

Singing for the Brain

'Singing for the Brain' is a service provided by Alzheimer's Society which uses singing to bring people together in a friendly and stimulating social environment.



Singing is not only an enjoyable activity, it can also provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group.

Hidden in the fun are activities which build on the well-known preserved memory for song and music in the brain. Even when many memories are hard to retrieve, music is especially easy to recall.

Singing for the Brain was recently featured in a BBC Radio 4 documentary looking into the emotional significance of Handel's Hallelujah Chorus, [which is available to listen to now](#).

- [Find out more in our Frequently Asked Questions](#)

Take a look at our Singing for the Brain video

Other activities

If you don't want to or cannot sing there are other activities you can do. Keeping active in any way is good for you. For more ideas please see:

- [Maintaining everyday skills](#)
- [Keeping active and staying involved](#)

Locations

Please go to our [Local Information](#) section to find out more.



Frequently Asked Questions

We have put together a list of [frequently asked questions](#) for you.

- [Take a look at our Singing for the Brain FAQs](#)



Videos

Singing for the brain - an introduction

Part 1

'Theme tune' of the Don't Worry Be Happy project with Singing for the Brain (TM), Alzheimer's Society and Bournemouth Symphony Orchestra in Tisbury, spring 2009. Funded by Salisbury District Council. Video by Jackie Calderwood.

Part 2

Celebration of the Don't Worry Be Happy project with Singing for the Brain (TM), Alzheimer's Society and Bournemouth Symphony Orchestra in Tisbury, spring 2009. Funded by Salisbury District Council. Video by Jackie Calderwood.

Contact us

[Find out if there is a Singing for the Brain group near you](#)

Contacts

- [To volunteer please find out more here](#)
- [Find out about getting involved as a Singing for the Brain leader](#)



Downloads

- [Download article from the Journal of Dementia Care on the Singing for the Brain project](#)
- [Singing for the Brain FAQs](#)



BBC Two Wonderland: The Alzheimer's Choir

The Alzheimer's Choir A film about love, music and dementia

The final documentary in the BBC Two Wonderland series went out on Thursday 10 December 2009. The series has sought to uncover the people and places that often go unnoticed but can offer a glimpse of today's Britain. This sensitively shot documentary takes a look at the experience of [living with dementia](#).



Ted's wife Hilda doesn't know who he is any more - she has lost the ability to recognise even those closest to her. Ted, a devoted husband of 50 years, calls her his 'lovely little stranger'. But there's one thing she has not forgotten - the tune to Que Sera, Sera.

Ted and Hilda are members of an Alzheimer's Society Singing for the Brain group in Bristol. The group includes a number of people [with dementia](#) and [their carers](#) who are working through their own very personal dementia journeys, which they have chosen to share through the course of the programme.

The documentary is an honest portrayal of the strain that [Alzheimer's disease](#), or any of the [other forms of dementia](#), can put a relationship under but also the enduring nature of love and the powerful role music can play in that. All the people featured in the documentary are brought together by music and the support and friendship offered by their visits to Alzheimer's Society's Singing for the Brain service.

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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