

HOW CAN WE HELP?





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Prepared by Rebecca McHenry BA (Global)

Creativity Australia
VCA Arts House
204 St Kilda
Melbourne 3000
03 8679 6088
enquiries@cal.org.au
www.creativityaustralia.org.au

A WELCOME TO WELLNESS

The motivations behind our efforts at Creativity Australia to build the With One Voice choir programs have always been focused on helping others and improving lives. We are very excited to continue to extend our organisations to do just that through this handbook and our new online resources and website.

The Wellbeing initiative helps to further our vision for choir program – to realise the power of one voice. This increases our organisations existing capacity to help you – our members – embrace a diverse range of new opportunities for friendship, health, employments and overall wellbeing. We hope that we are able to build on the positive impact we are already having and help you reach your full potential beyond choir rehearsals.

We would also like to thank our conductors, partners and supporters – without their contribution, there would be no opportunity for our organisation to grow and improve our capacity to help you through initiatives such as this.

Finally, thank you for your participation and your ongoing support – choir would not be the same without your voice. As a member of the choir, you are not only helping to improve your own life, but you are also helping to inspire the voice of others in our community.

We look forward to continuing this exciting and rewarding creative journey together.

Yours in song,

Tania de Jong AM
Founder & Chair



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WHO ARE WE?

With One Voice is a community choir program that enables individuals to discover their creative voice, connect with community, increase personal wellbeing and unlock their potential. Choirs are located in inspirational and accessible venues rehearsing weekly, with added opportunity for performance at a number community and corporate events each year.

The focus of our choirs is on social inclusion, engagement, participation and connection. They are marketed across the business and community sectors as opportunities for a diverse range of participants to meet on common ground. Choirs are made up of 50% paid and 50% donated places, creating an accessible, multigenerational, multicultural, and inclusive community program.

The choir is also a platform for accessing our wellbeing initiatives, for making friends, and for dealing with depression, unemployment, disadvantage and exclusion.

With One Voice is working hard to change lives, create jobs, build friendships and strengthen communities.

WHY IS YOUR WELLBEING IMPORTANT TO US?

Over the past few years, the concept of “wellbeing” has emerged as the new ‘catch phrase’ in discussions of overall health and happiness. It aims to capture our life and evaluate it, taking into consideration countless factors, including physical health, job satisfaction, mental health, lifestyle, exercise, and even our relationships with others. Simply, “wellbeing” is a way of measuring who we are and how we feel.

Yet understanding and defining individual wellbeing can be difficult, because people measure it in different ways – we all have different values and priorities. What is certain however, is the need to be aware of your wellbeing and how your actions and choices are affecting your life and the lives of others around you. This awareness is key to ensuring a positive lifestyle and mindset, helping you to also seek out new opportunity and make positive changes in your life. Appreciating your wellbeing will lead to a greater appreciation of yourself, and in turn, a greater appreciation for life, your potential, and the potential of others.

THE SCIENCE OF SINGING

Our voice is symbolic of who we are. No matter what language you speak, where you come from, or where you are going - we can all sing.

Singing with others is especially good for you and there is worldwide scientific evidence of the positive benefits, including:

- Singing produces physiological responses that boost the immune system and reduce anxiety and depression,
- It improves blood flow, breathing and posture
- It enhances concentration and focus
- Singing expands neural pathways and leads to greater brain plasticity, resulting in increased creativity and productivity, self-confidence and self-esteem
- It also improves body awareness and reduces stress
- It improves cardiac output, induces a pleasant emotional state, thereby relaxing muscle tension
- It promotes teamwork and a sense of shared achievement
- It enhances social interaction and community "connectedness"

Many scientific studies and industry professionals have confirmed these positive impacts through research and inquiry, concluding that singing (especially in a group), contributes to improving overall wellbeing and happiness.

"The beauty of singing is that it lifts you up and keeps you going." Abrar, member of Melbourne Sings and Afghani refugee

PROVING THE POWER OF SINGING!

