



Vibrant Voices is an initiative run by the Adult Speech and Language Therapy Department in South Ayrshire. It is a friendly and supportive singing group for anyone with any type of communication difficulty. The focus of Vibrant Voices is to improve people's wellbeing and to support their communication needs. This group is completely inclusive, for any adult (aged 16+) living in South Ayrshire. People with different types of communication difficulties attend weekly and we welcome family members, friends and carers to come along too. We have members with Parkinson's disease, dementia, stroke survivors, people with learning disabilities, and people affected by dysfluency and voice difficulties.

Research indicates that group singing has so many benefits for people with communication difficulties including a positive impact on well-being, improvements in communication skills, memory, cognitive function, and a person's sense of identity.

We have had a very positive response to Vibrant Voices, with the majority of people attending on a weekly basis, and an average of 39 people attending weekly. People attend from within the community and from Nursing Homes within South Ayrshire.

Overwhelmingly, the feedback we have received is that our members feel there is a positive impact on their wellbeing from attending Vibrant Voices, and everyone who attends would recommend our group to anyone with a communication difficulty.

Due to the success of Vibrant Voices, we have decided to expand our reach to other areas of South Ayrshire. With ongoing support and further investment from SAHSCP to continue to develop our project for the next two years, we are hoping to expand Vibrant Voices to Girvan and Maybole. I am currently in the planning stages of this expansion.

Here is some feedback from our members:

- What a wonderful, inclusive group! Everyone is made to feel so welcome and supported.
- This has been a lifeline to me - thank you so much.
- I really enjoy choir, singing makes me feel better. I've been every week since it started!
- This is the highlight of my week! I look forward to coming and always feel better when I leave! Thank you very much.
- Everyone is so friendly and welcoming! It's a really supportive group and I enjoy coming along every week.
- Coming to choir has helped my confidence with my speech.
- Lovely bright and fun hour spent with the girl I look after. She loves it and actually so do I.



Fiona Burnett (Speech and Language Therapist)

Carol MacMillan (Volunteer pianist)

Kirsty Reid (Senior Health Care Support Worker)