

# Singing with the Voices of the World

A Day of Online Workshops on  
Singing, Health  
and working with Global Voices

November 14th, 2020  
10am-4pm (Irish Time)

# Welcome to Singing with the Voices of the World

Today's online workshops feature musicians, conductors, community, and health workers who are passionate about the role of the voice in health and well-being, with a particular focus on cultural inclusivity and diversity. The day long series is for clinical practitioners, researchers, community musicians, music therapists, music educators, performers, and anyone who loves to sing! We are so delighted to have expert facilitators from Musicians Without Borders, Sing Up! UK, the American Institute of Music and Healing, as well as the much-loved Irish conductor and media personality, David Brophy.

The workshops are part of a series of online events and training coordinated by the Health Research Institute, PART-IM (Participatory and Arts-Based Methods Involving Migrants in Health Research) research cluster, at the University of Limerick. The cluster brings together colleagues from the Irish World Academy of Music and Dance, the School of Medicine, the Department of Nursing and Midwifery, and our migrant NGO partner, Doras.

We hope that these workshops will provide a taster for anyone interested in taking part in a more intensive five-week training programme on singing as an arts-based tool for working with culturally diverse communities, with our training partners, Musicians Without Borders, in Spring, 2021.

**Prof. Helen Phelan**  
(PART-IM Cluster Lead)

Irish World Music Café images courtesy of Maurice Gunning  
Brochure design by Sorcha Hassett



# Singing with the Voices of the World



10.00 am

Welcome and Introduction to the Day from the  
PART-IM Research Cluster

10.30 am

All Our Voices: An Introduction to the Human Voice  
with David Brophy  
Respondent: Ewa Zak-Dyndal

11.30 am

Songs from Around the World with Jane Wheeler:  
Sing UP! UK  
Respondent: John Nutekpor

12.30 - 1.45pm

Lunch

1.45 - 2.45pm

How Lessons Learned by the American Institute of  
Music and Healing May Contribute to a Better  
Understanding of the Healing Attributes of Singing  
with Peter Shannon: American Institute of Music and  
Healing  
Respondent: Fran Garry

2.45 - 3.45pm

Singing Our Stories: music's power for people on the  
move with Darren Abrahams, Amanda Koser-Gillespie  
and Laura Hassler: Musicians Without Borders  
Respondent: Hala Jaber

3.45 - 4.00pm

Details on Future Training Opportunities



# Biographies of Presenters



## **David Brophy (Conductor): All Our Voices: An Introduction to the Human Voice**

David Brophy is an internationally renowned Irish conductor. He is a graduate of the Technological University Dublin and Trinity College Dublin. He has worked as principal and assistant conductor to both the National Concert Orchestra and the National Symphony Orchestra. His career has seen him conduct throughout Europe, Africa, the United States, Canada and China. He has recorded for Silva Screen Records, Lyric FM, Tara Records, V2 Records, New World Records and Compass Records labels. In 2013, he won the Sky Arts Ignition Award. David has presented a number of award winning television series including the IFTA award-winning High Hopes Choir (Tyrone Productions and RTÉ) and David Brophy's Choir of Ages (Tyrone Productions and RTÉ).



## **Jane Wheeler (Sing UP! UK): Songs from around the World**

Jane Wheeler is Director of Living Song CIC (Livingsong.org) and works with a passion to raise the quality of teaching and learning in music through singing. She moved into consultancy having set up several highly successful music programmes and choirs across London over the past few years, including the ARK One Voice programme, the London Sing Up Community and NewYVC based at Stratford Circus, East London. Jane has had the privilege of travelling and working extensively with teachers across the globe, including Sierra Leone, South Africa, Kenya, Colombia, Brazil and Nepal, learning and sharing a wide range of repertoire from the aural tradition to complement her knowledge of wonderful songs from Sing Up and other sources.



## **Peter Shannon (American Institute of Music and Healing): How lessons learned by the American Institute of Music and Healing may contribute to a better understanding of the healing attributes of singing.**

Irish conductor Peter Shannon has developed and shepherded programs in the USA in hospitals, cancer institutes and hospice settings for over ten years. He is founder and director of The American Institute of Music and Healing (AIMH), whose purpose is to train musicians to perform effectively in a healthcare setting, and to address issues of burnout in musicians and healthcare professionals. The AIMH is a unique series of workshops and training programs, developed in close collaboration with a medical doctor, Dr Jaqueline Huntly, to harness the healing effects of music in a compassionate way for patients, musicians and healthcare professionals.



# Biographies of Presenters



**Laura Hassler, Darren Abrahams, and Amanda Koser-Gillespie  
(Musicians Without Borders)**

**Singing our stories: music's power for people on the move**

Laura Hassler is founder and director of Musicians Without Borders, an organization that applies the power of music to peace building and social change. Born in New York and a resident of the Netherlands since 1977, Laura is a musician, music teacher and choir director as well as a community organiser and activist in the causes of inclusion, social justice and peace.