A recent evaluation of the With One Voice programs shows:

90% of participants agree or strongly agree they always feel better about their day after attending the With One Voice program

80% agree the program has improved their wellbeing and self esteem, reduced their anxiety and relieved depression

80% made new friends through the program

70% increased their knowledge of different cultures and enabled them to build understanding and relationships with diverse people

70% strongly agree or agree that they have developed new skills and knowledge through the program that help them in their day to day life (including at work), such as improved self confidence, empathy and gratitude and improved leadership, creative, communication and language skills

"The choir is an escape for me. To open my heart, to be relaxed, happy and forget about all the problems".
Nathalie, recent arrival from Cameroon

We hope that the Wellbeing Initiative will continue to build on these positive results and connect you with greater opportunities for friendship, networking, employment and happiness for many years (and choir rehearsals) to come.



HOW CAN We HELP?

WHERE TO START – 'THE BEST OF SELECTION'.

Whether you need work or someone to talk to, this booklet will help you connect with some of the services available – including training and education, counselling and employment opportunities.

We are trying to make this process simple for you by checking out what's on offer and suggesting the best programs – so you could see this as a 'best of' selection compiled by Creativity Australia just for you, our members.

All of these resources are also on our website – so get online and you can link directly to the websites of these organisations to read more about what they have to offer.

Please visit our website: www.creativityaustralia.org.au



ARE YOU HAPPY AT HOME?

I was feeling lonely, I was feeling a bit isolated, I was missing home. Then a friend at the office asked if I would be interested to check out a choir. I was like... oh well, I don't think I can sing. But I am glad I could come to rehearsal because I got to meet these beautiful people here. I found a home away from home. We all come from all walks of life, and it feels just like a family. It's true that it is the music that brings us together but really it's so much more than that.

Elok, Melbourne Sings

Home is place where you feel safe – free to be yourself and free to be happy – and therefore, we hope the With One Voice Choir program has provided a second home for you all, just like it has for Elok who arrived in Melbourne recently as a migrant from Indonesia.

However, we also want to make sure you are all happy at your real home too. If you think you could be depressed or lonely, or if you feel unsafe at home, it is important to seek help from those around you. Whatever your problem, if you do not have a positive environment to return to outside of choir rehearsals, then we can help you to seek assistance and change this.

So, if you are depressed? Or lonely? Or experiencing abuse? Or are in need of medical or legal advice? We want to help put you on the right path towards a greater life and wellbeing.

Please feel free to talk to your conductor at your choir, or contact us at the office – asking for help is the hardest step, and we are here to make the next steps a lot easier and put you in touch with people that can help.

WHO CAN HELP YOU?

We recommend the following organisations – they can help you on your way to achieving an improved wellbeing.

BEYOND BLUE

Depression and anxiety can affect anyone, anywhere, at any time. Their mission is to provide a national focus and community leadership to increase the capacity of the broader Australian community to prevent depression and respond effectively. Beyond Blue aim to build a society that understands and responds to the personal and social impact of depression, works actively to prevent it, and improves the quality of life for everyone affected.

Contact Information 1300 22 4636 / infoline@beyondblue.org.au
www.beyondblue.org.au

SANE AUSTRALIA

SANE Australia is a national charity working for a better life for people affected by mental illness – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia.

Contact Information (03) 9682 5933 / info@sane.org / www.sane.org

VICTORIAN LEGAL AID

Victoria Legal Aid (VLA) is a state wide organisation that helps people with their legal problems. They focus on helping and protecting the rights of socially and economically disadvantaged Victorians.

Contact Information (03) 9269 0120 / www.legalaid.vic.gov.au
350 Queen St Melbourne VIC 3000

Remember, you can always ask your conductor or fellow choir members for advice or direction.

ARE YOU FEELING OK?

“This choir unites a special spirit that uplifts and motivates. I really like that feeling of being around positive people.”

Lu, Melbourne Sings

As most of you will already know, attending one of our choirs is a great way to turn a bad day around for the better – singing, smiling and socialising are great ways to boost mood and overall wellbeing – and our choirs have all this, and MORE.

However, if a bad day turns to a bad month, or an illness is not going away, and you need professional help, we are still here for you. Are you depressed? Or do you need to see a doctor? Or do you just want to make a change in your life, like exercising more? You may need a service that is provided separately from choir, but the choir community will never be far away.



WHO CAN HELP YOU?

YOU?

We recommend the following organisations – they can help you on your way to achieving an improved wellbeing.

