

Singing and Social Prescribing

Emily Foulkes



Social Prescribing

- ‘Community assets and social action are part of the solution to preventing ill health’
(*Health as a Social Movement, 2018. RSA*)
- Less than 10% of what affects our health and well-being comes from access to healthcare (*McGovern et al, 2014*)



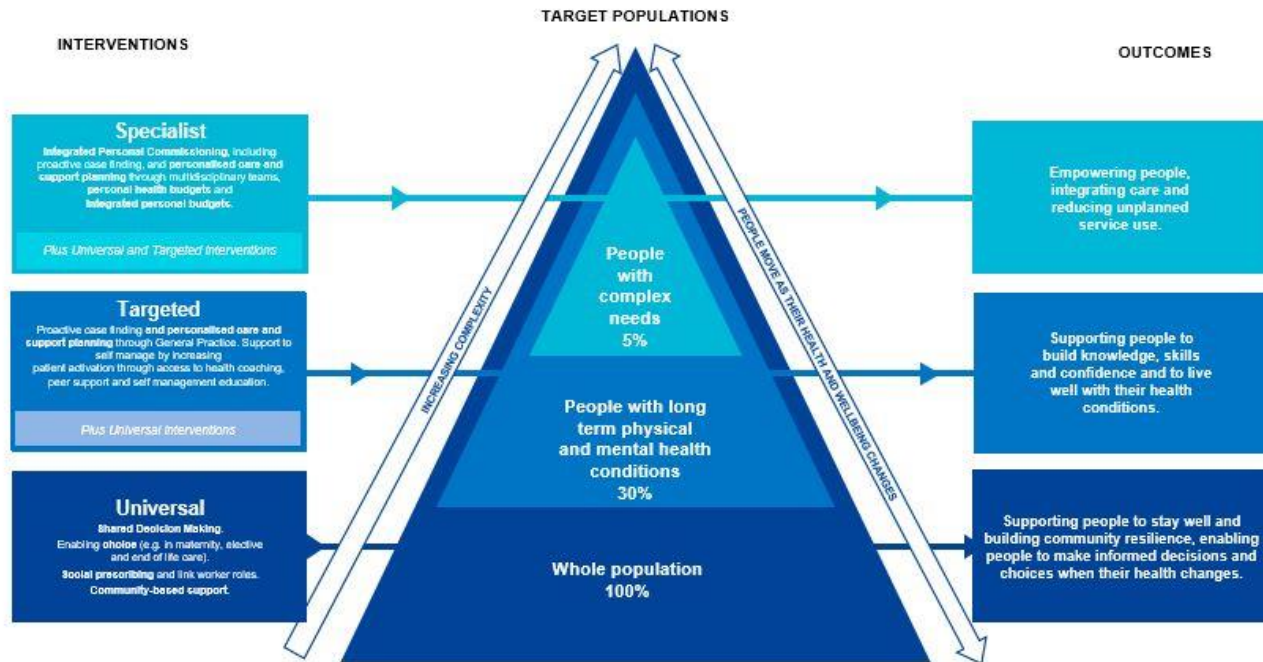
NHS 10 year plan (2019)

- Social Prescribing and Community-based support is part of the 10 year plans commitment to PERSONALISED CARE
- Personalised care is about ‘choice and control’
- What matters to you?



