

Sound HEALTH Consultancy

SUMMARY REPORT on HUDDERSFIELD *GIVING VOICE** - a COURSE for women held in 2001

This report provides further substantial evidence of the value of *Giving Voice* as a valuable self-help tool. Its potential as a means to address a variety of health problems and to promote self-responsibility and true community merits urgent investigation.

- * **100% of questionnaire respondents experienced positive feelings during the course, and in 67% of cases these feelings were unusual**
- * **100% demonstrated a capacity to use this self-help tool in their lives**
- * **100% reported positive results from using this tool, often in challenging situations and often to a remarkable extent**
- * **80% with health problems reported that it helped with these**
- * **92% felt they could build on what was offered during the course, and most were already demonstrating this**
- * **Beneficial effects were achieved despite the fact that only 3 participants attended all sessions.**

The course only involved 6 sessions and offered the opportunity for participants to learn how they could use this self-help tool in their daily lives to promote their own health and happiness, develop inner strength, confidence, ease and creativity. It was attended by 16 women from the Kirklees area.

It was funded largely by Kirklees Cultural Services, with smaller contributions from the Community Education Fund and Community Liaison. A 'taster' session was funded by Kirklees Women's Festival. The course built on the success of the "Survivors Give Voice" group run by Jill in Huddersfield in 2000. Participants self-selected, broadly describing themselves as survivors of, amongst other things, ill-health, abuse and/or disability.

In-depth and complete feedback from participants is provided in the full report (for details see below)

***ABOUT *GIVING VOICE*:** *Giving Voice* is a self-help tool involving the strategic use of vocalised sound and song, pioneered and developed by Jill Rakusen over the last 12 years. It does not require an ability to be 'able to sing' or to be 'musical', and it can be used by anyone, regardless of their state of health, eg as a means of support for addressing all kinds of difficulties or for finding more enjoyment in life.

"I'm astounded!"

"How can such a wonderful experience be denied to anyone?"

To discuss how similar courses can be tailored to the needs of your group or organisation, to find out more, and for details about the full report, contact Sound Health – 01484 665642 jill@sohealth.demon.co.uk