

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** (in collaboration with Glasgow University) 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 |
|---|----------|--|--------------|----------------------------|
| SING ALONG LISTEN TO COMPIATION SESSIONS - Selection of sing along sessions (singing only, no teaching) | | | | |
| 1 | 15-mins | MUSIC THROUGH THE DECADES 1 Sing Along Listen To Compilation | All Stages | Upbeat, Energise |
| 2 | 15-mins | MUSIC THROUGH THE DECADES 2 Sing Along Listen To Compilation | All Stages | Upbeat, Energise |
| 3 | 8-mins | MUSICALS & MOVIES Sing Along Listen To Compilation | All Stages | Upbeat, Energise |
| 4 | 8-mins | IRISH Sing Along Listen To Compilation | All Stages | Upbeat, Energise |
| 5 | 11-mins | FESTIVE Sing Along Listen To Compilation | All Stages | Upbeat, Energise |
| 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 |

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| 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 |
| 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.

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| FALLS SERIES – Ease out any discomfort and relax with this impactful strengthen and stretch series. | | | | |
| 1 | 18-mins | Falls Prevention First session in this series, more to come. Six exercises that help with balance and falls prevention. | Mild / Mod | Falls, Strength, Balance, Upbeat |
| MIND & BODY SERIES – Ease out any discomfort and relax with this impactful strengthen and stretch series. | | | | |
| 1 | 9-mins | Chair Spine Mobility - Maintain and increase your back mobility, ease out any discomfort with this seated session. | Mild / Mod | Strength, Balance, Upbeat, Chair |
| 2 | 13-mins | Floor Spine Mobility - Maintain and increase your back mobility, ease out any discomfort with exercises on the floor. Mat recommended. | Mild / Mod | Strength, Balance, Upbeat, Floor |
| 3 | 18-mins | Falls Prevention First session in this series, more to come. Six exercises that help with balance and falls prevention. | Mild / Mod | Falls, Strength, Balance, Upbeat |
| 4 | 16-mins | Meditation Take time to take care of you and the people you care for, pause and be guided through a meditation. | Mild / Mod | Strength, Balance, Calm, Relax |
| BODY BOOST SERIES – Get ready to feel uplifted and energised. | | | | |
| 1 | 17-mins | Chair Body Boost focus on improving posture, boosting circulation, falls prevention and increased strength for everyday activities. | Mild / Mod | Chair, Balance, Falls, Energise |
| YOGA SERIES – Relaxation, bringing a sense of calm and joy | | | | |
| 1 | 15-mins | Yoga Chair Practice increases flexibility, strength, and body awareness. | Mod / Severe | Chair, Balance, Falls, Energise |
| 2 | 18-mins | Yoga Chair Beginners increases flexibility, strength, and body awareness. | Mild / Mod | Chair, Balance, Falls, Energise |
| 3 | 20-mins | Yoga Chair Improvers increases flexibility, strength, and body awareness. | Mild / Mod | Chair, Balance, Falls, Energise |
| 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 |

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| 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 |
| 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 |

| Ref. | Duration | Overview | Dementia Tag | Key Tags |
|---|----------|---|--------------|--|
| 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 |

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 | 21-mins | CHRISTMAS sing along listen to a selection of Christmas carols (all lyrics on screen) | All Stages | Calm, Relax, Upbeat |
| 4 | 12-mins | FESTIVE music medley performance of grand piano covering a variety of popular uplifting music | All Stages | Calm, Relax, Upbeat |
| 5 | 20-mins | POPULAR music medley performance of grand piano and flute covering a variety of popular uplifting music | All Stages | Calm, Relax, Upbeat |

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 | 60-mins | KING CHARLES III CORONATION special | All Stages | Upbeat, Energise |
| 2 | 60-mins | SCOTTISH selection | All Stages | Upbeat, Energise |
| 3 | 60-mins | INSPIRING FEMALES selection | All Stages | Upbeat, Energise |
| 4 | 60-mins | 1960s selection | All Stages | Upbeat, Energise |
| 5 | 60-mins | FESTIVE CLASSICAL selection | All Stages | Upbeat, Energise |
| 6 | 60-mins | FESTIVE POPULAR 2 selection | All Stages | Upbeat, Energise |
| 7 | 60-mins | HALLOWEEN special | All Stages | Upbeat, Energise |
| 8 | 60-mins | MUSICALS selection | All Stages | Upbeat, Energise |
| 9 | 60-mins | EASY LISTENING selection | All Stages | Calm, Relax |
| 10 | 60-mins | QUEEN ELIZABETH II CELEBRATION special | All Stages | Upbeat, Energise |
| 11 | 60-mins | SUMMER SPECIAL 1 selection | All Stages | Upbeat, Energise |
| 12 | 60-mins | SUMMER SPECIAL 2 selection | All Stages | Upbeat, Energise |
| 13 | 60-mins | FATHERS DAY selection | All Stages | Upbeat, Energise |
| 14 | 30-mins | WAKE UP 1 selection | All Stages | Upbeat, Energise |
| 15 | 30-mins | WAKE UP 2 selection | All Stages | Upbeat, Energise |
| 16 | 60-mins | MUSICALS & MOVIES selection | All Stages | Upbeat, Energise |
| 17 | 60-mins | VE DAY celebration selection | All Stages | Calm, Relax, Upbeat |
| 18 | 30-mins | IRISH favourites | All Stages | Calm, Relax, Upbeat |
| 19 | 30-mins | 1950s classics | All Stages | Calm, Relax, Upbeat |
| 20 | 30-mins | 1960s classics | All Stages | Calm, Relax, Upbeat |
| 21 | 60-mins | 1950s, 60s, 70s & 80s classics | All Stages | Calm, Relax, Upbeat |
| 22 | 30-mins | FESTIVE JAZZY selection | All Stages | Upbeat, Energise |

| Ref. | Duration | Overview | Dementia Tag | Key Tags |
|------|----------|--------------------------------------|--------------|---------------------|
| 23 | 30-mins | FESTIVE TRADITIONAL selection | All Stages | Calm, Relax, Upbeat |
| 24 | 30-mins | FESTIVE POPULAR selection | All Stages | Calm, Relax, Upbeat |