

INDEX

- Abdominal breathing, 36, 39,
45, 123
- Active engagement in music, 48–49
- Airway clearance, 39
- Akropolis*, 14–15
- All-Party Parliamentary Group
on Arts, Health
and Wellbeing
(APPGAHW), 91
- Alphabet Preservation Society
Song!, 103–105
- Alzheimer's disease, 54
- America's got Talent*, 86
- 'Anglia', 16
- Anorexia nervosa, 31
- Anti-war feelings, 4
- Anxiety, 49
- Art(s), 90–91
song, 17–18
- Arts Enterprise with a Social
Purpose (AESOP), 98
- Asthma, 41–42
- Baboons, 7–8
- 'Baby blues' after childbirth, 29
- 'Baby talk', 7
- Barriers
for engaging with singing, 83–85
group singing leaders and
example of singing
session, 96–105
overcoming, 85–92
professionals, 92–96
- BBC, 89, 113
- BBC Songs, 113
- Bereavement, 32
- Big waves, 96
- Binge eating disorder, 31
- Bio-psycho-social pain model, 48
- Birmingham Children's Hospital, 67
- Breathing exercises, 123
- British Sign Language, 85
- British Voice Association, 114
- Bulimia, 31
- 'Burnout', 33–35
- Cancer, 46–48
- Cantata Canterbury Trust (CCT),
114
- Cantata Choir*, 79
- Canterbury Cantata Trust (CCT), 99
- Capabilities, 84–86
- Carers, 60–61
- Caring through singing, 66, 99
- Castrati*, 17
- Cave paintings, 10
- Celebration Choir in Auckland, 59
- Choir, 34–35
membership, 60
singing, 47–48
- Choir, The*, 112–113
- Choir in Every Care Home*, A, 93,
114
- 'Choir: Sing While You Work',
The, 35
- Choral compositions, 17–18
- Chorister Outreach Programme, 88
- Christian Roman Empire, 15
- Chronic obstructive pulmonary
disease (COPD), 36–38
- Chronic pain, 48–52
- Clapping, 55
- Classical singing, 63
- Classically trained singers, 36
- Continuous positive airways
pressure (CPAP), 44–45

- Continuously learning/developing, 98
- Coronavirus, 3
- Cortisol, 24
- Covid-19, 89
- Creative Health*, 91
- Creative play group, 30
- Creativity, 94
- Cuddle hormone, 8
- Cygnets Health Care, 114–115
- Cystic fibrosis (CF), 38–41
- Deafness, 85
- DeafTones*, 85
- Deep circular breathing, 42
- Dementia, 53–58
- Dementia Café, 115
- Dementia Choir, The*, 112–113
- Distance walking, 38
- ‘Do Re Mi’ (song), 2
- Dopamine deficiency, 61
- Dorian modes, 13
- Dragon Café, 115
- Drop In!, 100–103
- Early Childhood Education Zone, 115
- Eating disorders, 31–32
- Ehlers–Danlos Syndrome (EDS), 76, 81, 86
- Emotional aspect, 25
- Ex Cathedra chamber choir, 67–68
- Ex Cathedra–Singing Medicine™, 116
- Experiencing adverse life events, 28–29
- Family home, 92–93
- Feeding, 31
- Finnish study, 57
- Freedom to Sing, 127
- Frontotemporal dementia, 54
- Fun, 99
- General practitioners (GPs), 25
- God Save The Queen (British national anthem), 85
- Good Vibrations*, 116–117
- Gossip, 9–10
- Greeks and singing, 12–15
- Gregorian chants, 16
- Grief, 32
- Grooming, 22
- Group singing, 21, 26, 52, 55, 65–66, 107
- leaders, 96
- session example, 99–105
- singing group leader, 96–99
- Health, 18–19, 89
- Homo neanderthalensis*, 6
- Homo sapiens*, 8
- Humankind, march of, 6–7
- Hypermobility, 76
- ‘I am terrible at singing’, 83
- ‘I can’t sing’, 83, 86
- Infant-directed speech, 7
- Innovation, 94
- International Music Education Research Centre, 87
- Ireland’s Got Talent* show, 86
- Irritable bowel syndrome (IBS), 46, 52–53
- Johns Hopkins University Medical Center, 111
- Kaos Signing Choir for Deaf and Hearing Children*, 85
- ‘Key To Song’, 56
- Knowledge, 97–98
- Languages, singing predating, 6
- Leadership, 98
- Lewisham and Greenwich NHS Choir, 33
- Lewy bodies, 54
- Listening to songs/music, 111
- Live music concerts, 110–111
- Live Music Now*, 93, 95, 97, 117
- Liverpool Signing Choir*, 85
- Living in groups, 7–9
- Loss, 32

