

We are the *Shoe String Singers* and
we're here to make your day!

Jacqueline Ross
Shoe String Singers

A group of children are sitting on a large, patterned rug on the floor. They are engaged in a craft activity, likely shoe string singing. Some children are holding up their work, which appears to be a shoe with a string attached. The children are of various ethnicities and are dressed in casual clothing. The background is a plain wall.

Shoe String Singers

We're here to make your
day!

WACOSS 2006 Presentation

Jacqueline ROSS

The story of the Shoe String Singers

- *In Town Centre and Shoe String Cafe*
- To engage adults in a non-threatening and enjoyable pursuit.
- To build self-esteem and confidence.
- To find a way for receivers (of welfare) to become givers (of performance & pleasure).

The story of the Shoe String Singers

- Planning in 2003
- Commenced in 2004 – 3 month project!
- WA Dep't of Education and Training. Adult Community Education funding in 2004 and 2005
- Worsley funding in 2005/6. Cable Sands and Lyondell 2006.

Shoe String Singers- Making Music



Song 1: Blue Suede Shoes

Well, it's one for the money, two for the
show, three to get ready, now go, cat, go!
But don't you step on my blue suede shoes.
You can do anything but lay off of my blue
suede shoes.

Well, you can knock me down, step in my
face, slander my name all over the place.
Do anything that you want to do, but uh-uh
honey lay off of my shoes.

Don't you step on my blue suede shoes.

You can do anything but lay off of my blue suede shoes.

You can burn my house, steal my car,

Drink my cider from an old fruit jar;

Do anything that you want to do, but uh-uh honey lay off of my shoes and don't you step on my blue suede shoes.

You can do anything but lay off of my blue suede shoes.

Well, it's a blue, blue, blue suede shoes

Uh-uh, uh. Blue, blue, blue suede shoes.

Baby; blue, blue, blue suede shoes

uh-uh, uh. Blue, blue, blue suede shoes.

You can do anything but lay off of my blue suede shoes!!

The story of the Shoe String Singers

The singers

- those who had previously been denied the opportunity for creative and artistic expression as a result of the isolation their disability or circumstances brings.

The story of the Shoe String Singers



Social Isolation

The story of the Shoe String Singers

- **welfare recipients** (patrons of the *Shoe String Café*)
- **recovering mental health clients** (June O'Connor Centre, Bunbury Pathways '92)
- **physically and intellectually disabled** (*Advocacy South West*)
- **those who have never previously had the opportunity, or found their niche in music**

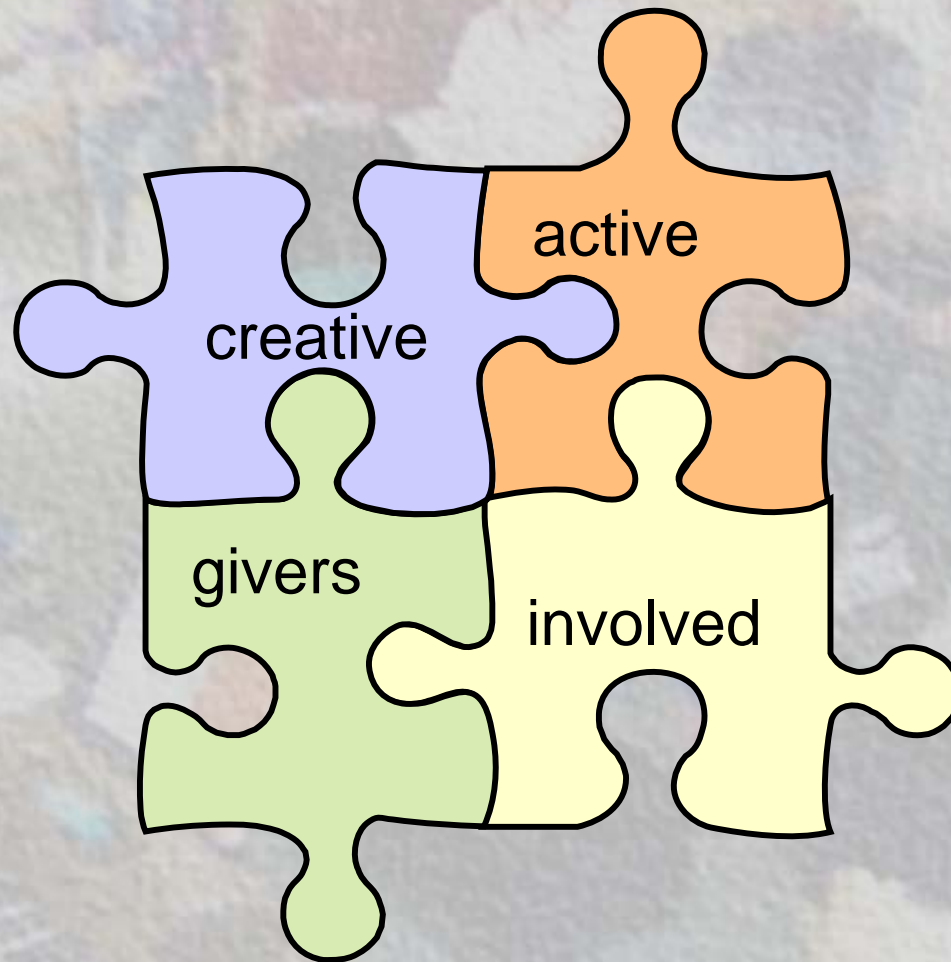
Patient
Client
Homeless
Unemployed
Disabled
Invalid
Treatment
Welfare
Sympathy:

PASSIVE



***SINGERS:
ACTIVE!!!***

Singers are...



