

29 January 2018

## Change your brain in 2018!

The *With One Voice* Choir season is about to launch.

**This year you are invited to enjoy the neuro-scientific health and wellbeing benefits of singing and become more socially connected with your community.**

Singing has been shown to reduce work-related anxiety and stress levels, improve concentration, memory and focus. Additionally, the benefits of singing are further enhanced when singing in a group. Be inspired by Tania de Jong's [TED Talk 'how singing together changes the brain'](#).

Creativity Australia's *With One Voice* Program was launched in 2008 by award winning social entrepreneur and Creativity Australia Founder and Chair, Tania de Jong AM.

Creativity Australia is building a happier, healthier, more inclusive nation through the life-changing *With One Voice* program. The program bridges the gap between people experiencing disadvantage and those more fortunate through the neuro-scientific benefits of community singing. It builds supportive networks that help people connect to brighter futures.

"The science of singing is proven to make you healthier, happier, smarter and more creative... but the choirs offer so much more. They are life-changing, and in some case, life-saving!" she said.

The *With One Voice* choirs tackle loneliness, social isolation and the depression which accompanies it. Singing is a well-known mood enhancer that induces "feel good" hormones such as endorphins and oxytocin. Once released in the body these hormones encourage social bonding and wellbeing.

Creativity Australia's *With One Voice* program operates choirs in Victoria, New South Wales, ACT and Queensland. The inclusive community choirs unite over 700 people aged 9 to 90, from all faiths and all walks of life: migrants, people with disabilities, job seekers, executives, seniors, students, refugees, asylum seekers and more. No singing experience is needed and there are no auditions.

The *With One Voice* choir program creates powerful networks and builds bridges of understanding between diverse Australians in pursuit of harmony. The choirs cultivate social cohesiveness, empowerment and wellbeing through the innovative Wish List program, providing a joyful place for people to find their voice, friends, mentors, learn English, improve self-esteem, build skills and employability and find work.

"When many diverse voices come together as one on a regular basis, the outcomes are transformational."



### Patrons

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

### Founder

Tania de Jong AM

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Visit us and see 'first hand' how these weekly *With One Voice* choir sessions change lives and create happiness, health and social connectiveness.

Altona Meadows (VIC) begins 7th Feb <http://www.creativityaustralia.org.au/choirs/altona-meadows/>  
Ashburton (VIC) begins 7th Feb <http://www.creativityaustralia.org.au/choirs/ashburton/>  
Brisbane begins 7th Feb <http://www.creativityaustralia.org.au/choirs/brisbane/>  
Chatswood (NSW) begins 6th Feb <http://www.creativityaustralia.org.au/choirs/chatswood/>  
Geelong begins 6th Feb <http://www.creativityaustralia.org.au/choirs/geelong/>  
Ginninderry (Canberra): begins 5th Feb <http://www.creativityaustralia.org.au/choirs/ginninderry/>  
Greater Dandenong (Noble Park): begins 31st Jan <http://www.creativityaustralia.org.au/choirs/greater-dandenong/>  
Melbourne: begins 6th Feb <http://www.creativityaustralia.org.au/choirs/melbourne/>  
Royal Freemasons Wantirna: begins 15 Jan <http://www.creativityaustralia.org.au/choirs/royal-freemasons/>  
St Kilda begins 5th Feb <http://www.creativityaustralia.org.au/choirs/st-kilda/>  
Sydney: begins 6th Feb <http://www.creativityaustralia.org.au/choirs/sydney/>  
Windale (NSW) begins 8th Feb <http://www.creativityaustralia.org.au/choirs/windale/>

## \$\$\$ - SEED FUNDING GRANTS AVAILABLE TO START YOUR WITH ONE VOICE COMMUNITY PROGRAM - \$\$\$

As communities across Australia continue to embrace the *With One Voice* choirs program, Creativity Australia has launched a new social franchise initiative to engage and reach more participants.

Local community groups, social businesses and not-for-profits wanting to promote social inclusion and tackle loneliness, isolation and disadvantage in their community are invited to apply. Each successful applicant will receive up to \$10K grant and join a 12-month intensive mentoring program.

For more information and to apply for a place in the *With One Voice* Start Up project, visit [www.creativityaustralia.org.au/start](http://www.creativityaustralia.org.au/start)

### Why we sing

*With One Voice* choirs are led by professional conductors and meet weekly, followed by supper. [View choir locations](#). Through the [Wish List](#), participants 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 3000 wishes have been granted so far! Please be inspired by a [short 3 minute video](#)

Neuroscience proves singing makes people happier, healthier, smarter and more creative. Through uniting more and more communities in song, Creativity Australia aims to create positive outcomes for people experiencing mental illness, disability, disadvantage, unemployment or homelessness.

### Our impact

[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](#).

Creativity Australia won the 2016 Melbourne Award for Contribution to Community by a Community Organisation and been named in the Anthill Smart 100 Innovations for the past 5 years.

Here are some of the [testimonials from our participants](#) to illustrate the impact of these life-changing programs. Connect with us at [www.creativityaustralia.org.au](http://www.creativityaustralia.org.au)



Do good, feel good, sing for good and join *With One Voice* in 2018.  
Together we can change the world, one voice at a time!

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