Comprehensive personalised care model

All age, whole population approach to personalised care



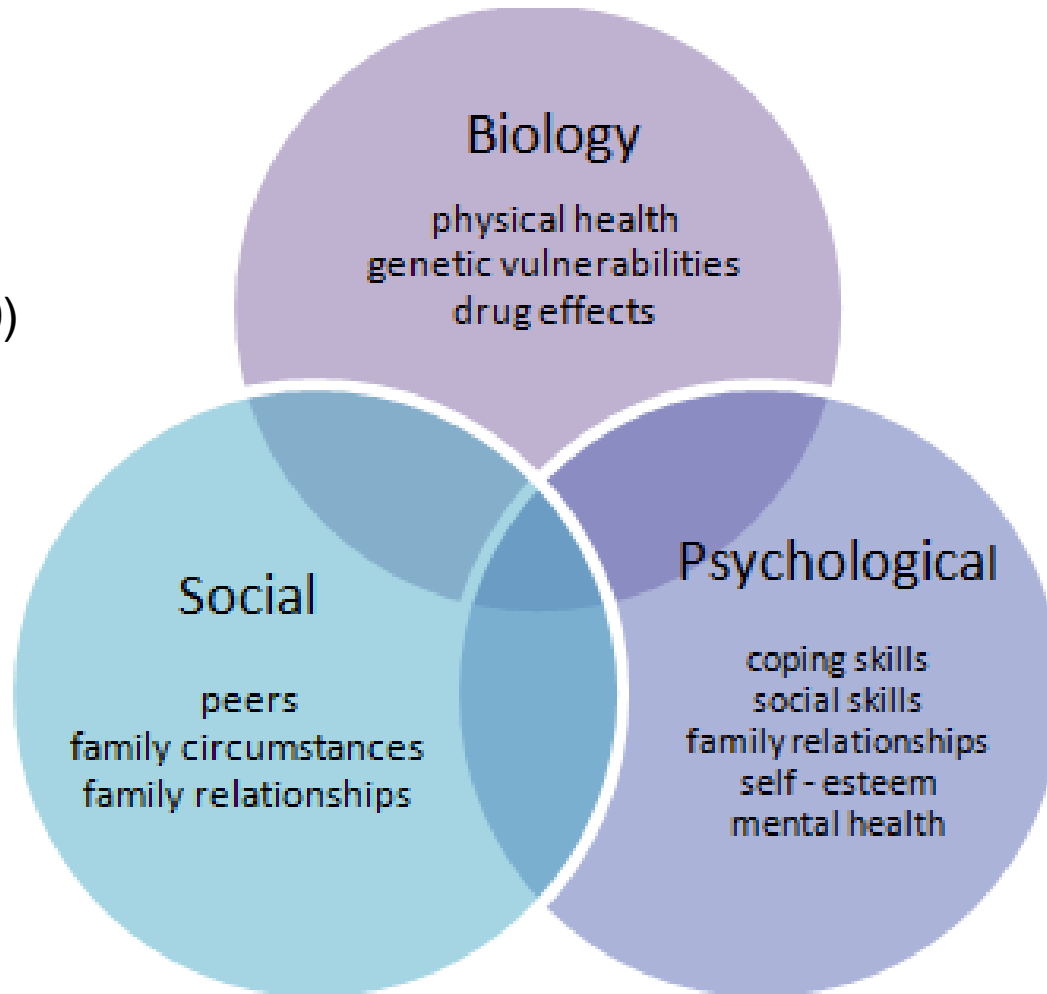
Social prescribing – addressing people’s needs in a holistic way

GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector



Biopsychosocial Model

Engel (1980)



‘Active signposting works best for people who are confident and skilled enough to find their own way to services after a brief intervention’ (NHS website on Social Prescribing)



Evidence that Social Prescribing is COST SAVING

Lack of attribution to voluntary sector organisations in contributing to health outcomes.... Little of impact or knowledge is contextualised within the terms of Link Worker based Social Prescribing Schemes.

(Polley M J et al, University of Westminster)

Link Workers

In GP surgeries

Working in clusters across surgeries

Funded by PHE or by the surgery or by NHS

Could sit within voluntary sector organisation

Could have access to funding.... Or most likely not!

Huge caseloads

Link Workers

Community Navigator

Social Prescriber

Community Connector

Well-being advisor...



Social Prescribing Networks (local, regional and national) – Facebook groups

International Social Prescribing Network

<https://www.socialprescribingnetwork.com/>

National Academy of Social Prescribing

<https://socialprescribingacademy.org.uk/>

Singing for Health – Research Snapshot

- Singing **promotes health and well-being** – growing evidence base (Clift & Morrison, 2011; Lynch & O’Donaghue, 2017).
- Benefits identified as **PERSONAL, SOCIAL** and **FUNCTIONAL** (Health) (Baker et al, 2012)
- Impacts of music and singing for adults with health conditions- participants noted **enhanced mental well-being** along with **improved quality of life, ability to cope** (resilience) and **self-awareness** (Daykin et al, 2018).



Singing for Health

- Participation in Music/Singing promotes **all aspects of well-being** (Fancourt et al, 2020)
- Reduction of the stress hormone **cortisol** (Bongard et al, 2004; Fancourt et al, 2016).
- Singing can **regulate breathing and heart rate**, having a direct impact on the central nervous system (Vickhoff et al, 2013).
- Findings consistently suggest that engaging in arts can **reduce loneliness and even prolong life** (Fancourt et al, 2019; Fancourt & Steptoe, 2019).



