



# Calling all 6th form students

*Interested in a career in Medicine, the  
Care Industry, Medical Research or  
Music ?*

## A Unique Project

Sing to Beat Parkinson's (under the umbrella of the charity Canterbury Cantata Trust) provides singing groups for people with Parkinson's, family and friends. The first group (Skylarks) was founded in 2010 by Roger Clayton and Grenville Hancox to enable People with Parkinson's to better express themselves, and to relieve some of the symptoms they experience. The group has gone from strength to strength and has now expanded to various groups around the country.



## Skylarks



**Sing to Beat Parkinson's with the Langton  
sessions Kent MS Therapy Centre.**

**Tuesday 2pm Week A**

**See Mrs Renshaw-Kidd for more details!**

## **How the Langton got involved!**

We are proud to announce that in 2021 The Langton Music Department took over the leadership of the Canterbury Skylarks, welcoming the members into our Tong Centre on a fortnightly basis for an hour of singing, movement and fun. We have since moved our sessions to Canterbury MS Centre, which is just a two minute walk from the Langton.

We believe that this idea of working with our community as part of the school day is an important part of building relationships and empathy. Mrs Renshaw-Kidd (Director of Music) leads the sessions, with students (musicians, dancers, scientists, anyone who is interested) taking part in the activities alongside the Skylarks. As the students become more confident and begin to understand the benefits of singing and movement on the symptoms of Parkinson's, they have the opportunity to take over the leadership, trying out their own songs, exercises and activities. It is our hope that, in the future, our students will be part of developing a published methodology for Singing with Parkinson's.

## **The Science – Why singing?**

Parkinson's disease symptoms mainly result from low or falling levels of dopamine. It happens when cells that produce dopamine die in the brain. Dopamine plays a role in sending messages to the part of the brain that controls movement and coordination. As well as activating a range of networks associated with movement, listening, planning, memory, and language, singing triggers the release of the feel-good neurotransmitter dopamine. Scientists believe the benefits of singing can be triggered by both singing and thinking about singing.

## **Why should I get involved?**

The bonds, empathy and relationships that are built through this regular interaction between the students and members of Skylarks are heart-warming and, we believe, that they are absolutely integral to the future of humankind. It is our hope that Langton students will not only develop their altruistic outlook and an understanding of how music can be used to relieve the symptoms of various physical and mental health conditions, but will see the power in bridging generational gaps and caring for each other through singing. We believe that our future musicians and medical professionals alike should understand the benefit of music on so many aspects of healthcare.

