



"Frankston Sings" community choir members.

Picture: Jason Sammon

## Choir on recruitment drive for new voices

MEMBERS of the Frankston Sings choir are raising their voices and spirits.

Member Vanessa Roche said the all-abilities choir was on the lookout for new members.

"Come along and experi-

ence the joy of singing and enjoy a sense of wellbeing and community," she said.

Ms Roche said involvement in the choir had helped her battle with depression.

"When I initially joined I had bad depression. I used

singing to support myself," she said.

"I have used it to move through depression."

The group sings a variety of styles including blues, pop and spirituals.

Frankston Sings meets at

the Brotherhood of St Laurence, High St, on Mondays at 5.30pm with supper included.

The cost is variable depending on individual circumstances.

Details: 0451 095 346.