



PRESS RELEASE

FOR IMMEDIATE RELEASE

10 April 2024

Sing Up Foundation launches new website and resources to support singing for mental health and wellbeing

Supported by funding from Arts Council England, Sing Up Foundation has launched a new website at www.singupfoundation.org to support teachers, music leaders and all working with children and young people to use singing, songwriting and voice exploration to improve mental health and wellbeing. An ever-growing resource, the website provides advice, guidance, toolkits, video support, the latest research and more to support leaders and teachers in their work with children and young people.

In addition to a wealth of new articles, research and support, the website features a host of newly commissioned resources from experts and partners including:

- A 'Safe Spaces' Guide – Created by the charity Blue Cabin which supports care-experienced young people, this guide explores how to create experiences that ensure that participants and facilitators alike feel welcome, valued, understood and safe in singing and music-making sessions. (<https://www.singupfoundation.org/safe-spaces>)
- Beatboxing, Identity & Mental Health film series – Created by international non-binary beatboxer, disability and mental health ambassador SK Shlomo and their Breathe Academy, these inspiring films explore beatboxing and vocal exploration to support identity and mental health. (<https://www.singupfoundation.org/beatboxing-identity-mental-health>)
- Working in Challenging Settings Case Study – Featuring the work of Yorkshire Youth and Music at Becton Centre for Children and Young People, this inspiring case study provides a look at work with vulnerable young people in care, youth justice and health services using music to help them explore, create and express themselves. (<https://www.singupfoundation.org/working-in-challenging-settings>)
- Creative Vocals and 'agency' Research Review – this research review conducted by Dr Douglas Lonie from research consultancy tialt looks at the evidence supporting singing, songwriting and vocal exploration and the connection to young people's sense of 'agency'. (<https://www.singupfoundation.org/creative-vocals-evidence>)

- A Guide to Singing for Mental Health and Wellbeing - Created by Emily Foulkes Trauma and Mental Health Trainer and Director of Music for Good, this guide highlights all the different types of singing activity that can be enjoyed with young people and advice for practice. (<https://www.singupfoundation.org/types-of-singing-activity-for-mental-health/>)

Over the next few months, the Sing Up Foundation website will continue to grow and develop, adding more helpful resources to support anyone working with children and young people to improve their mental health and wellbeing. The website also hosts the entire first season of Sing Up Foundation's podcast *Inspiring Voices*, which explores the power of singing to transform children and young people's lives.

Baz Chapman, Joint Head of Sing Up Foundation says, "This launch of the new Sing Up Foundation website, supported with funding by Arts Council England, has allowed us to build a comprehensive platform to inspire, inform and connect anyone wanting to realise the benefits of singing and vocal exploration for children and young people's mental health and wellbeing.

By continually developing content to suit our audiences, and by interacting with them, we hope to deepen the connection between the use of the voice and mental health and to increase our collective understanding. We hope that teachers, music practitioners, mental health professionals and anyone else with an interest in this work will not only find our resources and support valuable, but will also join the conversation and help us shape the future of this valuable work."

Notes to Editors:

1. The Sing Up Foundation (www.singupfoundation.org) produces, promotes and creates opportunities for children and young people to improve their mental health and wellbeing through singing. Through partnerships, resource development and innovation the Sing Up Foundation – explores and highlights effective practice, connects practice with research, creates research-based pilot projects to build and share knowledge and understanding and increase impact, and supports and develops the workforce and settings surrounding children and young people.
2. The Sing Up Foundation is Sing Up's charitable arm focused on producing charitable activities through fundraising, partnerships and innovation. The Foundation shares in Sing Up's goal to ensure that children and young people have opportunities to sing and make music regularly and well for all the benefits that research shows that brings, with a particular focus on mental health and wellbeing. Foundation staff work for Sing Up and the Joint Heads of Foundation sit on Sing Up's Senior Management Team. Likewise, two members of Sing Up's staff, including CEO Michelle James, sit on the Foundation's Board of Trustees.
3. Sing Up (www.singup.org) is an award-winning organisation that provides resources, training and guidance to support singing and music in schools. Sing Up believes that all children and young people have a right to good quality singing provision, to deepen their understanding of music and singing,

raise attainment and develop lasting tools to express themselves with confidence and creativity. With over 15 years of experience at the forefront of music education, Sing Up's specially arranged songs, teaching tools and support put singing and music at the heart of learning.

4. Sing Up Foundation's podcast *Inspiring Voices* features in Feedspot's recommended Top 10 Music Education podcasts. Through conversations with singers, leaders, researchers and other specialists, *Inspiring Voices* considers the unique role of singing, songwriting, voice exploration and creative music-making in improving children and young people's mental health and wellbeing.