Song 2: *I'm a believer*

I thought love was only true in fairy tales.

Meant for someone else, but not for me.

Love was out to get me.

That's the way it seemed.

Disappointment haunted all my dreams.

Then I saw her face now I'm a believer.

Not a trace of doubt in my mind.

*I'm in love, I'm a believer, I couldn't leave her if I
tried.*

Song 2: *I'm a believer*

I thought love was more or less a giving thing.

Seems the more I gave the less I got.

What's the use in trying, all you get is pain.

When I needed sunshine I got rain.

Then I saw her face now I'm a believer.

Not a trace of doubt in my mind.

*I'm in love, I'm a believer, I couldn't leave her if I
tried.*

Then I saw her face, now I'm a believer (x5 ad lib.)

The story of the Shoe String Singers

- No fee
- No audition
- We come to you
- Contribute as much or as little
- Everyone is welcome; no explanation



Shoe String Singers

We value

- Inclusion
 - We create a welcoming environment
 - Everyone can be a singer
- Non judgement
 - We are who we are and our sounds are what they are
- Learning and improving
- Each other
 - We enjoy singing together
 - Making friends
- Democracy
 - Anyone can suggest songs etc.
- Self discovery
 - the journey matters!

The Shoe String Singers

Is not

- A formal choir – no fees or uniform or obligation of attendance
- Therapy
 - Therapeutic but not treatment.
 - Only songs with a positive text
- A performance choir
 - Our sessions are not rehearsals, they are ends in themselves

Shoestring Singers to date

- 2004 Rehearsals; culminated in nursing home performance. Made brief CD.
- 2005 Rehearsals; CD project; continued nursing home visits.
- 2006 Rehearsals; nursing home visits; consolidation, incorporated body.

