

danceSing Care Get Started Today

What On Demand Resources Are Available To Enjoy Right Now?

Overview Of danceSing Care Service

danceSing Care is a new and fresh approach to the care home community with their bespoke music and movement resources. new and exciting wellbeing service which aims to bring health and wellbeing to both care home residents and staff, which is fun, stimulating and enjoyed by all.

Our goal is to help people to:

- Improve general mood and wellbeing;
- Unlock memories through song, dance, and music;
- Improve speech, memory, circulation, movement, flexibility, and strength;
- Enjoy being part of a group and experience the feeling of togetherness.

danceSing Care has been created exclusively for care homes and care communities and has been developed in consultation with **NHS** healthcare professionals. Our beautiful music scores have all been written especially for danceSing Care.

All resources are accessible On Demand via the danceSing Care website.

Through a supportive danceSing Care network, Care Home staff 'Champions' are encouraged to get involved, connect with other Care Home Champions and foster community where they can share experiences and feel supported. Our aim is to bring together care home staff, residents, and wider family and friends to feel the combined benefit of danceSing.

danceSing Care have formed an exciting partnership with the **University of Stirling** to evaluate and develop online music and movement provision to improve the health, social and mental wellbeing of older people in care homes and care settings.

Contact Us

Try danceSing Care FREE and enjoy unlimited access to all online on-demand music and movement resources. danceSing Care is open to all care homes and care providers UK wide.

For more information (including pricing) you can visit us at www.dancesingcare.uk or email us at info@dancesingcare.uk

MUSIC AND SINGING PROGRAMME - session list

Our Music and Singing Programme is led by highly experienced danceSing Music Leader, Karol Fitzpatrick on piano. Upbeat and calming sessions, our chosen songs will stimulate memory and provide a range of tempi and mood. Our shorter session bites can be practised regularly and will help to improve breathing, posture, vocal control, concentration, and co-ordination.

Ref.	Duration	Overview	Dementia Tag	Key Tags
MUSICALS & MOVIES SERIES – Old familiar classics, presented to you in a new fresh way				
1	29-mins	Sing Along Listen To ‘Edelweiss’ (The Sound Of Music) and ‘Any Dream Will Do’ (Joseph And The Amazing Technicolour Dreamcoat)	All Stages	Upbeat, Energise, Memories
2	32-mins	Sing Along Listen To ‘Edelweiss’ and ‘Do-Re-Mi’ from The Sound Of Music.	All Stages	Upbeat, Energise, Memories
3	29-mins	Sing Along Listen To ‘Do-Re-Mi’ from The Sound Of Music and ‘Rock Around The Clock’ from Blackboard Jungle.	All Stages	Upbeat, Energise, Memories
4	3-mins	Sing Along Listen To 5-Minute Bite ‘Edelweiss’ from The Sound Of Music.	All Stages	Upbeat, Energise, Memories
5	3-mins	Sing Along Listen To 5-Minute Bite ‘Any Dream Will Do’ from Joseph And The Amazing Technicolor Dreamcoat.	All Stages	Upbeat, Energise, Memories
6	3-mins	Sing Along Listen To 5-Minute Bite ‘Do-Re-Mi’ from The Sound Of Music.	All Stages	Upbeat, Energise, Memories
GET STARTED SERIES - Sing along or listen to our bespoke musical arrangements to improve overall wellbeing				
1	25-mins	Sing along to ‘Yes Sir I Can Boogie’ and sit back and enjoy to ‘Moon River’.	Mild / Mod	Calm, Relax, Upbeat
2	22-mins	Sing along to ‘That’s The Way I Like It’ and sit back and enjoy ‘Somewhere Over The Rainbow’ and ‘Raindrops Keep Falling On My Head’.	Mild / Mod	Calm, Relax, Upbeat
3	26-mins	Sing along to ‘The Lion Sleeps Tonight’ and sit back and enjoy ‘Fields Of Gold’ and ‘What A Wonderful World’.	Mild / Mod	Calm, Relax, Upbeat
4	7-mins	Sing along or sit back and enjoy ‘Scarborough Fair’ and ‘Peace In My Soul’.	All Stages	Calm, Relax
5	22-mins	Sing Along to or sit back and enjoy “Amazing Grace” and “Somewhere Over The Rainbow” with accompanying grand piano and flute.	All Stages	Calm, Relax
IRISH SERIES - Well known Irish songs to stimulate memory and offer a range of tempi and mood				
1	19-mins	Sing along to ‘I’ll Tell Me Ma’ and ‘The Wild Rover’	All Stages	Upbeat, Energise
2	21-mins	Sing along to ‘Molly Malone’ and ‘Danny Boy’	All Stages	Calm, Relax
3	5-mins	IRISH Sing along bite ‘Molly Malone’	All Stages	Calm, Relax
4	6-mins	IRISH Sing along bite ‘The Wild Rover’	All Stages	Upbeat, Energise
5	6-mins	IRISH Sing along bite ‘Danny Boy’	All Stages	Calm, Relax

