

SEMINAR G – FAITH & FORTITUDE

“Sing About Life – Sing About Possibility!” – The use of Music and the Arts to Inspire Hope”

Kieran Merritt had vision to invite Jacqueline to create a space for people to sing in.

- Community wants ongoing support for creativity.
- Wanted to offer music to people who don't have it in their lives. Jacquie is a music teacher – freed from not being in role of music therapist.
- Funding was made available when rapport and respect established in community. Was a 3 month project – now in its 3rd year.
- The singers' disability is – Social Isolation. Feeling people don't belong anywhere – singing is like food for the soul.
- Singers are ACTIVE – GIVERS – CREATIVE – INVOLVED – all you have to do is BE THERE. Everyone who comes is an intrinsic part of the group just by being there.
- Accessibility: Even when participants are shy they find there is something to do.
- No fee – not practical or necessary.
- No audition.
- They go to the people. They fit in with the people.
- Show String Singers value: inclusion, being non judgemental, learning and improving, each other, democracy, self discovery.
- Shoe String Singers is not: a formal choir, therapy, a performance choir.
- 2004 – 2006 – rehearsals, nursing home visits, now working on being more consolidated and becoming an incorporated body.
- CD project – **“With Strings Attached - stories from within”** All original songs. CD cover original artwork.
- Singing is good for your health!!! Heart rate is increased – your heart will fit in with the beat!
- Future direction – keep it going – go to new places and train others to do what Jacqueline does. Go to the people!
- Positive connections have come out this work organically.
- Transferable skills – communication, responsibility, turning up on time to nursing homes.
- Further research: parallels with laughter therapy of Patch Adams; Community singing; Vic Health – Victoria Sings.