

Mind, Body, Sing!

Healthy living through holistic singing
Dr. Rod Paton
www.lifemusic.co.uk

Pythagoras

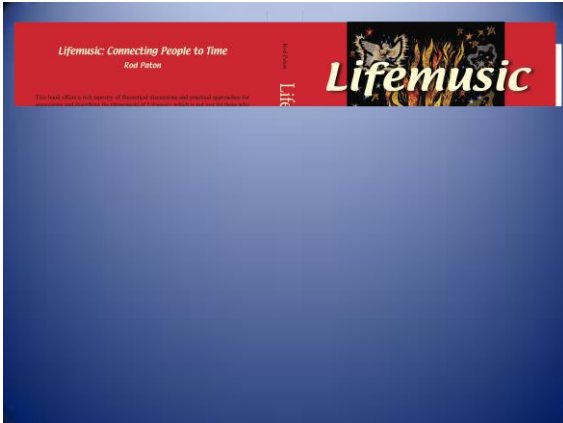


The Triumph of Music?

- Can you have too much of a good thing?
- Consumers or creators?
- Inflated commodity?
- Devaluation – dislocation – dis-association
- Are you a Grade VIII Survivor?
- Does singing in front of others terrify you?

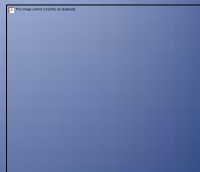
My journey in brief

- Childhood in Wales – land of song (but what kind of song?)
- Classically trained
- Breakthrough (1970s)
- Re-discovery of childhood improvising
- Music and Renewal(Ph.D thesis)
- Improvisation – the primary act of music
- Re-trained in music therapy



Lifemusic – 4 precepts

- Everyone can do it
- No wrong notes
- Every sound has meaning
- Trust



Lifemusic – 4 ingredients

- Participation
- Communication
- Improvisation
- Celebration



Reach of SECC/Lifemusic Workshops and training

- Neurodisability (on-ward intervention)
- Mental health (acute wards and community environments)
- Arts therapies (music, drama, art and dance/movement)
- Special education
- Learning disability (including autistic children and adults)
- Substance abuse and addiction
- Family and children's centres
- Dementia friendly singing and music groups
- Care homes
- Singing for health (proven benefits for lung health, Parkinsons, Dementia and other chronic conditions)
- Team building

“It was like being dead for a hundred years and then coming back to life again...”

(patient on acute mental health ward, Chichester)

Public approval for Arts and health



Selected Links

- Natural Voice Network www.naturalvoice.net
- Sydney de Haan Centre www.canterbury.ac.uk/health-and-wellbeing
- Arts & Health <https://www.artshealthandwellbeing.org.uk/tags/singing-health>
- Lifemusic www.lifemusic.co.uk
- Singing for Health www.singing4health.com
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Daily Voice and Drum Workout – Communication/Creativity

- *Let's take 'Nana' for a walk*
- *Rainbows*
- *Doo-dee-dah*
- *Hoo-hee Mee-yoo*
- *Joiking the BSLM*