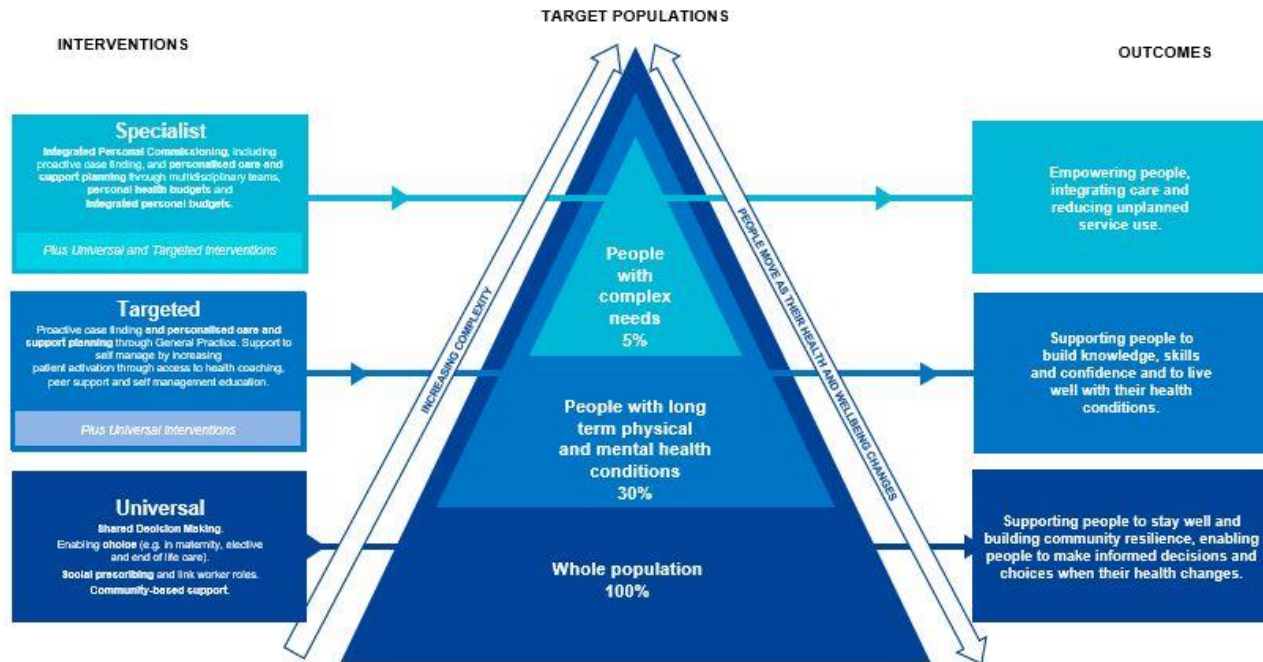
Singing for Health Model

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Cornwall Singing for Health – Singing Clinic Programme



SINGING CLINIC
St Austell

MINDFULNESS, MOVEMENT, BREATHING EXERCISES,
VOICE EXERCISES, SINGING A RANGE OF SONGS, SOUND THERAPY



We welcome people to join the following groups:
'Anella' – for Chronic Respiratory conditions such as COPD
Mental Health and Well-being – Anxiety and/or Depression
Chronic Pain – Fibromyalgia
Multiple Sclerosis

Limited places and membership involves a small cost
Contact Emily:
emily@cymazmusic.org.uk

www.singingforhealthcornwall.co.uk

Working towards a blended model of online and face to face delivery

Combination of 8 week programmes and ongoing groups

Funded until April 2022

St Austell patients first, then open to other areas

12 participants in short course, larger groups for ongoing sessions



Singing for Health Network

Bridging research and practice and supporting the singing for health movement

- Membership website
- Access to research summaries
- Access to resources, information advice and guidance
- Case studies, articles and blogs from a range of perspectives
- Promoting collaboration and partnership (special interest groups)
- Signposting to training and development opportunities
- Access to live (online and face to face) networking, sharing and learning opportunities

www.singingforhealthnetwork.co.uk

Facebook – Singing for Health Network

