

**Royton and Shaw & Crompton Districts
Public Health Project Proposals**

Name of project: Singing for The Brain

Project owner: Anne Fleming

What is the idea?

The idea is to support and develop a Singing for The Brain groups at Tandle View Court and Hopwood Court. Singing has been shown to stimulate brain activity and is particularly beneficial for people in the early stages of dementia. It also support & improves lung health and , as a fun social activity , can lessen social isolation.

Instead of starting with a choirmaster & pianist the group would like to start small & purchase instructional dvds & sheet music , this will allow the group to sing very informally and at their own pace.

Estimated costs? £300

Purchase of sheet music & instructional dvds.

Who will benefit?

Residents of Tandle View Court and Hopwood Court and the surrounding area, some of whom have dementia and / or are isolated.

How Many residents will benefit?

Potentially around 160 local residents.

What impact do we expect and how could we measure it?

We expect the impact to be a lessening of isolation amongst group members and an increase in social activity within Tandle View & Hopwood Courts.

Both courts are ran by Housing 21 and aim to support both court residents and older people living in the local community.

We could measure the impact by:

- Numbers who attend the signing sessions
- By asking attendees to fill in evaluation sheets