The CD project

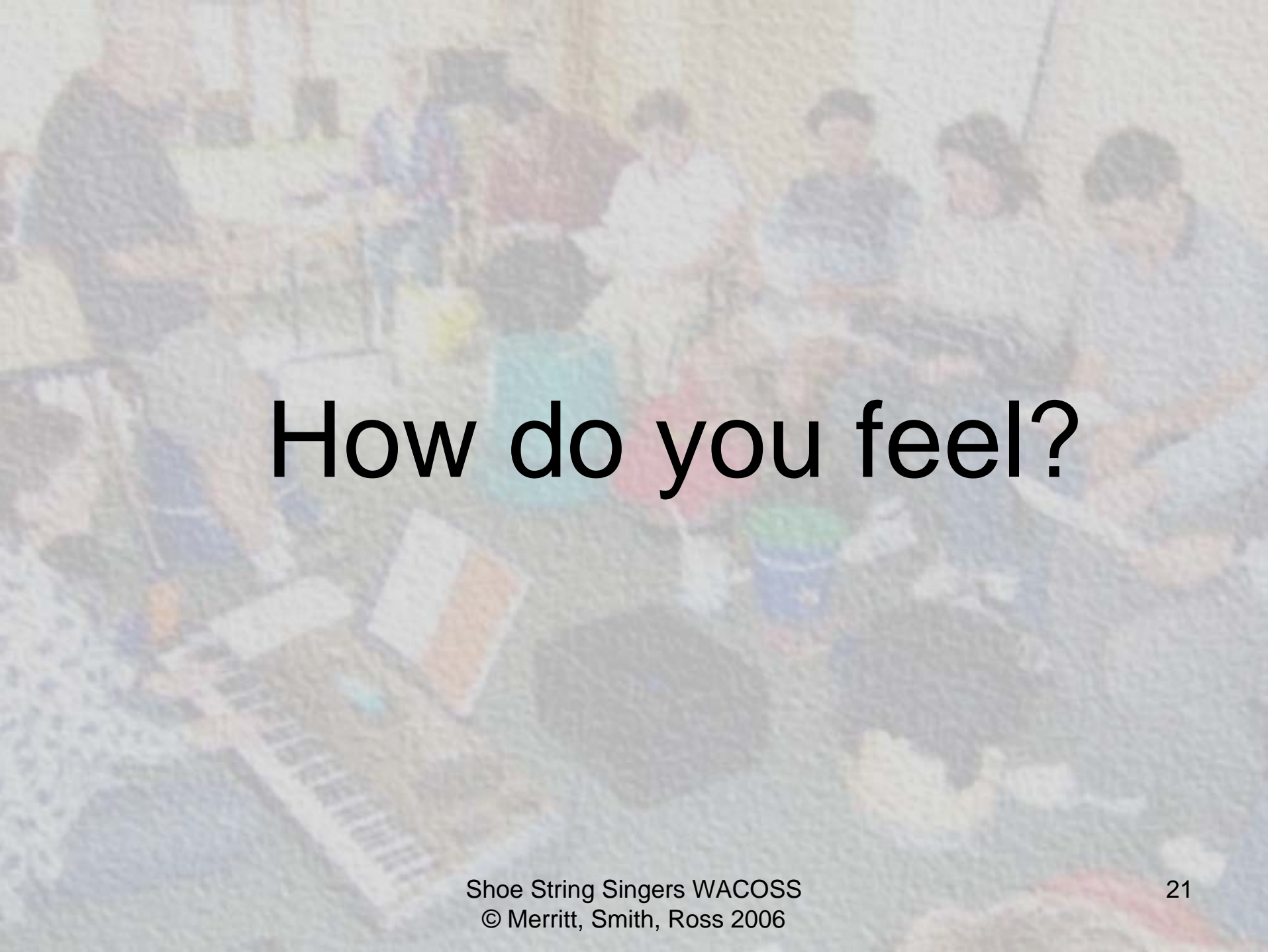


Shoe String Singers

*“With Strings Attached –
stories from within.”*

Linda's story

*The Sun Will Shine Through
CD excerpt*

A group of children are sitting on a large, patterned rug in a room. They are looking at books or papers, suggesting a reading or learning activity. The children are of various ethnicities and are dressed in casual clothing. The background shows a wall with a patterned wallpaper and a window with a curtain.

How do you feel?

It's a long way to Tipperary, It's a long way to go
It's a long way to Tipperary, To the sweetest girl I know!
Goodbye Piccadilly, Farewell Leicester Square
It's a long long way to Tipperary, But my heart's right
there.

Pack up your troubles in your old kit-bag,
And smile, smile, smile,
While you've a lucifer to light your fag,
Smile, boys, that's the style.
What's the use of worrying? It never was worth while, so
Pack up your troubles in your old kit-bag,
And smile, smile, smile.

Did you know that while you are singing,
you are

- Relieving muscle tension,
- Improving your body's immunity, by increasing levels of immunoglobulin A and cortisol,
- Improving your lung capacity,
- Relieving asthma, and
- Improving posture ?

Now, how good do you feel?!!!!

Transferable skills

- A focus bigger than
ourselves
 - listening to others to
be in time & in tune
 - engaging with others
- Belonging
 - being on the team!
- Being a team member
 - negotiation with
others, co-operating
- Communication
 - friends with a common
interest to speak to
 - negotiation about
repertoire
- Responsibility
 - to be at performances
 - Being mindful and
respectful towards
others
 - Supporting the SSS

The Future

- Consolidation; nursing home visits
- Incorporation
- Future planning; funding & extension, training.

Further research

- Parallels with laughter therapy of Patch Adams.
- Community singing
- Vic Health - *Victoria Sings*

Mine eyes have seen the glory of the
coming of the Lord;

He is trampling out the vintage where the
grapes of wrath are stored;

He hath loosed the fateful lightning of His
terrible swift sword;

His truth is marching on.

*Glory! Glory! Hallelujah! Glory! Glory!
Hallelujah!*

*Glory! Glory! Hallelujah! His truth is
marching on.*

He has sounded forth the trumpet that
shall never call retreat;
He is sifting out the hearts of men before
His judgment seat;
Oh, be swift, my soul, to answer Him! be
jubilant, my feet;
Our God is marching on.

*Glory! Glory! Hallelujah! Glory! Glory!
Hallelujah!*

*Glory! Glory! Hallelujah! Our God is
marching on.*

In the beauty of the lilies Christ was
born across the sea,

With a glory in His bosom which
transfigures you and me:

As He died to make us holy, let us live
to make men free,

While God is marching on.

*Glory! Glory! Hallelujah! Glory! Glory!
Hallelujah!*

*Glory! Glory! Hallelujah! Our God is
marching on.*

He is coming like the glory of the
morning on the wave;

He is wisdom to the mighty: He is
succour to the brave:

So the world shall be His footstool, and
the soul of time His slave:

Our God is marching on.

*Glory! Glory! Hallelujah! Glory! Glory!
Hallelujah!*

*Glory! Glory! Hallelujah! Our God is
marching on.*

The Shoestring Singers Theme

Song — Athol Marsh

If you're feeling down, we have the cure.
It always works, now that's for sure.

*Sing a happy song, everybody sing along,
We're the Shoestring Singers and we're
here to make your day!*

The Shoestring Singers Theme

Song — Athol Marsh

Ring that bell, and the tambourine.
Clap your hands, now everybody sing.

*Sing a happy song, everybody sing along,
We're the Shoestring Singers and we're
here to make your day!*

The Shoestring Singers Theme

Song — Athol Marsh

Beat that drum, And the music sticks
There's a triangle, Now you know the trick.

*Sing a happy song, everybody sing along,
We're the Shoestring Singers and we're
here to make your day! (x2)*