

SINGING Café[©]

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Simple afternoon tea and cup cakes followed by Songs and Singers. This may be an informal time where people can recall songs or singers which have meaning for them. We all have songs or hymns which touch us deeply. There are also songs which upset and irritate us, and these should be noted too.

Most of all it is a time to listen to and encourage residents or community groups to build friendships, especially if they live in alone, they may get to know those who live near to them.

'A lady living in a care home for several years but it was unknown to the staff that she loved to play the harmonica. This only came to light when her daughter attended a Sounds and Senses course. Her mother, staff and residents were overjoyed to see this frail lady with dementia play the harmonica, in tune from memory.

A carer found comfort from the songs Welcome to my World and I love you Because by the late Jim Reeves. They connected her with her experience as a wife and carer but, most importantly the words seemed to address her spiritual need.

The gift of music enhances the overall wellbeing. The impact of singing on the individual has great effect. Try it!

Next time you feel low, tired or stressed sing for a few minutes; discover that the tired breath is breathed out and that fresh breath is filling your lungs improving the wellbeing of the rest of your body.

The sung word is powerful and often resonates deep within our being.



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