

MEDIA RELEASE



Australia's biggest community sing seeks video entrants from Cooktown to Cottesloe

Creativity Australia, the charity behind the acclaimed *With One Voice* choir program (15 choirs, 3 states), is launching ***Sing for Spring***, a national event to get diverse Australians singing together for a great cause.

Founder and Chair Tania de Jong AM is passionate about the proven benefits of singing your heart out... whether you're a shower singer or an opera diva!

"We don't care if you've never sung before. We want to have a bit of fun and get families, schools, workplaces and community groups together to sing a song, video it and enter it online.

"A nursery rhyme, office karaoke, campfire hip-hop, yodelling... the sky's the limit!"

Groups – regardless of singing experience, age, faith, language or culture – are invited to ***Sing for Spring*** and be in the running to be featured on the big screen at Federation Square (4 October) and at the *With One BIG Voice* gala concert at Melbourne Town Hall (12 October).

Winning categories include:

- Biggest sing
- Best blokes' sing
- Best kids' sing
- Most diverse sing
- Most creative sing
- Most donations raised

"In these tough social and economic times, everyone can benefit from the incredible emotional and physical benefits that singing brings," Tania said.

"The world doesn't need any more "selfies". It's time to get out of our boxes, connect with our neighbour and really make a difference.

"Through the *With One Voice* program, we see how community choirs connect and inspire people of all ages and from all walks of life. Singing together helps us beat stress, mental illness, loneliness and isolation, unemployment, cultural tension, homelessness and more."

**"There should be more opportunities for people in the community to come together and celebrate the wonderful act of singing together."
GOTYE, in support of the *With One Voice* program**

Donations raised through ***Sing for Spring*** will help grow the *With One Voice* choirs around Australia to empower individuals and build supportive communities through the joy of song.

Creativity Australia would like to see one hundred *With One Voice* choirs around the nation and thousands around the world.

"Neuroscience proves singing makes you happier, healthier, smarter and more creative!" Tania said.

"So let's get together and ***Sing for Spring!***"

Register online at www.singforspring.com from 1 July.

ENDS



FAST FACTS

- The *With One Voice* program was recently named one of Australia's top social innovations
- 15 *With One Voice* choirs across 3 states (plus a pilot program in Arizona (USA))
- 40+ nationalities, ages 9 to 90
- 8 professional conductors, 50+ volunteers
- Through the [Wish List](#), participants grant one another wishes like free music lessons, help with CV-writing and work experience.
- In 2014, the *With One Voice* program celebrates 5 years
- Creativity Australia is a charity. All donations are fully tax-deductible.

[Choir locations](#) | [Video gallery](#) | [Testimonials](#) | [Wish List](#) | [Facebook](#) | [Twitter](#)
[Watch Tania de Jong AM's TEDtalk: How singing together changes the brain](#)
www.creativityaustralia.org.au

IMPACT

- 97% say choir is a great way to de-stress
- 91% say they always feel better about their day after choir
- 90% experienced improved wellbeing on a weekly basis
- 86% say it's a great way to bond with colleagues, friends & family
- 85% say they have made new friends at choir
- 80% felt reduced anxiety & relieved depression
- 80% experienced increased self-esteem
- 70% increased their understanding & appreciation of diversity
- 70% gained new skills for work & life

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