

**MEDIA ALERT: 23 JANUARY 2024**



# FIND YOUR CREATIVE VOICE AND JOIN A CHOIR IN 2024

**With One Voice inclusive community choirs are looking for new members!**

Creativity Australia is celebrating 15 Years of building a happier, healthier, more inclusive nation through the life-changing *With One Voice* program. Loneliness, and the depression which accompanies it, is the global epidemic of our era. Statistics show that 2 in 5 people feel socially isolated and unheard. This isolation leads to serious mental and physical health issues and great economic disadvantage. These people risk being left behind.



*With One Voice* is a network of local community choirs with over 1,000 diverse members across Australia. Rehearsals are starting again for the year, and our choirs are looking for new members! Please join us.

Neuroscience proves singing makes people happier, healthier, smarter and more creative and increases neuroplasticity. Music and singing break down barriers of language, background or politics. Unlike sport, music is non-competitive – the participants are working together to create something greater than themselves as individuals – and the results are transformational. The choirs transcend borders every week, and in public through regular performances.

*With One Voice* programs 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. [Swinburne University research](#) showed 98% of *With One Voice* choir participants experienced less stress, 91% improved social bonds and 66% feel less depressed. [View research](#).

**FIND A CHOIR NEAR YOU**

Our Founder and Chair, Tania de Jong AM says: *“When we come together to create harmony, participants feel they are together, not different. There is no more us and them, only us. The With One Voice program is life-changing and life-saving for many who are lonely and isolated and all those seeking connection and community. We see weekly miracles occurring because singing is a super wonder-drug!”*

Here are some of the [testimonials from our participants](#) to illustrate the impact of these life-changing programs.

*With One Voice* choirs are led by professional conductors and meet weekly, followed by supper. Through our unique [Wish List](#) program, participants connect and can grant one another wishes big and small: such as free music lessons, language and computer tuition, assistance with resumes, mentors and finding jobs. The choirs help people connect to whatever they need in life: friends, mentors, wellbeing, self-esteem, networks, skills and employment. Over 4200 wishes have been granted so far! Please be inspired by a [short 3 minute video](#).

Joining a *With One Voice* choir is a fantastic way to get to know your local community through the power of music in an inclusive and welcoming environment.

Together, we can change the world... one voice at a time.

### **Interested in joining a choir?**

Anyone is welcome to come along to our choirs for a trial session. There's no need to book or register beforehand, just come along and have a sing! You can find your nearest choir and its rehearsal information on our website: [withonevoice.org.au/choirs](http://withonevoice.org.au/choirs).

### **About our choirs**

*With One Voice* choirs are open to everyone; there are no auditions, and no singing experience is required. Our choirs run on a unique model that focus on the joy of singing and connecting with others, rather than sounding pitch perfect. Participation is by tax-deductible donation.

**FIND A CHOIR NEAR YOU**

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Tania de Jong AM and many of our talented conductors and community leaders are available for interview.

Tania de Jong's TED talk [‘How Singing Together Changes the Brain’](#), which features the *With One Voice* program has been viewed over 130,000 times.