

Document Title	Chinese Wellbeing Evergreen Choir
Number and Category	13e.Category E: SPIN-D - Developed Resources
Status	Final
Date	24.10.2024
Next Actions	
Developer (2a)	DB: Chinese Wellbeing
Contributor / Reviewer (2a)	Chinese Wellbeing Evergreen Choir
Link	https://youtu.be/beN3U4CmsW0

Singing in Harmony- Chinese Wellbeing Evergreen Choir

Chinese Wellbeing is pleased to be a Strategic Co-production Partner in the Spin D Network. We are a small but vital charity of 35 years providing support for family carers and the over 60's. Our aim is to provide culturally appropriate health and wellbeing activities, reduce social isolation and loneliness, and support people to live well and remain in independent living for as long as possible.

Singing has become an integral part of Chinese Wellbeing's weekly activity schedule. For the last 12 months, we have been fortunate to have been awarded a Power of Music grant enabling the expansion and development of the choir, comprised of members ranging from their 50's to 80's. Some members are living with early-stage dementia and some are carers. Everyone is welcome!

The Evergreen Choir is not a professional choir and for its members, singing is not just about performance but also about expressing their own life experiences and challenges. Singing evokes memories, it helps to maintain cultural identity and connectivity which is important for our wellbeing.

The short film has been specially produced for the SPIN D Conference. The choir has chosen three of their favourite traditional Chinese songs. They are accompanied by our Trustee, musician, and dementia researcher, Dr Xiaoxiao Hou on the guzheng and directed by Tina Chow, our Community Health & Wellbeing Champion.

Xiaoxiao reflects on the importance of music particularly in dementia care and some of the choir members share their reflections.

The morning spent filming was very special, the sheer joy and excitement of taking part was palpable!