

Singing for health and community – a community singing workshop

Fay White, singer, songwriter and community arts facilitator

Singing in groups has tremendous benefits for health. This fully interactive workshop will be a session of singing in the unaccompanied (acapella) style.

It's an opportunity to experience the health benefits first-hand, relax, be refreshed, hear the story of this work in Victoria and Tasmania and consider the links between health, culture and community arts. No prior musical ability required, just willingness to have a go.

PRESENTER

Fay White is a singer-songwriter, educator and community arts facilitator with 30 years' experience. Based in Central Victoria, she provides singing facilitation and singing leader training to community organisations, conferences, workplaces, festivals and rural health providers across Australia. She has recorded nine collections of songs and in her home district leads two community choirs.

Fay has recently pioneered a revitalised form of community singing known in Victoria as "Vocal Nosh" and since 2001 she and a colleague (Anne-Marie Holley) have designed and delivered leadership training for this work, funded by VicHealth.

In 2003 a partnership with Community Music Victoria and VicHealth will continue this capacity-building arts-in-health initiative.

