

# Rachel M Smith

## About Rachel

Rachel studied music at Canterbury Christ Church University, graduating with a BMus in 2006. She then took a Postgraduate Diploma in Community Arts Practice at De Montfort University in Leicester, and has recently completed a masters level CPD module from the School of Health and Social Care, University of the West of England, in Facilitating Participatory Arts in Health and Social Care Contexts.

Rachel became a full-time independent community musician in 2009 and has worked with Age UK, The Alzheimer's Society, MIND, HeadWay and OBMH, as well as with numerous day centres and residential care homes.

Rachel sings with The Cherwell Singers in Oxford, and has sung and played violin with a number of different choirs, orchestras and chamber ensembles.

To view Rachel's full CV please visit the website [www.rmsmith.org.uk](http://www.rmsmith.org.uk)



## Singing for Wellbeing

Singing is powerful. When we sing together in a group many things happen: we share a pulse to stay in time with one another; we listen to make sure we are in tune; we exercise our minds remembering and learning words and melodies. As a positive activity, singing has many benefits, and, most important of all, it's great fun.

Rachel Smith is a community musician working in Oxford City, across Oxfordshire and in neighbouring areas, running a variety of singing workshops for older adults.

## What's On Offer?

Singing sessions can take place in many different settings: from residential care homes to community cafes, each designed to meet the needs of particular groups.

- **Regular Singing for Wellbeing sessions** (weekly, fortnightly or monthly) or **One-off Singing for Wellbeing sessions** - for large and small groups.
- **Intergenerational Singing sessions** - allowing day centers or residential settings to invite family and friends to a shared hour of singing.
- **Special projects** - working with you to develop unique music experiences for a group: from organizing local singing festivals that bring together different groups; to participative music projects focussing on participants' favourite songs - finding the forgotten music and words that people remember and love.

## Get in touch

If you would like to arrange a single singing session, a series of sessions, or to talk more about opportunities for a bespoke project, please do get in touch.

Taster sessions are available, and Rachel is happy to talk more with you about the needs of your group.

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# Singing & Wellbeing Workshops

## Why is singing good for you?

Music workshops are tailored to the individual abilities of each group, and broadly follow a simple pattern, starting with a gentle warm-up and welcome. The main content of a session will vary, and will include a variety of songs (both well-known and new), singing games, songs with actions and some use of (high quality) percussion instruments. The aim is to encourage a whole-body and mind approach to singing, helping to improve speech, co-ordination and to help build group relationships and identity.

### Prices

- **Single small group session** - £40\* - for up to 8 participants; no staff support needed;
- **Single large group session** - £40\* - over 8 participants; some staff/volunteer support for the group needed;
- **Regular sessions** - discounts available for block bookings of 5 or more sessions.
- **Special projects** - price by agreement.

Mileage is charged at 25p/mile for sessions outside Oxford.

\*£5 discount for sessions starting after 4pm.



### Mental Health

- Singing can give an endorphin rush similar to the sort experienced when undertaking aerobic exercise
- Singing is a way of exploring and expressing emotions
- Singing can stimulate reminiscence, helping to maintain and strengthen a person's sense of self.



### Physical Health

- Singing encourages deep breathing which increases oxygenation of the body
- Rhythm stimulates movement and co-ordination
- Singing strengthens our ability to communicate by exercising the muscles used for talking (tongue, lips, diaphragm etc)



### Social Health

- Singing is an activity best done in a group
- Group singing is the creation of music together
- Songs can stimulate conversations as memories and stories are shared
- Singing together requires we listen to one another and be listened to

