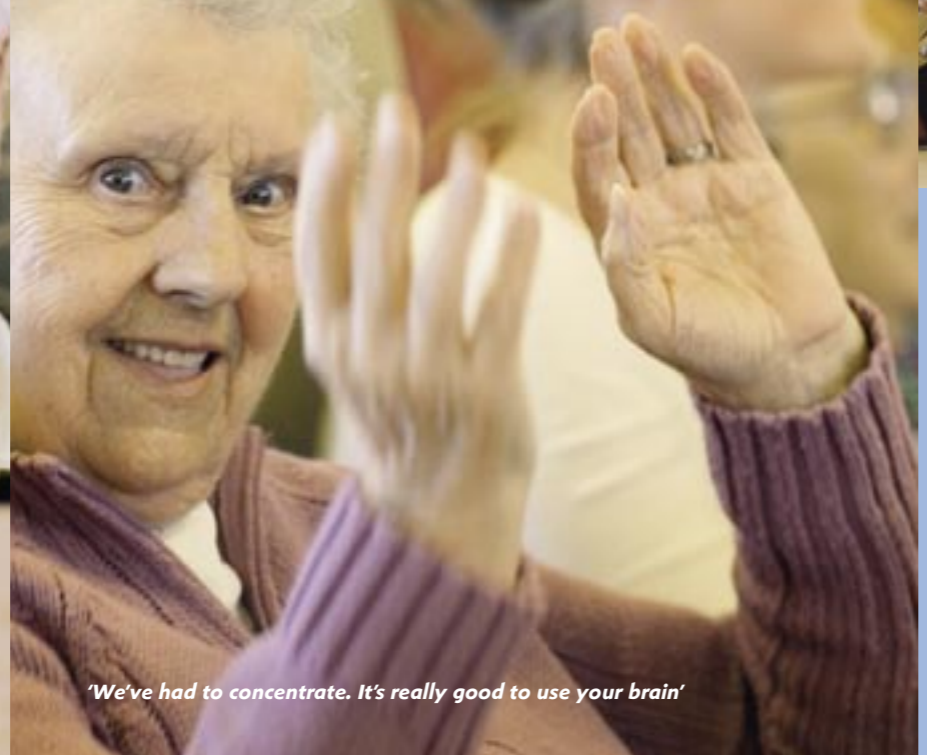


'It's wonderful... singing. I'd do this twice a week if I could'



There is ample evidence to show that participatory social music making has a positive impact on both physical and mental health. Quality of life can be both maintained and improved. Our aim is to sustain independent living for older people.

The Silver Song Club model is an integrated programme designed to promote mental and physical well being and build community capacity. It uses music, the most evocative of all the arts, to bring together people from different social, cultural and socioeconomic backgrounds.



'We've had to concentrate. It's really good to use your brain'

'That was great, they all enjoyed it'



Clubs meet each month, are led by a trained facilitator and supported by a group of volunteers. Session content is guided by 11 core principles related to the most recent developments in the field of Arts and Health and is designed to stimulate specific mental and physical responses.

16% of the population are 65 or older

Health and social care costs
2006: £450bn
2043: £1125bn

'This has been something different - very good'



Ninety minute sessions are promoted as a participatory music activity. Refreshments are provided and help can be arranged with transport if necessary.

'Oh yes, we feel as though we've achieved something, you have to learn new things all the time'

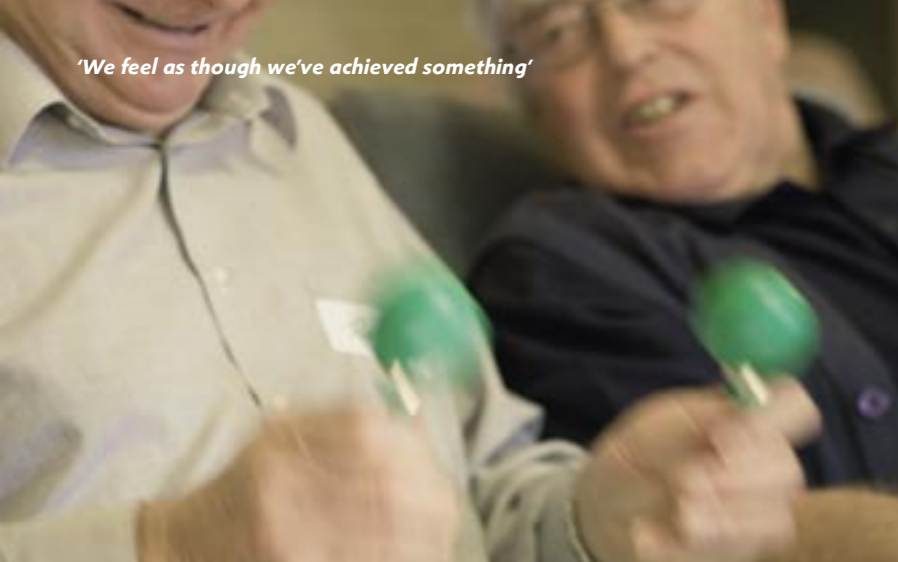


Volunteers, usually recruited from a local amateur music society, are key to the success of *Silver Song Clubs*. Interaction between participants and volunteers forms strong social bonds and allows skills to be harnessed and disseminated within the community. Volunteers benefit from the sessions as much as participants and many have become actively involved in sustaining existing clubs and establishing new ones.

