



Making Connections for Wellbeing through singing



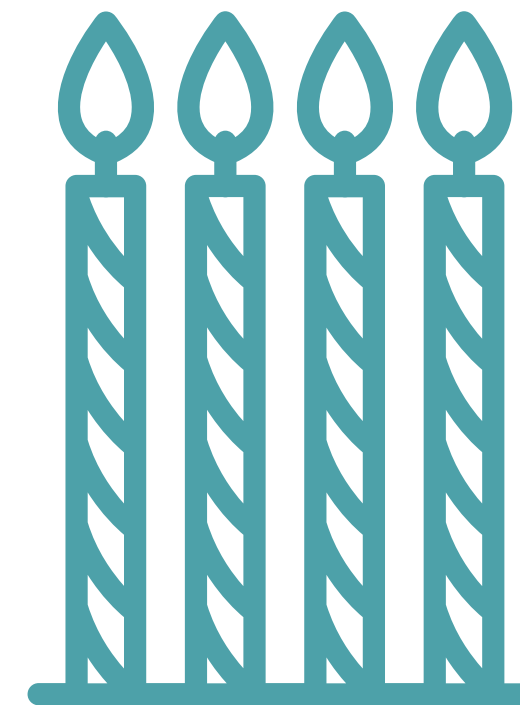
- How Singing improves social connections
- How Singing improves wellbeing
- What stops people singing



