



## Participant Testimonials

"RYV is so very special; it does Mum and I the world of good."

"We really enjoy both the singing and the social aspects - we benefit as we love music and can relax together"

"We are always keen to come; we have made some good friends who are very supportive."

"My husband smiled for the first time in months; we are so grateful that we found RYV."



Dementia singing project



For more information about Raise Your Voice or you would like to leave a donation, please visit our website:

[www.raiseyourvoice.org.uk](http://www.raiseyourvoice.org.uk)

Or email us at

[info@raiseyourvoice.org.uk](mailto:info@raiseyourvoice.org.uk)

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## Where words fail, Music speaks

For people living with dementia, music can be a vital lifeline. It can enhance self-esteem, increase feelings of wellbeing and facilitate communication. So let's start to sing!





Raise Your Voice is an exciting, ground breaking community project for individuals diagnosed with dementia, enabling them to express themselves creatively. Operating across both East and West Sussex, RYV offers a safe and comforting space in which singing, listening, musical instruments, artwork and drama are used to create a rich, immersive experience for all involved. Participants are accompanied by a family member, carer or friend who are included in the sessions; their wellbeing is of equal importance, allowing for respite and mutual support.

An independent charity funded entirely by donations, RYV is led by Jane Haughton, a former professional singer with the Royal Opera House chorus, together with professional pianist Nancy Cooley. They are supported by a dedicated team of experienced volunteers and guest contributors.



All involved are deeply committed to RYV's vision: "To enhance the quality of life for those living with dementia and their carers through active participation in a joyful programme of music and creativity."



The positive impacts of RYV are profound. Sessions are uplifting. Participants have enthusiastically reported a wide range of benefits, including greater mental alertness, enhanced mood, reduced stress, improved breathing, increased physical energy, a sense of companionship, heightened confidence and above all, the joy of having fun.

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RYV hosts regular sessions throughout the year, currently held in the Lewes and Burgess Hill areas.

Sessions revolve around chosen themes such as friendship, travel and seasons. The music selection is eclectic, encompassing opera, stage musicals, folk tunes and popular songs. Participants are also encouraged to create their own lyrics and music for songs, allowing them to access and share life experiences in a positive context