'I'm always rewarded when I come here'



Our network of clubs is expanding rapidly. We are always looking for new venues, new volunteer groups, new opportunities and new directions. If you would like to find out more or become involved in our work then please contact us. *Silver Song Clubs* – be part of it!



'We feel as though we've achieved something'

Taking part in regular community singing...

- Raises **Oxytocin**, associated with social bonding and the formulation of new memory
- Reduces **Cortisol**, the 'stress hormone'
- Increases levels of **Melatonin**, a deficiency of which is associated with Seasonal Affective Disorder
- Raises levels of **Immunoglobulin A (IgA)**, which helps to protect against infection

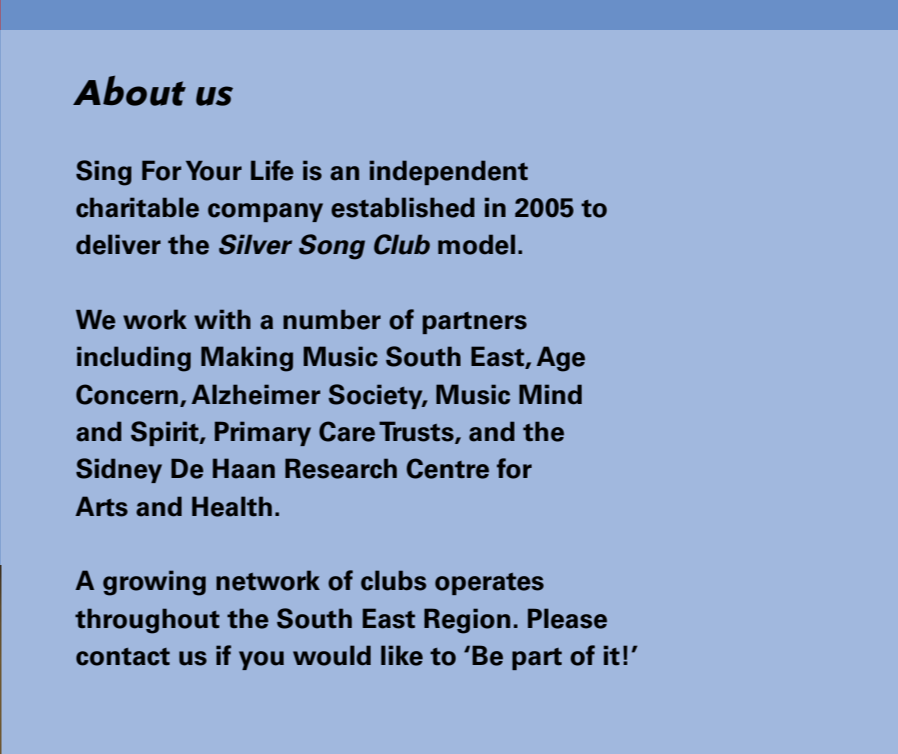
'I'll definitely come again; oh yes I like to sing, especially the old songs'



Benefits of professionally conducted musical activities

- Improves overall rating of physical health
- Fewer doctor visits
- Less medication use
- Fewer instances of falls
- Increased morale
- Less loneliness

'She goes home revived'



About us

Sing For Your Life is an independent charitable company established in 2005 to deliver the *Silver Song Club* model.

We work with a number of partners including Making Music South East, Age Concern, Alzheimer Society, Music Mind and Spirit, Primary Care Trusts, and the Sidney De Haan Research Centre for Arts and Health.

A growing network of clubs operates throughout the South East Region. Please contact us if you would like to 'Be part of it!'



'It's a perfect learning opportunity for me... watching how facilitators work'



'I wouldn't miss this for the world'



Sing For Your Life runs a network of *Silver Song Clubs*. People living independently are brought together to share in the joy of making music with its associated benefits.

Be part of it!



To find out more about Sing For Your Life and the *Silver Song Club* project contact our head office

Sing For Your Life
Shepway Business Centre, Shearway Business Park,
Folkestone, Kent CT19 4RH
Tel: 01303 298546 / 298549
Fax: 01303 270476

Email: makmusse@aol.com
Website: singforyourlife.org.uk



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Registered in England no. 5393332. Registered charity no. 113757.
Shepway Business Centre, Shearway Business Park, Folkestone, Kent CT19 4RH