

Media Release

17 September 2017

Be part of the solution to the epidemic of loneliness: seed funding available to start your own *With One Voice* program.

Round Four of the *With One Voice* Start Up fund will open for applications from 17 September to 4 November. Local community groups, not-for-profits and businesses wanting to tackle loneliness, isolation and disadvantage in their community are invited to apply.

Successful applicants join a 12-month intensive mentoring program to guide them through the process of building their own *With One Voice* choir and are awarded \$10,000 seed grant.

Founder & CEO of Centre for Hope, Geraldine Moran, the first successful applicant from Round One, says “*With One Voice* perfectly encapsulates the unity we want to create for our community. Mentoring is such a powerful tool, and through the *With One Voice* mentoring program we are learning quickly, safely and in a supported manner.”

For more information and to apply for a place in the *With One Voice* Start Up project, visit www.creativityaustralia.org.au/start

The *With One Voice* program includes migrants, people with disabilities, job seekers, executives, seniors, students, refugees, asylum seekers and more. It is an opportunity to create **real connections between diverse people** in our community. It is about reaching out to those who are experiencing disadvantage and encouraging the socially advantaged in our community to engage with, learn from and help these people. [View member stories.](#)

The impact of loneliness and depression on our health

Research has found that lacking social connections is as damaging to our health as smoking 15 cigarettes a day and people experiencing social isolation have an average of 29% increased mortality (Holt-Lunstad, 2010 & 2015). Furthermore, 8 in 10 Australians think our society is becoming lonelier, while 6 in 10 say they often feel lonely (Lifeline 2016).

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Patrons

The Late Dame Elisabeth
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About us

Loneliness, and depression is the global epidemic of our era.

Creativity Australia (www.creativityaustralia.org.au) is building a happier, healthier, more inclusive nation. We bridge the gap between people experiencing disadvantage and those more fortunate through the neuro-scientific benefits of community singing. We build supportive networks that help people connect to brighter futures. Together, we can change the world... one voice at a time. Creativity Australia is a charity founded by award-winning social entrepreneur and soprano Tania de Jong AM.

Creativity Australia has been recognized as one of the top social innovations (Anthill) in Australia for the past 4 years and, received the Melbourne Award 2016 for Contribution to Community by a Community Organisation.

Creativity Australia runs a global online video challenge every year to raise funds for the With One Voice program. The **Sing for Good** project has so far inspired more than 170 video entries from around the globe. [View gallery](#) and [highlights](#) video.

Why we sing

Neuroscience proves singing makes people happier, healthier, smarter and more creative. Through uniting more and more communities in song, Creativity Australia aims to create positive outcomes for people experiencing mental illness, disability, disadvantage, unemployment or homelessness. Please be inspired by [Creativity Australia's Founder Tania de Jong's TEDTalk](#) on 'how singing together changes the brain'.

Our impact

Swinburne University evaluation showed 98% of *With One Voice* choir participants experienced less stress, 91% improved social bonds, 66% felt less depressed, 70% gained new skills for work life and 70% gained increased understanding & appreciation of diversity.

Creativity Australia received the 2016 Melbourne Award for our Contribution to the Community. The program has also been named in Anthill's SMART 100 most innovative organisations for the past 5 years.

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