THE BETTER HEALTH CHANNEL

The Better Health Channel provides health and medical information to help individuals and their communities improve their health and wellbeing. The information provided is quality assured and reliable, up to date and easy to understand. It is provided to help people stay healthy or understand and manage their health and medical conditions. It does not replace care provided by medical practitioners and other qualified health professionals.

Contact Information www.betterhealth.vic.gov.au

BEYOND BLUE

Depression and anxiety can affect anyone, anywhere, at any time. Their mission is to provide a national focus and community leadership to increase the capacity of the broader Australian community to prevent depression and respond effectively. Beyond Blue aim to build a society that understands and responds to the personal and social impact of depression, works actively to prevent it, and improves the quality of life for everyone affected.

Contact Information www.beyondblue.org.au

Remember, you can always ask your conductor or fellow choir members for advice or help – we are here to support you in whatever way that we can. That is what choir is all about.

ARE YOU LOOKING FOR A JOB?

“I am writing to thank you and the choir for giving me a very good opportunity to get my current job.”

Hui (Cherry), Melbourne Sings

If only we could all get paid to come to choir and sing – what a wonderful world that would be! If you are currently unemployed or not happy in your current job, we can help find you a job by connecting you with relevant employment services and organisations. Remember, choir is a great place to meet people and build your network, so you are already on the right track!

We can also help with job preparation including advice for interviews, advice for starting work, and advice on other aspects of life as a ‘job-seeker’. Also, coming to choir is a great way to network and find new opportunities – studies show that 80% of all jobs are filled through networking, and choir is a great, creative, positive network for you to engage with.

If you are employed, then perhaps you would like a promotion? Or you would like to know your rights as an employee? Or you would like to develop new skills or improve existing ones? If you want to change your career, then studying could be a great place to start.

Whatever your situation, we can help put you on the right path towards a greater life and wellbeing by connecting you with helpful, legitimate employment services and pathways.



WHO CAN HELP YOU?

We recommend the following organisations – they can help you find employment and connect you with new opportunities.

E-FOCUS

E-Focus is a community-based, not-for-profit organisation that delivers a range of services to alleviate disadvantage and to enrich the lives of individuals and local communities through national recognised training, employment assistance and community development projects. E-Focus works with employers to recruit and train new and existing workers as apprentices and trainees and is the lead agency in the consortium that operates the National Australian Apprenticeship Centre – Apprenticeships Melbourne.

Contact Information (03) 9450 5700 / www.e-focus.org.au
73 Burgundy Street Heidelberg, VIC 3084

JOBSCO

JobCo. Employment Services Inc. is a community based not-for-profit employment service provider which has been delivering a comprehensive range of employment solutions to employers and jobseekers in the Melbourne and metropolitan region.

Contact Information (03) 9356 8600 / www.jobco.com.au/en/
95 Albert Street Brunswick Victoria 3056

MELBOURNE CITY MISSION

Melbourne City Mission works with people experiencing disadvantage across Melbourne and Victoria. Every week we help thousands of people build a clear pathway away from economic exclusion and social isolation. One of their main services is to help people to find jobs, or enter into education and training.

Contact Information (03) 8625 4444 / info@mcm.org.au
www.melbournecitymission.org.au / 19 King Street Melbourne VIC 3000

Remember, you can always ask your conductor or fellow choir members for advice – choir is a great place to network and seek out new job opportunities. We have helped so many of our members get jobs – you could be next.

ARE YOU LOOKING TO LEARN?

You can all sing, but what if you want to learn something different? What if you are looking to study to build a new career? Or you are looking to develop your skills further in a particular area? Whatever your goal, With One Voice can help you find the right course of action.

Would you like to learn a language? Learn to paint? Learn to play guitar? Or learn a trade? Whatever your situation, you should never stop learning. So the Wellbeing Initiative can help put you on a path to knowledge. Visit our website, or speak to a conductor at your next rehearsal about your options.



WHO CAN HELP YOU?

We recommend the following organisations – they can help you find new learning opportunities.

E-FOCUS

E-Focus is a community-based, not-for-profit organisation that delivers a range of services to alleviate disadvantage and to enrich the lives of individuals and local communities through national recognised training, employment assistance and community development projects. E-Focus works with employers to recruit and train new and existing workers as apprentices and trainees and is the lead agency in the consortium that operates the National Australian Apprenticeship Centre – Apprenticeships Melbourne.