Ref.	Duration	Overview	Dementia Tag	Key Tags
FESTIVE SERIES - Sing along or listen to our favourite selection of magical Christmas Carols				
1	20-mins	Sing along to 'Winter Wonderland'	All Stages	Upbeat, Energise
2	25-mins	Sing along to 'White Christmas'	All Stages	Calm, Relax
BITESIZE SESSIONS - Selection of shorter bitesize sessions from each of our series releases (approx. 5-mins long)				
1	5-mins	GENERAL Sing along bite Voice Strengthening Exercise	Mild / Mod	Calm, Relax
2	5-mins	IRISH Sing along bite 'Molly Malone'	All Stages	Calm, Relax
3	6-mins	IRISH Sing along bite 'The Wild Rover'	All Stages	Upbeat, Energise
4	6-mins	IRISH Sing along bite 'Danny Boy'	All Stages	Calm, Relax
5	5-mins	FESTIVE Sing along bite 'White Christmas'	Mild / Mod	Upbeat, Energise
6	5-mins	FESTIVE Sing along bite 'We Wish You A Merry Christmas'	Mild / Mod	Upbeat, Energise
7	3-mins	MUSICALS & MOVIES Sing along bite 'Edelweiss'	All Stages	Upbeat, Energise, Memories
8	3-mins	MUSICALS & MOVIES Sing along bite 'Any Dream Will Do'	All Stages	Upbeat, Energise, Memories
9	3-mins	MUSICALS & MOVIES Sing along bite 'Do-Re-Mi'	All Stages	Upbeat, Energise, Memories

MOVEMENT AND FITNESS PROGRAMME - session list

Our Movement and Fitness Programme is led by highly experienced danceSing Founder Natalie Garry. Inspiring and motivational, our sessions will help prevent falls, improve posture, boost mood and circulation, increase strength and flexibility to help with everyday activities and promote independent living.

Ref.	Duration	Overview	Dementia Tag	Key Tags
STRENGTH SERIES – A strength workout for the whole body, it’s effective and it’s never too late to start!				
1	25-mins	Chair Fitness Session 1 introduces the basic moves, correct posture, and good technique to improve strength, balance, and co-ordination.	Mild / Mod	Chair, Balance, Falls, Energise
2	25-mins	Chair Fitness Session 2 increasing weight and repetition, and building endurance to further improve strength, balance, and co-ordination.	Mild / Mod	Chair, Balance, Falls, Energise
3	24-mins	Chair/Standing Fitness Session 3 increasing intensity and endurance to improve strength, balance, co-ordination, and confidence.	Mild / Mod	Chair, Standing, Balance, Falls, Energise
4	25-mins	Chair Fitness Session 4 same format as session 1 but at a much slowed down pace. Recommended for people with mod/severe Dementia.	Mod / Severe	Chair, Balance, Falls, Energise
FEEL-GOOD SERIES - Motivational feel-good sessions created to help enable independent living				
1	21-mins	Chair Fitness focussing on improving posture, boosting circulation, falls prevention, and increased strength for everyday activities.	Mild / Mod	Chair, Circulation Falls, Energise
2	21-mins	Standing Fitness maintaining and improving movement quality and agility, falls prevention, increasing strength for everyday activities.	Mild / Mod	Standing, Circulation Falls, Energise
3	12-mins	Gentle Chair Fitness slower paced focussing on gentle movements to mobilise the body.	All Stages	Chair, Circulation Falls, Energise
4	4-mins	Chair Bite ‘Don’t Worry Be Happy’	Mild / Mod	Chair, Circulation Falls, Energise
5	4-mins	Chair Bite ‘Fragile’	All Stages	Chair, Calm, Relax, Circulation, Falls
6	3-mins	Standing Bite ‘The Lion Sleeps Tonight’	All Stages	Standing, Circulation Falls, Energise
GET STARTED SERIES - Have fun moving and grooving to boost your overall wellbeing				
1	18-mins	Chair Fitness focusing on improving posture, strength, and flexibility, boosting cardiovascular health, and mobilising joints.	Mild / Mod	Chair, Circulation Falls, Energise
2	19-mins	Chair Fitness focusing on improving posture, strength, and flexibility, boosting cardiovascular health, and mobilising joints.	Mild / Mod	Chair, Circulation Falls, Energise
3	18-mins	Standing Fitness focusing on improving posture, strength, and flexibility, boosting cardiovascular health, and mobilising joints.	Mild / Mod	Standing, Circulation Falls, Energise
4	8-mins	Chair Fitness Circulation Boost cardiovascular health, mobilising joints, and improving posture, strength, and flexibility. Recommend daily.	Mild / Mod	Chair, Circulation, Falls, Energise
5	21-mins	Chair Fitness focusing on boosting circulation, cardiovascular health, mobilising joints, and improving posture, strength and flexible.	Mild / Mod	Chair, Circulation, Falls, Energise