Darren Abrahams is a singer, coach, trauma therapist and trainer working internationally as a facilitator and project leader in the fields of personal, cultural and community development. Darren is co-founder of The Human Hive a CIC working with individuals and organisations to make a more welcoming and inclusive world and of The Starr Trust which supports young people to fulfil potential through sports, arts and education. He is on the steering team and head of pastoral care for The Complete Freedom of Truth, an international youth-led project developing global youth citizenship through culture and the arts and is a trainer and Wellbeing Adviser for Musicians Without Borders where he trains musicians to use music for peace building. <https://darrenabrahams.com>

Amanda Koser-Gillespie is a music educator, ethnomusicologist, professional instrumentalist, and trainer. She has been working with Musicians Without Borders for four years as a trainer and is now the Head of Curriculum Development. Based in Derry/Londonderry, Northern Ireland, she is the founder and director of Second Line NI, a community jazz performance charity creating new models of shared music in shared spaces throughout Northern Ireland. As the project manager and facilitator for Music Bridge, a community music education and training project, she focuses her workshops on social problems stemming from difficulties arising in a post-war Irish/British society. Amanda regularly performs with Basork (Balkan Alien Sound Orchestra), an Irish-Balkan fusion ensemble and is a member of the Resonance Project. Both ensembles share the ethos of shared communication through cross discipline creativity.

# Biographies of Respondents



## Ewa Zak-Dyndal

Ewa Zak-Dyndal is a singer, pianist, and ritual scholar. As a child, she absorbed Polish traditional songs and rituals from her family and community. She completed her primary and secondary education alongside her musical training in her native Poland and undertook a BA in Music at Bristol University. She graduated with a First Class Honours from the MA Ritual Chant and Song at the Irish World Academy and works as both a piano and theory tutor at the Academy. She is active in a number of choral ensembles in Limerick and a member of the early music vocal ensemble, Cantoral. She is currently engaged in doctoral research exploring the transmission of traditional rituals and singing in Poland and the Polish diaspora in Ireland.

## John Agbeko Nutekpor

John Agbeko Nutekpor is a musician, educator and festival curator with over twenty years of experience teaching in primary, secondary and tertiary education in Ghana and internationally. His in-depth knowledge of Ghanaian traditional music and dance has led to teaching and presenting invitations across Europe and North America. He holds an MA in Festive Arts from the University of Limerick and is a regular guest teacher at the Irish World Academy. He is presently conducting doctoral research around Ghanaian-Irish cultural dialogue, through music and dance pedagogy, curation and performance, and has recently been awarded a substantial grant by the Department of Justice and Equality for an integration project based on his research.





# Biographies of Respondents



## Fran Garry

Fran Garry works as a postdoctoral researcher with the Health Research Institute, PART-IM research cluster at the University of Limerick. She is a singer/songwriter, community music educator, and arts practice researcher. Fran completed her PhD Arts Practice (Music) at the Irish World Academy of Music and Dance in 2018. Her research interests include musical participation and wellbeing, community arts engagement, arts and cultural policy, and arts practice and arts-based research methods. She has published in journals such as Transform-New Voices in Community Music and The Irish Journal of Arts Management and Cultural Policy. In 2019, she was appointed Senior Editor of Transform-New Voices in Community Music.

## Hala Jaber

Hala Jaber is a Palestinian community musician. She has recently obtained her PhD Arts Practice (music) at the Irish World Academy of Music and Dance, UL, where she previously graduated from the MA Community Music programme. Her PhD research examined community music approaches and best practice when working with refugees and asylum seekers. In Palestine, Hala worked with Musicians Without Borders in a project called Community Music Palestine. Hala is interested in comprehending the potential found in music-driven community spaces.



# Research Cluster

## PART-IM (Participatory and Arts-Based Methods Involving Migrants in Health Research).

Today's event is part of a series of online workshops and training opportunities coordinated by the PART-IM (Participatory and Arts-Based Methods Involving Migrants in Health Research) research cluster. Funded by the Health Research Institute, at the University of Limerick, we are an interdisciplinary team of arts-based and participatory scholars from the performing arts, nursing & midwifery and medicine, working in partnership with a leading NGO for migrants. Our vision is to develop increased understanding of the role of arts-based methods as participatory strategies for involving migrants in health research.

Migration is a global phenomenon, and in 2016 WHO Europe published the first ever WHO strategy and action plan for refugee and migrant health. In Ireland, people born outside of the country now represent 17% of the population. However, there is a persistent pattern of migrants' exclusion from health-related participatory spaces. Our team brings together field leaders in participatory approaches to health research and arts-based approaches to migrant research, particularly in relation to singing.