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MELBOURNE CITY MISSION

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Contact Information (03) 8625 4444 / info@mcm.org.au
www.melbournecitymission.org.au / 19 King Street Melbourne VIC 3000

Remember, you can always ask your conductor or fellow choir members for advice – you never know what you can learn from the people you meet at choir.

ARE YOU NEW TO MELBOURNE?

'I am alone. I have no family in Australia. Believe me, this choir means so much to me. This choir is next to God for me. It has brought so much joy into my life.'

Rosie, Melbourne Sings

Many of our new members are not only new to choir, but new to Melbourne. They not only have new names and faces to remember, but also have the added task of getting to know a whole new city and country. But help has arrived.

The With One Voice Program is here to WELCOME YOU TO MELBOURNE. If you need help with transport, employment, study, or finding a house, we have sourced organisations that can help you establish your life here. And who knows, once you have taken care of all of that, perhaps you would like to work towards becoming a new citizen?

Whatever your background, Melbourne and the With One Voice choirs are happy to have you. Visit our website, call us, or speak to your fellow members to learn more about this wonderful city.



WHO CAN

HELP YOU?

We recommend the following organisations – they can help you find your way around Melbourne and all it has to offer.

MELBOURNE TOURIST INFORMATION CENTRE

Not just for visitors, this centre is a 'one stop shop' – it has all the information you need to know to navigate your way around Melbourne, enjoying all the sights, sounds and tastes. And the staff are friendly and extremely helpful.

It is located in Federation Square, right in the heart of Melbourne CBD, opposite Flinders Street Station.

ASYLUM SEEKER RESOURCE CENTRE

The Asylum Seeker Recourse Centre (ASRC) is a community centre that offers a safe and welcoming space for Asylum Seekers in Victoria. They offer a wide range of services to new migrants including: assistance for new asylum seekers, social and Cultural events including a Saturday Program, computer classes and workshops, English language tutoring and lessons, and opportunities to meet and help other new asylum seekers.

Contact Information (03) 9326 6066 / admin@asrc.org.au
12 Batman Street West Melbourne

Remember, you can always ask your conductor or fellow choir members for advice – why not ask around for a good restaurant or park to visit at your next rehearsal?

ARE YOU A SENIOR?

'I leave the choir and feel alive and full of energy'
ANZ Sings Member

Getting older makes you wiser, but there are still things even the oldest and wisest people need help with. If you are approaching this new phase in your life, you may need some general information about life as a senior. Perhaps you are looking for a home, looking for medical advice, or perhaps you need help rearranging your finances? Or perhaps you are just looking for a new friend or a new way to get active?

Whatever age brings, we can help you understand your options and put you in touch with the relevant services and organisations. Please feel free to talk to your conductor at choir, or contact us at the office – asking for help is wise, and we are here to listen and put you in touch with people and services that can help.



WHO CAN HELP YOU?

We recommend the following organisations – they can help you access the appropriate services and advise as a senior.

AGED CARE AUSTRALIA

Aged Care Australia is portal of the Australian Government and is a comprehensive, impartial resource for about aged care. If you're an older Australian or looking after an older family member or friend, you'll find information in these pages that can help you work out what services are available to help you and how you can get started. Aged care is a shared responsibility that involves family, friends, volunteers – and the Australian Government.

Contact Information 1800 200 422 / agedcare.website@health.gov.au
www.agedcareaustralia.gov.au

AGEDCARE

AgedCare is Australia's Aged Care Website; a dedicated resource tool that provides family, friends and carers with information regarding Aged Care facilities, products, services, news and jobs in the ageing community.

Contact Information (03) 9596 6008 / info@agedcare.com.au
www.agedcare.com.au

YOURlifechoices

YOURLifeChoices – for fun in your 50s, 60s and beyond – Home, Health, Travel, Work Finance, Activities, Recipes, Work, Technology – it's all here.

Contact Information admin@yourlifechoices.com.au
www.yourlifechoices.com.au

Remember, you can always ask your conductor or fellow choir members for advice – you are never too old to ask for help.

ARE YOU A YOUNG PERSON?

