



## BACKGROUND

The Royal Melbourne Hospital (RMH) **Scrub Choir** was created by Head of Music Therapy Dr Emma O'Brien OAM with her team in early 2020 for staff wellbeing in response to the building stress from the pandemic. Scrub Choir is a way for us all to connect virtually, to use the power of music for our own mental health and wellbeing; and to create opportunities for small moments of joy in a hectic, fast-paced, stressful workplace as a COVID-19 hospital. Our challenges, our passion for caring, our desire to reach out to our community through music and to connect with the broader healthcare community in solidarity and hope underpin everything RMH **Scrub Choir** does.

We are a non-auditioned choir. Everyone on the RMH frontline (nurses, doctors, hospital admin, cleaners, allied health) can be in RMH **Scrub Choir** (we now have over 500 members at our hospital). Scrub Choir is about more than singing. Scrub Choir members can sing, play their instruments, dance, wave, share their wishes and be part of something bigger than us all. They can add their individual vocal and capture small moments of joy and relief across the hospital workday. Dr O'Brien mixes all the voices with music colleague Craig Pilkington (Audrey Studios) staying true to the heartfelt sound. O'Brien also edits the footage with care and through the eyes of a frontline healthcare worker, as music therapy has been at the COVID bedside with our medical and nursing teams. We have completed 4 songs videos over 2020-21 so far. Our rendition of "I'll Stand by You" (Hynde, Kelly & Steinberg - The Pretenders, 1994) was released during Melbourne's long lockdown <https://youtu.be/w1YtT0qLjDA> as a big virtual hug to Victoria and dedicated to all those people who have lost their lives to COVID19, and to those who have lost their loved ones. We received overwhelming media and online responses.

# Scrub Choir PLUS

## A Global Healthcare Music Project - Coming together for a new arrangement of “Stand by Me” with “What a Wonderful World”

Because the RMH staff have got so much out of Scrub Choir building connections with each other, sharing hope, finding joy, and reducing stress – we really want to share the experience with healthcare colleagues globally and create a ‘Scrub Choir PLUS’.

We would like to invite you to sing with us on a new arrangement of two classic songs “Stand by Me” (King, Lieber & Stoller, 1960) and “What Wonderful World” (Thiele & Weiss, 1967). It’s easy to participate – we have created all the guide tracks for all singing parts (like Karaoke). Connect directly with us [emma.obrien@mh.org.au](mailto:emma.obrien@mh.org.au) and I will send you everything you need.

There are a lot of different ways to participate in **Scrub Choir PLUS**. We are hoping to gather healthcare colleagues around the world. You can sing on one song or both, play an instrument- capture a moment of joy at your hospital. Submit for yourself and support you colleague/s submitting by becoming a **Scrub Choir PLUS Champion**.

Here’s a link video of what Scrub Choir has meant to our hospital staff

<https://www.dropbox.com/s/nwm4gm4dzqxf1x5/JOIN%20US%20FOR%20SCRUB%20CHOIR%20PLUS%20-%20testimonies%20from%20RMH%20healthcare%20workers.mp4?dl=0>

# Scrub Choir PLUS CHAMPION

If you would like to help support your colleagues being part of **Scrub Choir PLUS** join the Champions! All **Scrub Choir Champions** are invited to a closed Facebook Group that will help with tips to engage your colleagues - easy access vocal guides for the songs- quick turnaround Q& A and it’s a great way for us to connect.

I’m also happy to run ZOOM sessions – let us know if that would be helpful – once we have your details we will invite you to the Facebook Group too.

As a champion you will support filming on your phone onsite- make sure everyone is adhering to health regulations when filming, encourage participation, help your colleagues have a moment of joy in their busy stressful lives, encourage individual submissions and of course do your own submission. We are hoping for a minimum of 10 submissions per hospital, but you can submit more. Below are the different ways to participate in **Scrub Choir PLUS**

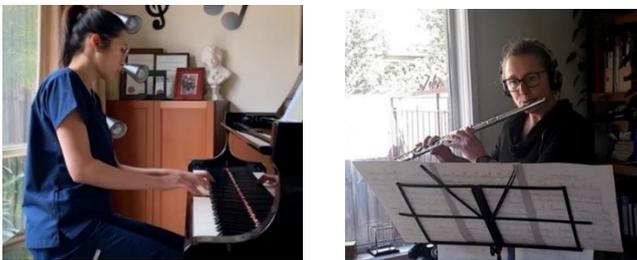
## Singing from home on 'Scrub Choir PLUS'



## Sharing a moment of joy in 'Scrub Choir PLUS' at work



## Playing instruments on 'Scrub Choir PLUS' from home



## Sharing your language in 'Scrub Choir PLUS'



When doing all your filming even from home - please wear your scrubs, if you have any, make sure we know where you are from. Film your hospital logo or entrance!

All our submission are through Dropbox – submission for this project open till the October 7, 2021  
We do all the editing and mixing, and we aim to release the video internationally in mid- October 2021 with you so if you have a hospital media person/team, please connect us!

All submissions will be brought together as one **Scrub Choir PLUS**.

JOIN US! and we will send you all the singing tracks and links you need to be part of **Scrub Choir Plus**  
Contact Founder and Head of Scrub Choir Dr Emma O'Brien [emma.obrien@mh.org.au](mailto:emma.obrien@mh.org.au)