

Singing Cords: Peer - led
therapeutic group singing for
people with spinal cord injury.



Singing Cords



Metro South Health



A joint initiative of the Division of Rehabilitation, Metro South Health, and Menzies Health Institute Queensland, Griffith University.

Design: Pilot study

Aim: This study aims to evaluate a peer-led group singing program for people with spinal cord injury (SCI) in a rehabilitation environment by addressing 4 questions;

1. Is it feasible to include a peer-led singing program into existing models of care?
2. Can a peer-led singing program influence breathing and voice measures?
3. Can a peer-led singing program influence a patients' participation in their rehabilitation journey?
4. Can a peer-led singing program influence quality of life of people with life-long disabling conditions?



The twice weekly 1 hour program has been provided for 12 weeks with supported transition to community singing via a local choir or group singing meetups at the conclusion of the program. Outcome measures will be collected at the commencement and completion of this program with a further assessment at 3 months after program conclusion.

M & M's

My mother makes me

Mash my M & M's

On Monday morning

Ooh Aah



HARMONICA MEN

Bold ideas. Better solutions.



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Brooke Wadsworth, Physiotherapist
2018 Clinical Research Fellowship recipient
Hopkins Centre

Tim McCallum, Singing Teacher & Choir Master
2019 Recipient of the Hopkins Centre
Translation Research Award



WHAT A WONDERFUL

**I see trees of green, red roses too
I see them bloom for me and you
And I think to myself what a wonderful world**

**I see skies of blue and clouds of white
The bright blessed day, the dark sacred night
And I think to myself what a wonderful world**

**The colors of the rainbow so pretty in the sky
Are also on the faces of people going by
I see friends shaking hands
saying how do you do
They're really saying I love you**

**I hear babies crying, I watch them grow
They'll learn much more than I'll never know
And I think to myself what a wonderful world
Yes I think to myself what a wonderful world**

JINGLE BELL ROCK

Jingle bell, jingle bell, jingle bell rock
Jingle bells swing and jingle bells ring
Snowing and blowing up bushels of fun
Now the jingle hop has begun

Jingle bell, jingle bell, jingle bell rock
Jingle bells chime in jingle bell time
Dancing and prancing in Jingle Bell Square
In the frosty air

**What a bright time, it's the right time
To rock the night away
Jingle bell time is a swell time
To go gliding in a one-horse sleigh**

**Giddy-up jingle horse, pick up your feet
Jingle around the clock
Mix and a-mingle in the jingling feet
That's the jingle bell rock**

**What a bright time, it's the right time
To rock the night away
Jingle bell time is a swell time
To go gliding in a one-horse sleigh**

**Giddy-up jingle horse, pick up your feet
Jingle around the clock
Mix and a-mingle in the jingling feet
That's the jingle bell
That's the jingle bell
That's the jingle bell**