During a recent job interview, the interviewer and I found that we were both choir members. Then we talked a lot and he began to understand the difficulties that an overseas student faced in job hunting, and said he would like to help me and provide me an opportunity to prove myself. So, I got the job.

Melbourne Sings Member

Young people have their whole lives ahead of them, and whilst this is definitely exciting, it can also be very overwhelming. There are lots of choices and discoveries to be made - about the world, other people, and in particular, you. So if you are a young choir member and are looking for a place to start understanding who you are and what life has to offer, then you have come to the right place. Whether you need a job, or want to study, or need medical assistance, we can connect you with the right services.

Even if you don't really know what you are looking for, we can help. Speak to your conductor, or check out our website for some great youth organisations that really understand who you are and what you're going through.



WHO CAN HELP YOU?

We recommend the following organisations – they can help you access the appropriate services and advise as a young person.

HEADSPACE

Headspace is the National Youth Mental Health Foundation. The organisation helps young people who are going through a tough time. Headspace provides people up to the age of 25 with health advice, support and information, focusing on areas of general health, mental health and counselling, education, employment and other services, alcohol and other drug services.

Contact Information (03) 9027 0100 / info@headspace.org.au
www.headspace.org.au

YOUTH CENTRAL

Youthcentral is the Victorian Government's web-based initiative for young people aged 12-25 and provides support for all young Victorians.

Contact Information youthwebsite@dhs.vic.gov.au
www.youthcentral.vic.gov.au

MELBOURNE CITY MISSION

Melbourne City Mission works with people experiencing disadvantage across Melbourne and Victoria. Every week we help thousands of people build a clear pathway away from economic exclusion and social isolation. One of their main services is to help young people find jobs, new opportunities and new friendships.

Contact Information (03) 8625 4444 / info@mcm.org.au
www.melbournecitymission.org.au / 19 King Street Melbourne VIC 3000

Remember, you can always ask your conductor or fellow choir members for advice – You never know what kind of opportunities choir will bring.

ARE YOU LOOKING FOR ADVICE OR SOMEONE TO TALK TO?

Choir is a great place to meet people, make friends and find support – we encourage you to come to choir and interact with other members and volunteers. You can also contact us if you have any questions or concerns via the website or by calling the office. There are also ways to communicate with professional services and organisations if you feel you need further assistance.

Whatever your situation, there is someone to listen. Look in the back section of this booklet for the Wellness Directory – the place to go for all the contact information you need to get in touch with helpful organisations and services.



WELLBEING DIRECTORY

EMERGENCY CONTACTS

- Police Fire Ambulance: 000
- Child protection: 131 278 (24 hours)
- Life Line: 13 11 14
- Kids Help Line: 1800 551 800
- Crisis Line: 136 169

ARE YOU FEELING OK?

- Aids Line: 1800 133 392
- Alcoholics Anonymous: 9429 1833
- Cancer helpline: 03 13 11 20
- CareRing (Crisis Line): 136 169 24
- Centre Against Sexual Assault (CASA): 9349 1766
- Children's Hospital: 03 9345 5522
- Child Protection Crisis Line: 03 131 278
- Consumer Affairs Victoria: 1300 558 181
- Court network: (03) 9603 7433
- Crime victims support: (03) 9758 2818
- Disability Information Vic: 1300 650 865
- Domestic Violence Crisis: 1800 015 188 (24 hour)
- Domestic Violence Resource Centre: 1800 015 188 (Crisis support, information, referral and accommodation for women experiencing abuse)
- DirectLine: 1800 888 236 (24 hour confidential drug and alcohol professional counselling help line)
- Financial & Consumer Rights Council: 1800 134 139
- Foot patrol needle and syringes: 1800 700 102
- Gambler's Help: 1800 156 789 (24 hour helpline for problem gamblers)
- Gay and Lesbian Switchboard Victoria: 1800 184 527
- Gay Men's Health Centre / Victorian AIDS Council: 1800 134 840
- Grief Line: 9596 7799
- Hepatitis C Helpline: 1800 800 241
- Kids Help Line: 1800 55 1800 (24 Hour Telephone Counselling of 5 - 18 year olds who are feeling depressed, sad or lonely)
- Legal Aid Victoria: 1800 677 402
- Lifeline: 131 114 (24 hour telephone counselling service)
- Lifeline Suicide Helpline: 1300 651 251
- Maternal & Child Health Line: 132 229
- Mental Health (Grow): (03) 9890 9846
- Men's line Australia: 1300 78 99 78 (support for men through separation)
- Men's Referral Service: 1800 065 973
- Ombudsman Victoria: 1800 806 314
- Parent Line: 132 289 (24 hour assistance for parents)
- Post and Ante Natal Depression helpline: (03) 9428 4600
- Poisons Information Centre Victoria: 131 126
- Salvation Army Crisis Contact Centre: 1800 627 727
- Sexual Assault Crisis Line: (03) 9349 1766
- Travellers aid: (03) 9654 2600