- Love hormone, 8
Lullaby Hour, 95
 Lullaby Hour Song Book, 117
 Lung function, 38
- Melodic intonation therapy (MIT), 59
Melodies for Mums, 108
 Mental health, 25 (*see also* Physical health)
 bereavement, 32
 diagnosis, 25–26
 eating disorders, 31–32
 experiencing adverse life events, 28–29
 mental wellbeing, 26–28
 PND, 29–31
 stress and ‘burnout’, 33–35
 warning signs, 26
- Michaelhouse Singers, 117–118
 Modulation of sound, 7
Monday Music, 76, 80, 99–100, 105
 ‘Motherese’, 7
 Motivations, 84, 89–92
 Multiple sclerosis (MS), 44
 Music, 3, 12, 19, 27, 118–119
 education in schools, 18
 effect and use of, 12–13
 and memory, 118
 mentorship, 88
 music, health, and wellbeing, 125
 psychosocial effect, 14
 Music for Dementia 2020, 118
Music in Hospitals and Care, 94–95
 Music Manifesto, 87
 Music Saved My Life!, 76–82
 Musical healing, 124
 Mustard Seed Singers, 119
- National Deaf Children’s Society, 119
 ‘Natural Voice Practitioners’ Network, 119
Neumes, 15
 Neurological rehabilitation, singing aids, 53–63
- Neurotransmitters in brain, 24
 NHS Forth Valley Nurses Choir, 33
 No-activity group, 30
 Non-clinical community programmes, 92
 Nordoff Robbins, 120
 ‘Not everyone should sing’, 83
 Nursery rhymes, 66
- Opera, 17–18
 Opportunities, 84, 86–89
Oxford Textbook of Creative Arts, Health, and Well-being, 127
 Oxytocin, 8, 24
- Parkinson’s disease, 61–63
 sing to beat, 71–76
 Passion, 97
 Pelvic floor malfunction, 52–53
 Performance practice, 17
 Phrygian modes, 13
 Physical aspect, 25
 Physical health, 35 (*see also* Mental health)
 asthma, 41–42
 Cystic Fibrosis (CF), 38–41
 COPD, 36–38
 IBS, 52–53
 MS, 44
 singing aids neurological rehabilitation, 53–63
 singing enhancing respiratory health and immune function in oncology patients, 46–48
 singing improving respiratory health, 35–36
 singing reducing persistent pain, 48–52
 sleep apnoea, 44–46
 spinal cord injury, 43–44
- Playlisting, 3
 Postnatal depression (PND), 29–31
 ‘Power of Music: Vicky McClure’s Dementia Choir’, The, 54
Pram Chorus, 108, 120

- Preening, 22
 Prenatal classes/courses, 93
 Primary care singing therapy, 94–96
 Primates, 7–8
 Psychiatrists, 25
Psychological Science, 8
 Pulse, 66
 Pythagorean doctrine, 14

 Rap songs, 42
 Respiratory health, singing
 improving, 35–36
 Respiratory muscle
 strength, 37–38
 training, 39
 Rhythm, 66
 Routledge companion to
 interdisciplinary studies
 in singing, 125
 Royal Academy of Music, 120

Salutogenesis, 26
 Salutogenic model, 26
 Secondary care singing therapy,
 94–96
 Self-efficacy, 32
 Self-help manual for singers, 126
 Sense of Sound, 120–121
 Sidney De Haan Research Centre,
 26–28, 93, 121, 124
 Silver Memories, 121
Sing & Inspire, 35, 121–122
Sing for Your Life, 122
Sing to Beat Parkinson's®
 programme, 62, 97
Sing Up, 87–88
Sing with Us choir, 46–47
 Sing Your Heart Out, 122
 Sing-a-longs, 1
*Singende Krankenhäuser (Singing
 Hospitals)*, 95–96
 Singer's Handbook, 126
 Singing, 1, 3, 17, 23, 65, 107
 and actor, 126
 aids neurological rehabilitation,
 53–63
 with and for children, 108–110
 connection with, 9
 enhancing respiratory health
 and immune function
 in oncology patients,
 46–48
 group leader, 96–99
 hard-wired to, 6–22
 improving respiratory health,
 35–36
 for people with Parkinson's,
 126
 predating languages, 6
 reducing persistent pain, 48–52
 at sports events, 1
 and teaching singing, 126
 as therapy, 24
Singing as Medicine, 67–71
 'Singing for Lung Health', 37
 Singing for Mums, 108
Singing for the Brain™, 55, 97
Singing Medicine™, 66–71
Singing on Prescription, 92
Singing Playgrounds, 67
 Singing Revolution, 4
Skylarks, 73–76, 80–81
 Sleep apnoea, 44–46
 Small waves, 96
 Social aspect, 25
 Social care homes, 93–94
 Social media, 89
 Social Prescribing Scheme, 91–92
 Song Bank, 88
 Sound, 12
Sound of Music, The, 2
Sound Sense, 93
 Spinal cord injury, 43–44
 Spiritual(ity), 118–119
 aspect, 25
 awakening, 18–22
 Sputum, 38
 Stamping, 55
 Stenciled hand art, 10
 Streaming, 3
 'Streets of London', 75
 Stress, 33–35, 49
 Stroke/aphasia, 58–61
 Subscribing, 3
 'Sweet Caroline' (song), 2
 Symphonies, 17–18

- Tenovus Cancer Care (TCC),
122–123
- Traumatic experiences, 28
- Troops, 8
- Tummy breathing, 36
- ‘Tuneful’ voice, 55
- TV shows, 111–113
- Vascular dementia, 54
- Vicar of Dibley, The*, 87
- Vocal grooming, 9–10
- Vocal writing, 20
- Voice healthy, 124–125
- Voicing during therapy, 39
- Waving, 55
- Wellbeing, 3, 18, 20–21, 24–28,
31–35, 37, 39, 43,
45–46, 49, 51, 55–57,
59, 61–62, 69–70,
89–92, 95, 98, 100, 107,
110, 114, 118–119,
122, 124–125, 137
- ‘What a wonderful world’
(song), 2
- ‘Where You Can Learn
More’, 123
- Womb Sisters*, 108, 123
- World Health Organization
(WHO), 18, 54,
89–90
- ‘Yellow River’ (song), 72
- York Centre for Singing Science,
107
- Young age singing, 66–71