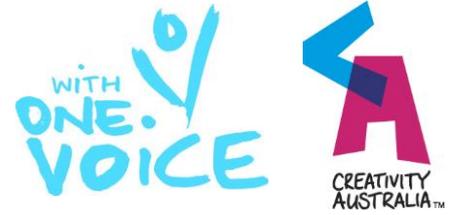


MEDIA RELEASE

Happy Birthday *With One Voice*: FIVE years of social innovation in song



March 2014 marks five years of *With One Voice*, a program recently named one of Australia's top social innovations!

To celebrate, you're invited to experience the joy, freedom and inspiration of community singing first hand at your local *With One Voice* choir:

[Altona Meadows](#) [Frankston](#) [Melbourne \(CBD\)](#)
[Ashburton](#) [Geelong](#) [St Kilda](#)
[Brisbane \(CBD\)](#) [Greater Dandenong](#) [Sydney \(CBD\)](#)
[Footscray](#) [Heidelberg](#)

Patrons

Lady Marigold Southey AC
Professor Allan Fels AO
Hugh Morgan AC
Emeritus Professor John Hay AC
The Late Dame Elisabeth Murdoch AC DBE

Founder

Tania de Jong AM

Creativity Australia's *With One Voice* choir program was launched in 2008 by soprano and social entrepreneur Tania de Jong AM. The charity now has its sights set on a nationwide singing movement.

[Watch Tania de Jong AM's recent TEDtalk: *How singing together changes the brain*](#)

This year, new *With One Voice* choirs are starting in Redfern, Brisbane and beyond. But these are no ordinary choirs...

"Singing is the language of the heart. For centuries, song has played a key role in community, culture and story-telling worldwide. Yet how many people dare to sing freely these days... apart from in the shower?" Tania said.

"Community singing empowers voices that have been silenced, unleashes creative potential... and that's just the start.

"Every week, Creativity Australia's network of *With One Voice* choirs inspire people from more than 40 nationalities, aged 9 to 90, to sing side-by-side. Age, race, language, religion, disability and disadvantage fade away. Everyone is welcome."

With One Voice choirs are led by professional conductors and meet weekly, followed by supper. Through the [Wish List](#), participants grant one another wishes big and small such as work experience, CV-writing, English tuition and free music lessons.

"For some, choir is a way to de-stress after work. For others, it's a first glimpse into Australian life after arriving here as a migrant, asylum seeker or refugee. For others, it's an opportunity to connect to networks, skills and employment. It's all about joy, freedom and inspiration," Tania said.

Tania believes unleashing a community's collective creative potential can achieve incredible social and economic outcomes. When diverse voices sing together, people can more easily connect to whatever they need in life... friends, mentors, wellbeing, skills, self-esteem, employment and more.

The *With One Voice* program builds bridges of understanding between diverse people, and complements specific intervention programs of other charities and organisations.

“Neuroscience proves singing connects the neural pathways in the brain differently and releases endorphins, making people healthier, happier, smarter and more creative. From this position, people are more capable of asking for, receiving and giving help,” Tania said.

“Empowered individuals and supportive communities are better placed to solve society’s big challenges, such as cross-cultural integration, unemployment, mental illness, low economic productivity, skills shortages, loneliness and isolation, family fragmentation, homelessness and more,” she said.

“This is why we’re the passionate leaders of a singing movement... to strengthen communities, improve wellbeing and change the world, one voice at a time!

“So no matter what age you are or what language you speak, join the party at your local *With One Voice* choir!”

Creativity Australia is a charity. All donations are fully tax-deductible.

ENDS

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For more information, research and more visit www.creativityaustralia.org.au