Background to research



31



78.6
years



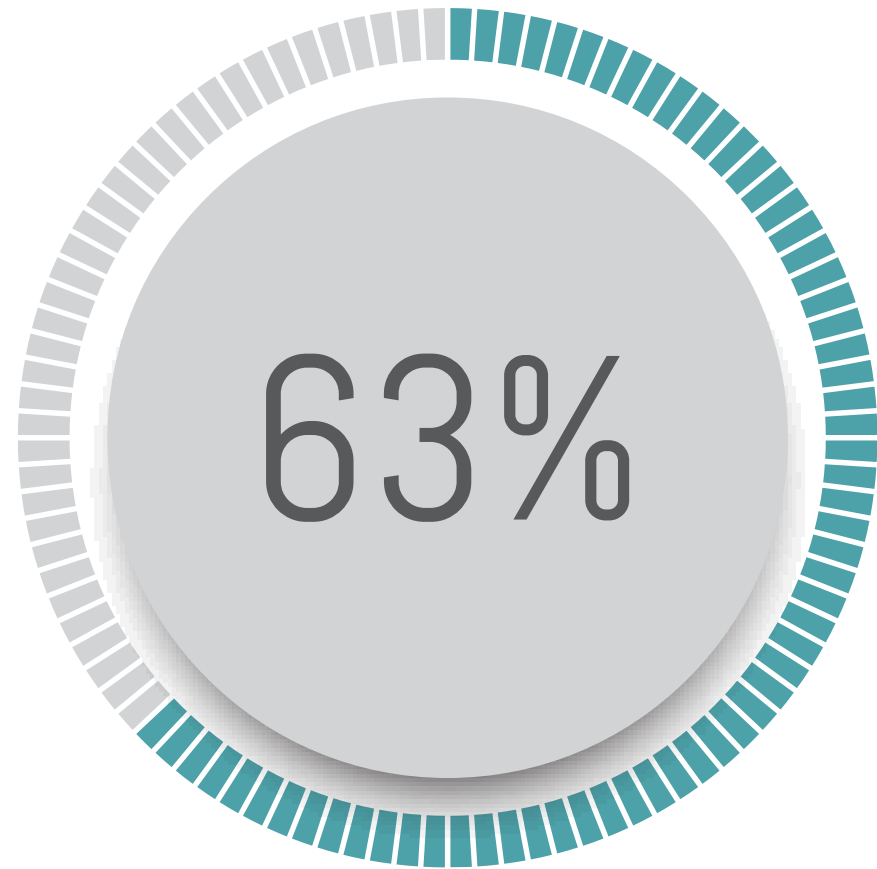
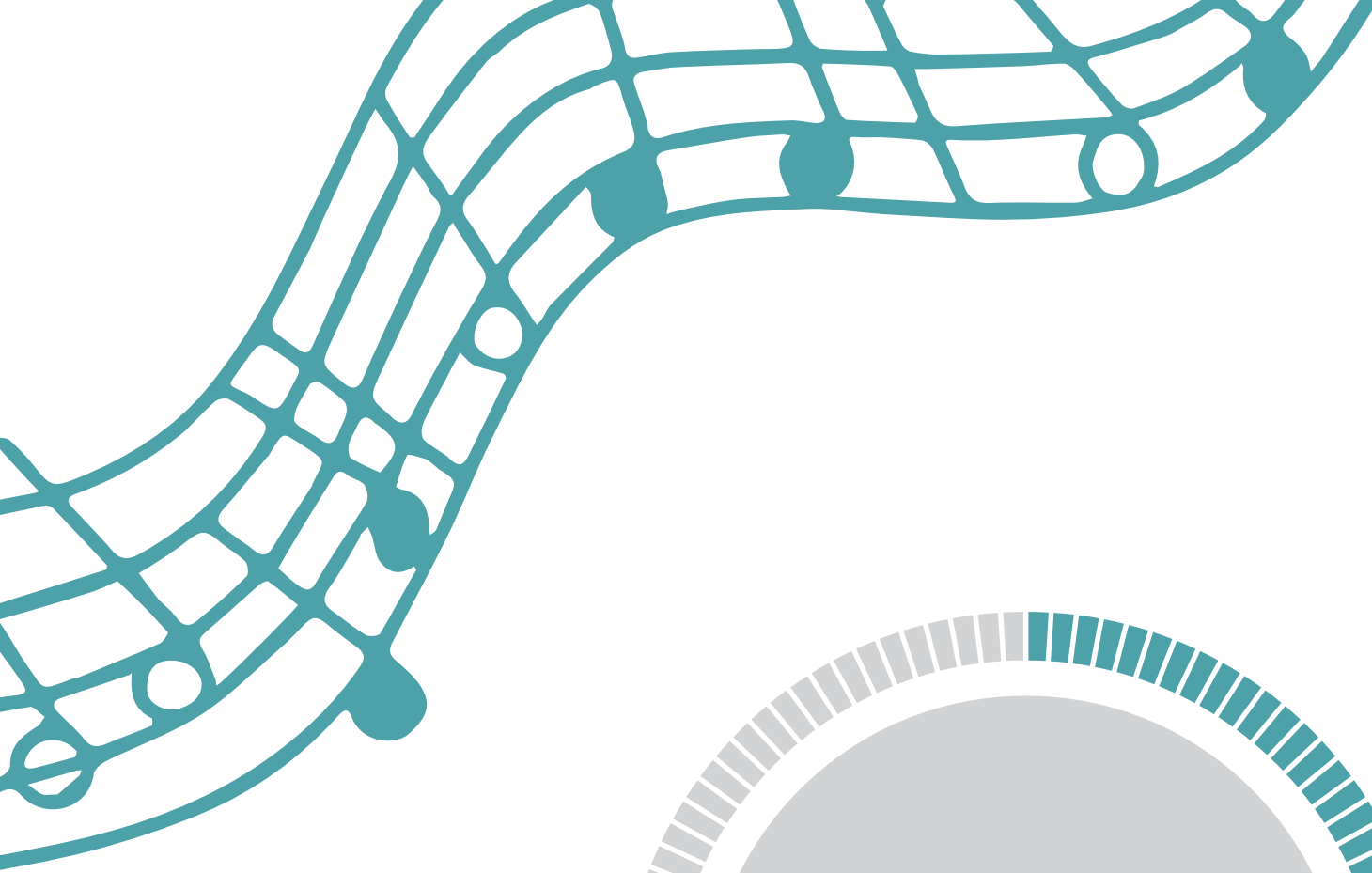
How does singing improve social connections



- Builds trust
(Langston & Barrett, 2008)
- Increases social support networks
(Livesey et al, 2008)
- Feel connected to others
(Hendry, Lynam & Lafarge, 2022)



“I have been able to build relationships with a couple of them...I can see them in the street, and they’ll still speak to me.”



