

Project Title; Tenovus Cancer Care Sing with Us choirs

Locality; 16 choirs across Wales, in every Health Board

Project Theme; Support through singing for people affected by cancer.

Project Lead / Contacts (to be contacted for further information)

Paul Rothwell – Sing with Us lead. 029 2076 8310

Rationale (background and purpose/aim of the project)

Sing with Us is a community of choirs throughout Wales; a support service run by Tenovus Cancer Care. Our core purpose is to support people affected by cancer with a fun, social and supportive environment that we do through singing.

We set up our first choir in 2009 and following positive research results into the benefits of choirs for people affected by cancer, we applied for Lottery Funding to expand the service. A decade later, we have 16 choirs in Wales and support around 1700 people every week.

Since 2010, we have completed three separate research studies with Cardiff University and the Royal College of Music to find out more about how singing can help people. The results have been incredible, indicating that on both a psychological and a physical level our Sing with Us choirs specifically help to:

- Reduce stress levels
- Improve immune function
- Reduce anxiety and depression
- Reduce perception of pain
- Provide a supportive community
- Give people a positive distraction from cancer treatment or bereavement

To find out more about our research, please visit <https://tenovuscancercare.org.uk/research/more-than-singing/>

Project Details

We have 16 Sing with Us choirs across Wales, for anyone affected by cancer. Our choir leaders are professional musicians, who have been specially trained to work with people affected by cancer.

As well as being a way for people affected by cancer to find support, friendship and fun, our choirs have a physical benefit too. Our research has shown that our Sing with Us choirs reduce peoples' anxiety and depression. Even more importantly, there were positive changes to a range of biomarkers related to immune function and inflammatory response in the body, both of which may be linked to the body's ability to fight cancer.

The Sing with Us choirs are free to join, but rely entirely on donations. Choirs meet weekly and practice a range of songs from the last 60 years. All the choirs are very popular and are asked to perform regularly in their local communities. We also organise our own concerts 2 or 3 times a year, so there is plenty of opportunity to perform if you wish to.

Person-centred; Fun, fulfilment, support. Reduction of anxiety and depression, and positive benefits for immune function and inflammatory response.

Time frame (Permanent – weekly rehearsals)

Commissioning / Funding

Reliant on donations, fundraising and sponsorship

Evaluation / Reporting

We are conducting further research into the physical benefit, singing with one of our choirs has. We hope to release this in 2019.

Future Development Planned

Our choirs are completely funded by donations, but we would love to expand this service further across Wales. If you would like to sponsor a choir, please contact us.

Supporting Documentation

<https://tenovuscancercare.org.uk/singwithus>