For further information on our work, see

<https://www.ul.ie/hri/participatory-and-arts-based-methods-involving-migrants-health-research-part-im>

For more information on this and future training events,  
please contact Dr. Fran Garry, PART-IM Research Cluster: frances.garry@ul.ie



# Meet the Team



**Principal Investigator: Professor Helen Phelan**  
(Irish World Academy of Music and Dance).

Helen Phelan is Professor of Arts Practice at the Irish World Academy of Music and Dance, University of Limerick, Ireland. She is an Irish Research Council recipient for her work on singing and migration. Her book, *Singing the Rite to Belong: Music, Ritual and the New Irish*, was published by Oxford University Press in 2017. She is co-founder of the female vocal ensemble Cantoral, specializing in Irish medieval chant; founder of the Singing and Social Inclusion research group; and IMBAS, a support network for artistic research in Ireland. Her most recent Health Research Institute funded project explores the use of arts-based methods in migrant health research.



**Co-Applicant: Professor Anne MacFarlane** (Graduate Medical School)

Anne MacFarlane is Professor of Primary Healthcare Research at the Graduate Entry Medical School (GEMS), University of Limerick and Head of WHO Collaborating Centre for Migrant's Involvement in Health Research. She has over 20 years' experience of using qualitative research methods with a portfolio of completed health services research projects and educational research projects. Anne has established an inter-disciplinary Public and Patient Involvement (PPI) research group with members from general practice, speech and language therapy, physiotherapy, sociology, psychology and biostatistics. The group are leaders in PPI in research, specifically participatory health research with socially excluded communities. Anne has specialist expertise in migrant health working with key academic, community and policy stakeholders in Ireland and abroad.



**Co-Applicant: Dr Sylvia Murphy Tighe**  
(Department of Nursing & Midwifery)

Dr Sylvia Murphy Tighe is a general nurse, midwife and public health nurse. She is a Lecturer in Midwifery in the Dept of Nursing & Midwifery, UL. She was awarded a Health Research Board Re-search Training Fellowship to explore the nature and impact of concealed pregnancy. She is currently engaged in research around domestic violence, arts based practices and migrant health research and is a member of an EU COST Action exploring perinatal mental health and birth related trauma.



**Dr Fran Garry, Postdoctoral Researcher,**  
PART-IM Research Cluster

Fran Garry is a singer/songwriter, community music educator, and arts practice researcher. In 2017, she received an Irish Research Council Government of Ireland Postgraduate Scholarship award for her PhD Arts Practice research project exploring lived experiences in music-based community arts in Ireland. She has published in journals such as *Transform-New Voices in Community Music*, *The Irish Journal of Arts Management and Cultural Policy*, and *Ethnomusicology Ireland*. In 2019, she was appointed Senior Editor of *Transform-New Voices in Community Music*.



# Meet the Team



**Official Collaborator: Dr Hilary Moss (Irish World Academy of Music and Dance)**

Hilary Moss is Senior Lecturer in Music Therapy at the Irish World Academy of Music and Dance, University of Limerick, Ireland, and previously the Director of the National Centre for Arts and Health, Tallaght Hospital, Dublin. Her research focuses on the role of the arts on health and well-being, particularly in terms of chronic illnesses and hospital care. She is a musician and Music Therapist and has an MBA in Health Service Management. Current research projects include singing for health (HSE Workplace choir study and IRC funded singing and dementia study); music, music therapy and chronic pain (IRC and HSE Well-being funded), health humanities (chapter in press for Oxford Handbook of Health Humanities) and inter-disciplinary research (Chair of UL Arts and Health Research Network).



**Official Collaborator: Dr Susann Huschke (Graduate Medical School)**

Susann Huschke is a medical anthropologist who researches the interconnected fields of health, sexuality/gender and migration. She is currently a postdoctoral research fellow at the Graduate Entry Medical School, University of Limerick, and is conducting a qualitative study on women's mental health and well-being during pregnancy, birth and the postpartum period. Her past research projects focused on undocumented migrants' access to healthcare (2008-2012), and sex work and trafficking in Northern Ireland (2014) and South Africa (2015-2017). Beyond her academic work, Susann is a feminist activist and a birth doula. She co-facilitates women's circles and wellbeing workshops for pregnant women.



**Official Collaborator: Dr Triona McCaffrey (Irish World Academy of Music and Dance)**

Dr Triona McCaffrey is a lecturer in music therapy at the Irish World Academy of Music and Dance, University of Limerick. She is a musician and music therapist who has practiced across a range of settings in statutory mental health services. Triona has a specialist interest in using arts-based methods to promote inclusion and collaboration in health research. She is article editor for Voices: A World Forum for Music Therapy and is founder of the Alliance for Recovery Research in Music Therapy, an international research group dedicated to realizing the inclusion of service users in music therapy research.



**Official Collaborator: Ahmed Hassan, Doras Luimní <https://doras.org>**

Ahmed Hassan has worked in areas related to youth, education, environment, peace building, gender and leadership for the last 4 years, including support & outreach roles with Paul Partnership and Kerry Action for Development Education. Ahmed has also worked with the Global Peace Foundation Ireland for the last 3 years, focusing on engaging youth and students within Limerick in environmental sustainability, peace and education related projects.