

Sing Sing Sing

connecting people living with dementia through song

Sing Sing Sing: Frequently Asked Questions

WHAT is 'Sing Sing Sing'?

Sing Sing Sing is a choir for people living with dementia and for their carers. The choir meets each week to sing, socialise, share stories, build skills and prepare to share the joy of singing with its audiences. We also perform for an audience a few times a year.

WHAT is the purpose of the choir?

It is well known that group singing improves physical and emotional health and well-being, increases social connectedness and reduces feelings of loneliness.

Sing Sing Sing aims to have a positive impact on the well-being and quality of life of people with dementia and their carers by providing:

- A new weekly activity, a chance to get out of the house for a few hours, something to look forward to, something to talk about and anticipate and something 'new' to interrupt the routine that dementia requires.
- A valuable opportunity for carers to address the isolation that often comes with their role by connecting with other caregivers.
- An opportunity for people living with dementia to have a purpose, be an important part of the team, share their stories and their love of singing in performance.

WHO are the singers?

Sing Sing Sing welcomes people living with dementia who sing alongside their partners, family members or close friends (carers). Sing Sing Sing is also a choir for carers of people with dementia.

We encourage people with dementia to come along with a partner, a family member or a friend because singing is a fun thing to do together.

Choir members are supported by enthusiastic volunteer singing buddies who accompany them on their journey of music-making.

WHEN and WHERE does the choir meet?

Sing Sing Sing Redlands meets at the Auditorium, Redland Performing Arts Centre (RPAC) on Monday mornings from 10am to 12 noon during public school terms. RPAC is at 2-16 Middle Street, Cleveland, opposite the Cleveland Police Station and courthouse.

Sing Sing Sing Bulimba meets at Bulimba Community Centre on Tuesday mornings from 10am to 12 noon during public school terms. Bulimba Community Centre is on the corner of Barramul and Stuart Streets, Bulimba.

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WHAT happens at choir?

Every rehearsal will start with a warm-up. Melissa will teach you a few things that will help you get the best out of your voice and make the singing easier. Then we'll spend some time learning and polishing a song or two for upcoming performances as well having a bit of a sing a long of some familiar tunes. We'll share stories, laugh, move our bodies a little and catch up over morning tea.

WHAT does the choir sing?

We sing a bit of everything! This might include songs from movies, musicals and TV shows; folk tunes from all over the world; Cole Porter; The Beatles; Nat King Cole; Ella Fitzgerald; Elton John; Bing Crosby; Frank Sinatra; Abba; The Seekers and everything in between. We'll give most things go! The music will be melodious, fun and uplifting for you and our audiences.

DO I need to be able to sing or read music to join?

No! Melissa will teach you everything you need to know. She is highly skilled at getting voices and choirs making the best sound of their lives.

IS there a cost to be involved?

Yes! The cost is **\$150** per person per term (a term is usually 10 weeks). Your fees cover things like the hire of rehearsal and performance venues, purchase and preparation of sheet music and lyric sheets, provision of any learning resources, morning tea and engagement of appropriately qualified, professional musicians and teachers to lead the choir.

If you join part of the way through the term your fees will reflect the number of weeks you sing in the term. Fees are non-refundable.

It is possible that some choir members may be able to get assistance with this cost through NDIS or other schemes. We don't want the cost of participating to stop interested people from joining **Sing Sing Sing**. Please let us know if you would like to talk about options for obtaining some financial support.

HOW do I join?

To find out more or to organise an opportunity to try us out telephone 0481 348 552 or email us at dementiachoorsqld@gmail.com.

WHO do I contact if I need more information?

For more information, please email us at dementiachoorsqld@gmail.com or by telephone: 0481 348 552.