Ref.	Duration	Overview	Dementia Tag	Key Tags
6	11-mins	Chair Fitness Circulation Boost cardiovascular health, mobilising joints, and improving posture, strength, and flexibility. Recommend daily.	All Stages	Chair, Circulation, Falls, Energise
7	11-mins	Chair Fitness focusing on easing out the muscles and improving posture and flexibility. Recommended daily.	All Stages	Chair, Circulation, Falls, Energise
8	12-mins	Chair Fitness focusing on moving gently, mobilising the joints, and improving posture and flexibility. Recommended daily.	All Stages	Chair, Calm, Circulation, Falls
BALLET SERIES - Joyful and uplifting inspired by classical ballet to improve strength for everyday activities.				
1	22-mins	Chair Fitness focussing on improving posture, boosting circulation, falls prevention, increased strength for everyday activities	Mild / Mod	Chair, Circulation Falls, Energise
2	19-mins	Standing Fitness maintaining and improving movement quality and agility, falls prevention, increasing strength for everyday activities	Mild / Mod	Standing, Circulation Falls, Energise
3	13-mins	Chair Relaxation focussing on breath work and gentle movement to mobilise the body leaving you feeling calm and relaxed	All Stages	Chair, Calm, Relax, Circulation, Falls
4	4-mins	Chair Bite Mobility Circulation	All Stages	Chair, Calm, Relax, Circulation, Falls
5	7-mins	Standing Bite Mobility Circulation	All Stages	Standing, Circulation Falls, Energise
6	3-mins	Chair Bite Posture and Breath Work	All Stages	Chair, Circulation Falls, Energise
FESTIVE SERIES - Festive fun to improve posture and circulation, prevent falls, increase strength and flexibility.				
1	18-mins	Chair Fitness improving posture, boosting circulation, falls prevention, and increased strength and flexibility for everyday activities.	All Stages	Chair, Circulation Falls, Energise
BITESIZE SESSIONS - Selection of shorter bitesize sessions from each of our series releases (max. 5-mins long).				
1	4-mins	FEEL-GOOD Chair Bite 'Don't Worry Be Happy'	Mild / Mod	Chair, Circulation Falls, Energise
2	4-mins	FEEL-GOOD Chair Bite 'Fragile'	All Stages	Chair, Calm, Relax, Circulation, Falls
3	3-mins	FEEL-GOOD Standing Bite 'The Lion Sleeps Tonight'	All Stages	Standing, Circulation Falls, Energise
4	4-mins	BALLET Chair Bite Mobility Circulation	All Stages	Chair, Calm, Relax, Circulation, Falls
5	7-mins	BALLET Standing Bite Mobility Circulation	All Stages	Standing, Circulation Falls, Energise
6	3-mins	BALLET Chair Bite Posture and Breath Work	All Stages	Chair, Circulation Falls, Energise

MEMORY LANE RADIO - show list

Take a trip down Memory Lane, unlocking memories through the magic of music and movement.

Ref.	Duration	Overview	Dementia Tag	Key Tags
1	30-mins	WAKE UP 1 selection	All Stages	Upbeat, Energise
2	30-mins	WAKE UP 2 selection	All Stages	Upbeat, Energise
3	60-mins	MUSICALS & MOVIES selection	All Stages	Upbeat, Energise
4	60-mins	VE DAY celebration selection	All Stages	Calm, Relax, Upbeat
5	30-mins	IRISH favourites	All Stages	Calm, Relax, Upbeat
6	30-mins	1950s classics	All Stages	Calm, Relax, Upbeat
7	30-mins	1960s classics	All Stages	Calm, Relax, Upbeat
8	60-mins	1950s, 60s, 70s & 80s classics	All Stages	Calm, Relax, Upbeat
9	30-mins	FESTIVE JAZZY selection	All Stages	Upbeat, Energise
10	30-mins	FESTIVE TRADITIONAL selection	All Stages	Calm, Relax, Upbeat
11	30-mins	FESTIVE POPULAR selection	All Stages	Calm, Relax, Upbeat

MUSICAL CONCERTS - show list

Sit back, relax, and enjoy our magical danceSing Care musical concerts.

Ref.	Duration	Overview	Dementia Tag	Key Tags
1	16-mins	MUSICALS & MOVIES music medley performance covering a variety of popular uplifting music	All Stages	Calm, Relax, Upbeat
2	18-mins	IRISH music medley performance of grand piano and fiddle covering a variety of popular uplifting music	All Stages	Calm, Relax, Upbeat
3	12-mins	FESTIVE music medley performance of grand piano covering a variety of popular uplifting music	All Stages	Calm, Relax, Upbeat
4	20-mins	POPULAR music medley performance of grand piano and flute covering a variety of popular uplifting music	All Stages	Calm, Relax, Upbeat