

MEDIA RELEASE

Australia's BIGGEST community sing seeks video entrants from Cooktown to Cottesloe! Raise your voice to support people in need.



Sing for Spring is a national project to get communities across Australia singing together to help people in need! Register now at www.singforspring.com

Creativity Australia Founder and Chair Tania de Jong AM is passionate about the proven benefits of singing your heart out... whether you're a shower singer or an opera diva!

"We don't care if you've never sung before. We want to have a bit of fun and get **families, schools, workplaces** and **community groups** together to sing a song, video it and enter it online. A nursery rhyme, office karaoke, campfire hip-hop, yodelling... the sky's the limit!"

Donations raised will help grow the *With One Voice* program (15 choirs, 3 states) to empower individuals and build supportive communities through the joy of song across Australia.

**"There should be more opportunities for people in the community to come together and celebrate the wonderful act of singing together."
GOTYE, in support of the *With One Voice* program**

Groups – regardless of singing experience, age, faith, language or culture – are invited to *Sing for Spring* and be in the running to be featured on the big screen at Federation Square (4 October) and at the With One BIG Voice gala concert at Melbourne Town Hall (12 October). Entry is by donation of about \$10 per singer. Winning categories include:

- **Biggest Sing**
- **Best Blokes' Sing**
- **Best Kids' Sing**
- **Most Diverse Sing**
- **Most Creative Sing**
- **Most Donations Raised**
- **Best Karaoke Sing**
- **Best Non-English Sing**

"In these tough social and economic times, everyone can benefit from the incredible emotional and physical benefits that singing brings," Tania said.

"The world doesn't need any more "selfies". It's time to get out of our boxes, connect with our neighbour and really make a difference," she said.

"Through the *With One Voice* program, we see how community choirs connect and inspire people of all ages and from all walks of life. Singing together helps us beat stress, mental illness, loneliness and isolation, unemployment, cultural tension, homelessness and more.

"Neuroscience proves singing makes you happier, healthier, smarter and more creative... so let's get together and *Sing for Spring*!"

"Your entry can be as simple or extravagant as you like and it's a fantastic opportunity to take a creative wellbeing break and spend time with family, friends and work colleagues.

"So gather around, raise your voices and together let's do all we can to support disadvantaged people to find their voice. Register now at www.singforspring.com."

ENDS



"The world would look really different if we sung more. I think there'd be less war, less violence and more smiles. People would be less inhibited and more content.

A sense of community would be much easier to access."

VERITY HUNT-BALLARD, Sing for Spring Ambassador

FAST FACTS

- The *With One Voice* program was recently named one of Australia's top social innovations
- 15 *With One Voice* choirs across 3 states (plus a pilot program in Arizona (USA))
- 40+ nationalities, ages 9 to 90
- 8 professional conductors, 50+ volunteers
- Through the [Wish List](#), participants grant one another wishes like free music lessons, help with CV-writing and work experience.
- In 2014, the *With One Voice* program celebrates 5 years
- Creativity Australia is a charity. All donations are fully tax-deductible.

"Music is the universal language. It crosses all boundaries and is an ambassador of goodwill. Singing is at the heart and soul of music. It inspires, it uplifts. To be part of something that provides so much positive karma can only bring great enjoyment and encouragement to all who participate."

MARTY RHONE, Sing for Spring Ambassador

IMPACT

- 97% say choir is a great way to de-stress
- 91% say they always feel better about their day after choir
- 90% experienced improved wellbeing on a weekly basis
- 86% say it's a great way to bond with colleagues, friends & family
- 85% say they have made new friends at choir
- 80% felt reduced anxiety & relieved depression
- 80% experienced increased self-esteem
- 70% increased their understanding & appreciation of diversity
- 70% gained new skills for work & life

[Choir locations](#) | [Video gallery](#) | [Testimonials](#) | [Wish List](#) | [Facebook](#) | [Twitter](#)

[Watch Tania de Jong AM's TEDtalk: How singing together changes the brain](#)

www.creativityaustralia.org.au

MEDIA CONTACTS

Suzanne Barton

Marketing and Communications Manager

Creativity Australia

(03) 8679 6088 / enquiries@cal.org.au