

Abi Mann-Daraz

Abi is a Singing for Health and Wellbeing Practitioner-Researcher with over 20 years' experience working with marginalised groups. Abi's work covers teaching, performance, research, writing and mentoring. Abi runs a busy private practice which specialises in holistic, bespoke 1:1 singing lessons for health and well-being, crafted around a framework of mindfulness and holistic voice pedagogy. Over half of Abi's students are neurodivergent or living with a chronic health condition. Her primary research areas are singing for stammering, autism, and mental health. Abi is currently working for the International Centre for Community Music (ICCM) at York St John University, as project co-ordinator for the AHRC-funded Singing for Health Research project. A collaborative enterprise between the ICCM, Royal College of Music, and Singing for Health Network, the project aims to collaborate and investigate with musicians, researchers, and health professionals on the impact of singing for health groups in communities, health, and social care.

Abi's 20 years of performance experience includes a wide range of venues and functions. While her specialism is blues singing, Abi works with classical, folk, musical theatre, popular and contemporary vocals. Over the past 20 years she has volunteered with numerous charities, as well as the NHS, including singing for dementia and end of life.