WELLBEING DIRECTORY

- Victorian Foundation for the Survivors of Torture: (03) 9388 0022
- Women's Information Referral Exchange (WIRE) 1300 134 130 support and referral service available to all Victorian women
- Youth Substance Abuse Service: 1800 014 446
- Mental health referral: 1300 732 211
- Office of the Public Advocate: (03) 9603 9500 / (1800 136 829 toll free)
- SANE Australia: (Mental health info and referral) 1800 688 382
- Needle Disposal Hotline: 9304 2140

LEGAL SERVICES

- Community Legal Services: (03) 9602 4949
- PILCH Homeless Outreach: (03) 9225 6686
- Fitzroy Legal Service: (03) 9419 3744
- Victorian Outreach Service: (03) 9419 8355
- Footscray Legal Services: (03) 9689 8444
- Legal Aid Victorian Information Line: 1800 677 402
- Other Legal Aid Contact Information:
 - Melbourne Central: (03) 9269 0234
 - Bairnsdale: (03) 5153 1923
 - Broadmeadows: (03) 9302 2388
 - Dandenong: (03) 9791 5522
 - Frankston: (03) 9784 5222
 - Geelong: (03) 5229 2211
 - Morewell: (03) 5134 8055
 - Preston: (03) 9478 8844
 - Ringwood: (03) 9879 5500
 - Shepparton: (03) 5823 6200
 - Sunshine: (03) 9311 8611
- Victorian Aboriginal Legal Service: (03) 9419 3888 or 1800 064 865 (24 hours)
- Youth Advocacy & Legal Service: (03) 9794 5428

WOMEN'S SERVICES

- Women's domestic violence crisis service: (03) 9373 0123 / 1800 015 188
- Women's information and referral service: 1300 134 130
- Women's refuge referral service: (03) 9329 8433 / 1800 015 188
- Women's health Victoria: (03) 9662 3755 / 1800 133 321
- Drug info line for Women: (03) 9344 2270
- Women's legal resource centre: (03) 9642 0877
- Young Women's health service: (03) 9548 3255

LATE NIGHT CHEMISTS IN MELBOURNE

- TAMBASSIS PHARMACY
Cnr Sydney and Brunswick Roads
Brunswick
Open: 8am-midnight
Ph: (03) 9387 8830
- LEONARD LONG PHARMACY
Cnr Williams Road and High Street
Prahran
Open: 8am - midnight
Ph: (03) 9510 3977

MELBOURNE HOSPITALS

- St Vincent's Hospital: Victoria Pde Fitzroy, (03) 9288 2211
- The Royal Melbourne Hospital: Grattan St Parkville, (03) 9342 7000
- Western Hospital: Gordon St Footscray, (03) 8345 6666
- Royal Children's Hospital: Flemington Rd Parkville, (03) 9345 5522
- Royal Dental Hospital: 720 Swanston St Carlton, (03) 9341 0222
- Royal Victorian Eye and Ear Hospital: 32 Gisborne St East Melbourne, (03) 9344 2000
- Alfred Hospital: Commercial Rd Prahran, (03) 9276 2100
- Austin Hospital: Studley Rd Heidelberg, (03) 9496 5000
- Box Hill Hospital: Nelson Rd Box Hill, (03) 9895 3333
- Dandenong Hospital: Davis St Dandenong, (03) 9791 6000
- Epworth Private Hospital: Erin Street Richmond, (03) 9426 6666
- Maroondah Hospital: Mt. Dandenong Rd Ringwood East, (03) 9871 3333
- Monash Medical Centre: Clayton Rd Clayton, (03) 9550 2159



HOW DO I GET ONLINE?

