

Issue 8
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the arts bulletin



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SingAbout: Singing for Breathing project launched by exciting new partnership



Independent Arts is delighted to be working in partnership with the Respiratory Team at St Mary's Hospital, Breatheasy and Healing Arts to deliver SingAbout: Singing for Breathing.

Funded by My Life A Full Life until June 2015, the project provides weekly singing sessions tailored specifically for those suffering from COPD (Chronic Obstructive Pulmonary Disease) and other respiratory conditions.

SingAbout: Singing for Breathing is based on a recognised form of therapy specifically developed for individuals with a respiratory condition. Extensive research has been carried out in this area, with flagship projects being delivered at the Royal

Brompton Hospital in London. Our singing leader for this project is Sandy Kealty, who is a Natural Voice Practitioner and delivers our Ryde and Newport SingAbout groups. Sandy visited Brompton Hospital to see their work in action.

Unlike our other SingAbout groups, participants are referred onto this project by their GP or the Respiratory Team. Another big difference to our other SingAbout groups is that this project is delivered as a rolling programme.

This means participants only attend for 12 weeks, with a clear start and end date for each participant. The project aims to improve the quality of life, health and wellbeing for those who have been diagnosed with a respiratory condition, as well as increasing participants' confidence to self-manage their condition and develop independence.

The project is also being funded to produce a DVD of a session, showing Sandy leading a group and demonstrating the various breathing exercises. The DVD will then be available to those who have been diagnosed with a respiratory condition but are unable to attend the weekly groups, or would prefer to undertake the activity at home.

Once participants have completed the 12 week programme, they can be referred on to another SingAbout group local to them, or use the DVD at home to continue their singing for breathing activity.

Sessions take place weekly at the Respiratory Gym at St Mary's Hospital, and run from October 2014 through until June 2015.



My life
a full life

Isle of Wight NHS Trust

Independent Arts has moved

From 1st October 2014, our new home is:

Independent Arts
Suite 3
30 Quay Street
Newport
Isle of Wight
PO30 5BA

Our telephone number and emails have remained the same.

Whilst we were sad to leave Downside Community & Learning Centre (see overleaf), we are thrilled with our new premises which are centrally located.

We also have more space with a small kitchen area, a meeting room, a larger office space and a courtyard garden area.

Like us on Facebook:
[facebook.com/IndependentArtsIOW](https://www.facebook.com/IndependentArtsIOW)

Follow us on twitter:
[@IndependentArts](https://twitter.com/IndependentArts)



Independent Arts is a member of NAPA (National Association for Providers of Activities for older people)



Farewell to Downside

It is with a great deal of sadness that Independent Arts left our home at Downside Community & Learning Centre where we have been based for the past two and a half years.

Downside has been a fantastic place to work with a range of voluntary and community organisations under one roof, and Independent Arts has thrived whilst based there.

It is the people we will miss most (along with the fantastic food at the Isobel Café!), and would like to say a huge thank you and goodbye to Kim, John, David and the other amazing and talented people who work so hard to create a vital community hub.

A summer of success for SingAbout

Whilst our SingAbout project continues to go from strength-to-strength, we've had a busy few months over the summer!

The Freshwater group enjoyed a picnic in the warm sunshine back in July, using the green by the library to celebrate the summer weather.

We also had a SingAbout walk from Appley Café to Appley Tower which took place at the end of August. Although the weather wasn't brilliant, we managed to stay dry and had a great afternoon.

We are also delighted to have received funding from Allen Lane for SingAbout. This is the second time we've received funding for SingAbout from Allen Lane, and we are grateful for their continued support of our work.



New funding grants secure future for DanceMakers in Newport

Our weekly DanceMakers group is able to continue for another year as it has received a boost through two new funding sources.

Both the Isle of Wight Council Adult Community Learning Fund, and Hampshire and Isle of Wight Community Fund have awarded Independent Arts with grants.

DanceMakers is a gentle creative movement group which meets every Friday at St John's Church Hall. The sessions have proved extremely popular since DanceMakers began in April 2013, with the group at capacity.



Our new role on Arts & Health Advisory Group with Winchester University

Independent Arts has been invited by the University of Winchester to sit on their Arts & Health Advisory Board. Through our links made with University's Research Centre for Arts and Wellbeing, we are delighted to be included as part of the advisory group.

As well as staff from the University of Winchester, there are also representatives from the University of the Arts London, as well as a range of health professionals and artists.

We are looking forward to sharing our experiences and practice with others who work in the arts and health field, with a view to developing our work.

