



This graph shows some results taken from the questionnaire. The red bars are taken from the first week and the purple from the last.

Isolation – 0 (Very isolated) – 5 (Not at all isolated)

Mood – 0 (Low) – 5 (Good mood)

Concentration – 0 (Struggle) – 5 (No difficulties)

Confidence – 0 (Low) – 5 (High)

Social – 0 (Group has no impact on social elements) – 5 (High impact)

### Some of the facts:

“Vocal and singing exercises with an emphasis on phonatory and respiratory efforts may have great potential to provide PD clients with stronger vocal projection, which enhances improvement in speech intelligibility. Vocal and singing exercises also may promote adherence to treatment and generalization from clinical settings to daily life”.

### Quotes from group members:

“I was dubious about coming in the first place, but it’s been really great fun. Nice People, good fun. It has encouraged me to use my voice more”

“These exercises need to be pre-emptive, I need to work on them now to help me in the future. It has been a good mix of theory and fun”

“The friendships and supporting each other has been so important. We have gelled as a group”

The Parkinson’s singing and music group offers a relaxed and enjoyable environment in which to exercise your voice and your mind. There is no requirement of previous experience or ‘to be able to sing’.

The addition of questionnaires on this project has allowed us to look specifically at which areas to focus on and inform further research.

Run by an experienced Music Therapist on a weekly basis, the group focuses on specific vocal exercises that work on projection, breath control, posture and articulation. Half-time break is very important; tea, coffee, biscuits and a chat gives people a chance to get to know one another and build relationships whilst getting the opportunity to share experiences, knowledge and advice. This is followed by singing; we sing well-known music chosen by the group members or therapists – and these are constantly updated and added to when requested.

What we have learned:  
These sessions have been helpful, improving mood and confidence. To retain these benefits, we should maintain a regular environment- persistence, commitment and enthusiasm are key!