We want all of our members, including you, to have access to the online services through the web.

We understand that not all of our members are able to easily access the Internet easily. That is why we are partnering with local community libraries – all local community libraries in Melbourne and regional Victoria already offer FREE internet access to members of the community.

Look below and find your local library – go before choir, after work, on the weekend – and feel FREE to explore the online services we can connect you with through our website at www.creativityaustralia.org.au

CHOIR	CLOSEST LOCAL LIBRARY	CONTACT INFORMATION
Geelong Sings	Geelong Library	49 Little Malop Street, Geelong VIC 3220 / (03) 5222 1212 / info@geelonglibraries.vic.gov.au / www.geelonglibraries.vic.gov.au
Our Community Sings	Ashburton Library	154 High Street Ashburton VIC 3147 / (03) 9278 4633 / boroondara@boroondara.vic.gov.au / www.boroondara.vic.gov.au/libraries
Heidelberg Sings	Yarra Plenty Regional Library	72 Turnham Avenue, Rosanna VIC 3084 / (03) 9408 7888 / ypmail@yprl.vic.gov.au / www.yprl.vic.gov.au
Melbourne Sings	City Library	253 Flinders Lane, Melbourne VIC 3000 / (03) 9658 9500 / library@melbourne.vic.gov.au / www.citylibrary.org.au
Sunshine Sings	Sunshine Library	301 Hampshire Rd Sunshine VIC 3020 / (03) 9249 4640 / www.brimbanklibraries.vic.gov.au
Dandenong Sings	Dandenong Library	Stuart Street Dandenong VIC 3175 / (03) 9239 5100 or 1300 630 920 / cgdlibraries@cgd.vic.gov.au / www.greaterdandenong.com
Hume Sings	Hume Library	1093 Pascoe Vale Road, Broadmeadows Victoria 3047 / (03) 9356 6900 / libraries@hume.vic.gov.au / www.humelibraries.vic.gov.au
St Kilda Sings	St Kilda Library	150 Carlisle Street, St Kilda VIC 3182 / (03) 9209 6655 / library@portphillip.vic.gov.au / www.portphillip.vic.gov.au
Frankston Sings	Frankston City Library	60 Playne Street Frankston 3199 / (03) 9784 1020 / libraryenquiries@frankston.vic.gov.au / www.library.frankston.vic.gov.au
Footscray Sings	Footscray Library	56 Paisley Street, Footscray VIC 3011 / (03) 9688 0290 / library@maribyrnong.vic.gov.au / www.maribyrnong.vic.gov.au

WHAT ARE YOU WAITING FOR?

Now that we have proven the power of group singing, it's time for you to find your voice and realise your own potential, and the best way for you to do this is by coming to choir! And as all our members know, joining us is easy and anyone can do it – just like anyone can sing.

The best way to get involved is to simply come to one of our choir rehearsals and start meeting new people, uncovering new opportunities, and of course, singing.

Once you are there, our team will help you register as a new member – membership is a yearly tax-deductible donation to the organisation, or if you have a healthcare / concession card, it's free.

More information about membership can be found on our website, or just ask when you go to your first rehearsal.

So what are you waiting for? Here is a list of our choirs - spread throughout communities across Melbourne and in the Sydney CBD, there is bound to be a choir close to where you live or work.

Dandenong Sings
Frankston Sings
Heidelberg Sings
Melbourne Sings
St Kilda Sings

Footscray Sings
Geelong Sings
Hume Sings
Our Community Sings (Ashburton)
Sydney Sings

For specific days and times of our weekly rehearsal, please check out our website: www.creativityaustralia.org.au

If you are already a member, perhaps you know a friend or family member that needs help finding their voice – bring them along to your next rehearsal, or tell them where to find their closest choir and how to join. Perhaps this is the opportunity they have been waiting for...?

“The choir offers an opportunity for people to extend their social capacity and build relationships outside of their everyday routines. Often, opportunities to access such groups are limited or restricted, so these choirs provide a unique and valuable format to actively engage in the community and extend relationships. The positive benefits of this model are multi-dimensional and undeniable! Congratulations to Creativity Australia for continuing to find opportunities to increase our well-being through song.”
Kellie Stone, Encompass Community Services