I feel like I belong



Social networks



Group membership



Support

Social Capital



Trust



belonging

Engagement



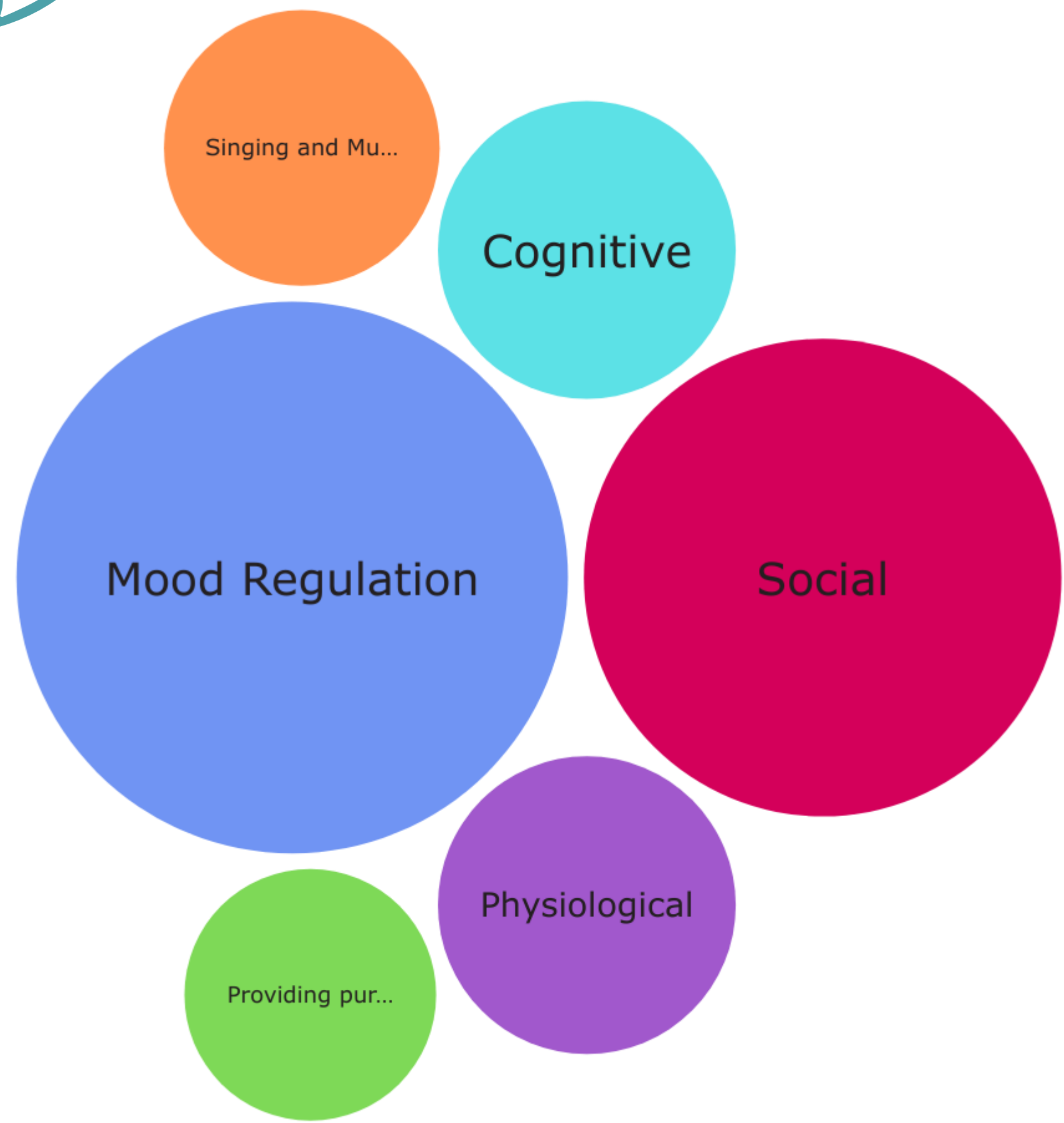
participation

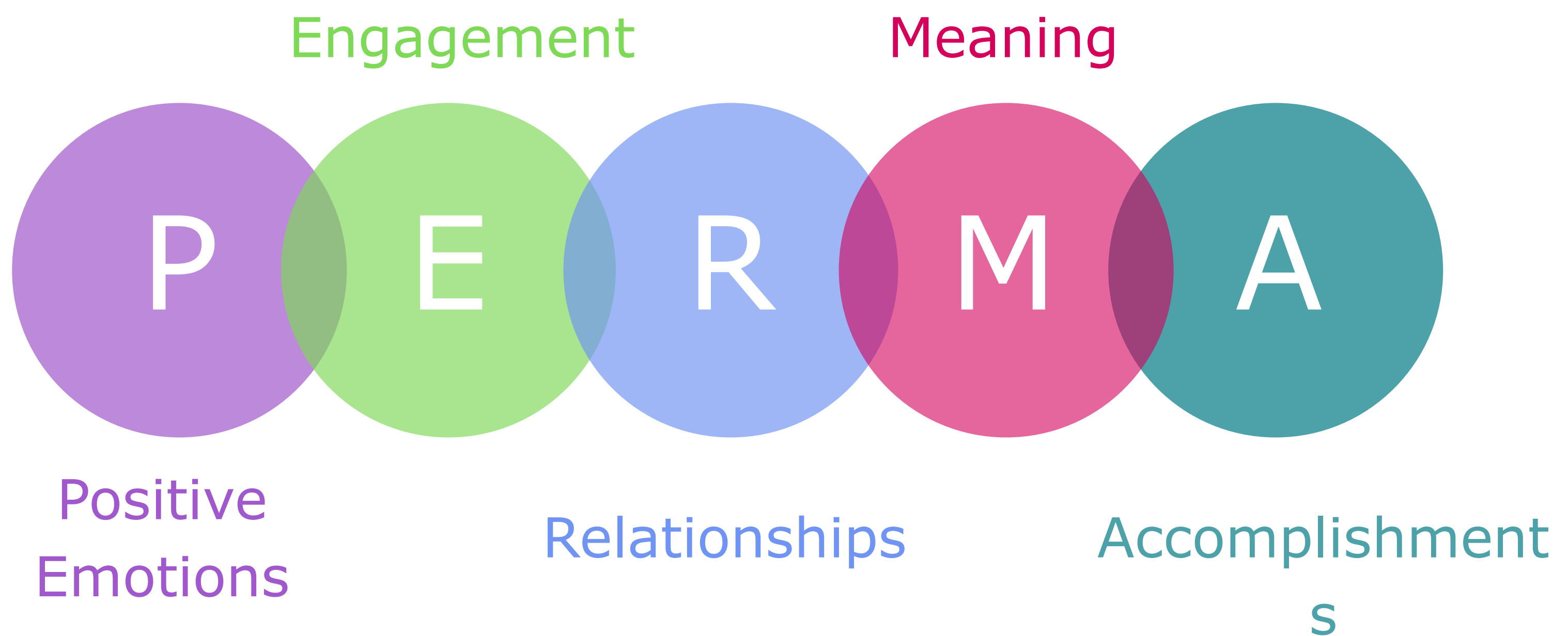


How does singing improve well- being



- Strong social capital improves chances avoiding of lifestyle risk
- Lack of Social Networks is linked to long term physiology damage







If singing is so good, why
doesn't everyone attend
choirs and singing groups?

Join at menti.com | use code **3603 9772**

What are your first thoughts or feelings if you were asked to sing

View responses ...







- Location of venue
- costs
- other commitments
- Health conditions



“People forge bonds in places that have healthy social infrastructure- not because they set out to build community, but because people engage in sustained, recurrent interaction, particularly while doing things they enjoy, relationships inevitably grow.”

Eric Klinenberg

