

MEDIA RELEASE

Tuesday 19 March 2019

SINGING STRONG IS STRIKING A NEW CHORD

An innovative program at Harbourside Lodge called Singing Strong is striking a new chord with residents who are living with Parkinsons Disease, post stroke, mild dementia, COPD or for those people who have issues with voice, speech or breathing.

Living with issues that cause a person's voice quality to deteriorate or decline can result in speech difficulties and in turn, less conversation, social contact and activity.

The Singing Strong program is enabling residents and those who attend the program to express themselves through music and rhythm.

Portland District Health Certified Practising Speech Pathologist, Suzanne Guerin said people with Parkinson's and other neurological challenges may have weak voices and their speech may become difficult to understand.

"Singing aloud is not only fun but benefits participants by exercising the lungs and abdominal muscles, strengthening the vocal chords, assisting with regulating breathing and helps with swallowing."

"There is a plethora of research supporting anecdotal evidence of people withdrawing from community and social outlets as their voice deteriorates."

"The grant from United Way Glenelg Lewis Court Fund will be vital in providing a safe and supportive environment to the many people living in the community diagnosed with Parkinson's and other vocal concerns" said Ms Guerin.

Singing Strong is run weekly at Harbourside Lodge with locally known singer Rose Collins or Jess Cook and a group of their musical friends on Wednesdays at 2.00pm-3.00pm. The program is open to all members of the community and is FREE to attend.

If you would like further information on the Singing Strong program, please contact Suzanne Guerin on 5521 0653

Photo: While not diagnosed with Parkinson's Disease, Dot Merrett is enjoying the Singing Strong class, enabling her to strengthen vocal chords.

Back L-R Jarman Oakley, Nicole Carr, Rosie Collins. Front L-R Dot Merrett and Suzanne Guerin.

If you're interested in receiving more information about the United Way Glenelg Lewis Court Fund y please contact Nicole Carr on 0410 513305 mail@unitedwayglenelg.com.au

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