

Singing Cords

"I always thought music and singing would play in some part of my life, but I never thought it would save my life. Through the practice and performance of singing, I have been able to remain vocally and physically healthy and subsequently, emotionally happy. I owe that to music. If the Singing Cords project can have that impact on just one other with a Spinal Cord Injury, it will be all worth it". Tim McCallum, Vocal Coach

why is Singing Cords needed?

Singing is something many people take for granted. You sing in the car, in the shower and maybe even on stage. Most of the time, you don't even realise you're singing! Researchers suspect that on top of hearing your beautiful voice, singing may have medical benefits for people with spinal cord injury (SCI). It is believed that singing may help enhance breathing, voice and wellbeing for people with SCI.

what is Singing Cords?

The program involves newly injured people with SCI as well as those who have lived with SCI for many years. The Hopkins Centre members Kate Martin, Yoon Irons, Brooke Wadsworth, Brooke Duggan and Tiffany Newson along with singers with disability, Tim McCallum, Col Mackereth, are all involved. The singing cords project is a peer led program supported by The Hopkins Centre, which is a joint Initiative of the Division of Rehabilitation, Metro South Health and Menzies Health Institute Queensland, Griffith University. Spinal Life Australia, Affiliate Partner of The Hopkins Centre has provided partial seed funding for the Program.

how will Singing Cords improve lives?

This research will examine a peer-led group singing program to determine whether or not it is feasible to be included as a key component of the rehabilitation journey. It will also allow researchers to examine the impact of singing on those with SCI over time.

Enhancing rehabilitation outcomes

Growing social connectedness

Providing evidence

Showcasing innovation

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