

15<sup>th</sup> Jan 2021 – Announcement for immediate release

## Creativity Australia and the *With One Voice* program

As we work towards our Covid-Normal we will be awarding up to 10 grants of up to \$10,000 in 2021 through our *With One Voice* Community Choir Social Franchise Start-up fund.

### ROUND 15 OPEN NOW!

**Hurry!** The closing date for ALL applications in ROUND 15 is 5:00 pm, Friday February 26, 2021.

We're on the look-out for more people who are:

- Movers and shakers in their communities,
- Passionate about community wellbeing and the power of the arts, especially singing
- Aspiring to produce meaningful change and create a more fair and caring society.

**If this is you, we have grants of up to \$10,000 available now!**

For more information and to start your application, please visit:

<https://www.creativityaustralia.org.au/choirs/start/>

### 5 NEW organisations awarded funding in 2020

In 2020 we awarded seed funding to start up new *With One Voice* programs to 5 organisations around Australia. They are:

1. Bidwill Uniting – Mt Druitt (NSW)
2. Community Application – Mackay (QLD)
3. Community Connections – Adelaide CBD (SA)
4. Community Application – Shepparton (VIC)
5. Hume Housing – Parramatta (NSW)

Local community groups, social businesses and not-for-profits wanting to promote social inclusion and tackle loneliness, isolation, depression and disadvantage in their community are invited to apply. Additionally, each successful application joins a 12-month intensive mentoring program.

All successful Start-up Grant organisations are located in areas that are culturally and economically diverse and seek to redress balance between those that have and have-not. They provide crucial interventions for all participants and support those directly and indirectly affected by many of life's challenges.

Most importantly, these organisations recognise how singing in a group can be improve wellbeing, inspire personal growth and transform communities. Each successful applicant must present a strong social franchise offer that we believe will be successful and sustainable.

Feedback from a recent survey saw current members claiming "If it wasn't for the choir I wouldn't be alive today." and also explain that joining the choir has made them feel "empowered, happy and alive."

[View our inspiring member stories.](#)



#### Patrons:

Lady Marigold Southey AC  
Professor Allan Fels AO  
Hugh Morgan AC  
Rosie Lew

#### Founding Patron:

The Late DEM Elisabeth Murdoch  
AC DBE

#### Founder

Tania de Jong AM

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## About us

Creativity Australia ([www.creativityaustralia.org.au](http://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 and alleviate increasing loneliness, social isolation and depression in our communities. 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.



## 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 TEDxTalk](#) on 'how singing together changes the brain'.

## 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).

## 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 innovations for the past 5 years.

## Our target

**Creativity Australia aims to have 40 With One Voice choirs nationwide by Dec 2021. Please help us make that happen by sharing our story with your networks so we can change the world, one voice at a time.**

## For further information, contact:

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