 **NHS Education for Scotland**

**Transcript of ‘Singing for Happiness’ conference film clip recording**

**Speakers**: Samir Savant, Chief Executive, St George's Bristol (SS)

Kat Branch, Head of Centre for Music, University of West of England Bristol (KB)

**SS:** Hello, I'm Samir Savant. I'm the Chief Executive of St George's Bristol, a beautiful concert hall in the heart of Bristol and Kat and I are talking to you from backstage here at St George's.

**KB:** Hi, my name's Kat Branch and I'm Head of the Centre for Music at the University of the West of England here in Bristol. My research interests are in music and wellbeing and health. So, we are going to be talking to you at the Bereavement Conference about how singing can help with the process of bereavement.

**SS:** I'm a singer, I've been singing since I was 10 years old and sing in lots of choirs and Kat and I have been running a project called Sing for Happiness here at St George's. And we've just completed the first phase with researching how singing can have a positive impact on your mood and, and be very uplifting and inspirational. And in the first phase of Sing for Happiness, there were 400 singers taking part, a third of whom had not sung as adults. So really interesting study group.

**KB:** So, during our presentation at the conference, you'll have the opportunity to understand more of the research that exists already in the literature about how singing in groups can help people cope with the process of bereavement. But also, we'll be sharing some early information from our study about the ways in which singing has helped people by connecting them socially, giving them a midweek boost with their mood, and also helping process difficult emotions. So do come to our session, we look forward to seeing you there.

The film was produced in October 2024 and can be found at <https://www.sad.scot.nhs.uk/conference/> or <https://vimeo.com/1022430064>

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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