

darts



Case Study

Singing for Memory

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[Singing for Memory](#) is our free, friendly singing group for adults living with dementia and their family carers in Doncaster. Take part in friendly, fun and supportive singing sessions with professional and experienced musicians and make new connections with others. Each session starts with a relaxed welcome. After warming up our voices we sing a variety of familiar and new songs. We always make time for a cup of tea and a chance to chat.

Diane and Doug: The power of doing what you love, together

Diane and Doug have been attending Singing for Memory for over a year. In that space of time, the group has become an integral part of their week. After hearing about the project at Tickhill Road, they decided to come along, and they haven't looked back since.

Diane has dementia and her husband, Doug, is her full-time carer. Singing for Memory is a specialised group for people with dementia, *and* their carers, that provides joy, comfort, music, and community. It's time to switch off, have a cup of tea, and really feel the music – together.

Singing for Memory has provided the pair with a space to enjoy themselves and feel free. Diane has always loved to sing, and she is now back doing her favourite thing every week at The Point, a place she loves:

“I have always sung and have loved to sing. When I sing, people will come up to me and tell me what a beautiful voice I have. I love to do it, and I love how it makes me feel.” – Diane

At whatever stage of life, it is paramount that we continue doing what makes us feel the most confident and the most connected. This is what keeps us motivated day to day. With dementia, it becomes more important. Diane has found her way back to herself with Singing for Memory.

“Singing for Memory has brought a joy and confidence in Diane – there's a definite characteristic that I wouldn't have found before joining. Being in a group brings out a different attitude of her.” – Doug

The pair have felt huge benefit in Singing for Memory's group element. Getting together and singing *in a group* has benefited them more than they thought it ever could. Everyone in the room, at that time, has something in common; they have come together for the same reason. A beautiful bond forms between people, that might not have met otherwise, as they come together, sing and remember joy in the then and the now.

“Being in a group has a very positive impact. We very much look forward to this session – it brightens her week right up. Getting together and singing in a group, it's great for Diane's wellbeing. And the carers love it too! At this age, we can't get far so this group is really very valuable to us.” – Doug

This group leaves Diane and Doug feeling spirited, and that is a powerful feeling that can become invaluable when times are difficult:

“Being in a group makes us feel uplifted, and that feeling stays with us for the rest of the week.” - Doug

Diane and Doug can go into the rest of their weeks carrying a confidence and holding a joy within themselves. Singing alone is great for mood and good for your body. Singing together, with people joined together through this purpose, is an incredible power. The sound is strong, joyful and celebratory. The feeling is much the same.

“It’s got to keep going! This group *has got to keep going!*” - Doug

At darts, we feel so grateful to meet incredible, strong, local community members, such as Singing for Memory’s Diane and Doug. Like them, we want our programmes to last forever, keeping Doncaster uplifted.

Your donation will mean we can be there for Diane, Doug and many more amazing people throughout Doncaster affected by dementia. Take 2 minutes today [to support and sustain Singing for Memory](#).

*Names have been changed.