

Case Study Two

Bailiwick Social Prescribing: making an impact on lives in the community

I took a client to a session of Singing for Health at Styx Community Centre. These classes are accessible for our clients on a donation basis and are well attended. We arrived early, but there were already people there, all of whom made us very welcome.

Sam, who was leading the group, came over to greet us and then explained how the session worked. She asked my client where they felt most comfortable, singing high, low or in the middle and then sat them in the right area for their tone. I sat with them and we did some warm up singing, which were good fun and then we were given some song sheets with words for songs that were being sung that day.

The songs were broken down into a few lines to ensure everyone had time to keep up with the group and nobody felt left out.

When each line had been practiced and Sam was happy, we then sang the whole song. This was a real sense of achievement for my client who had been anxious about being a poor singer. We then repeated this for a few other songs, had a nice coffee and biscuit and chat with other members of the group, then we sang again a few well-known songs which were good to enjoy.

At the end Sam came to see if my client had enjoyed the session and they said they had and would go back the following week.