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With One Voice Break O'Day Choir fostering positivity and inclusion



Kasey Wilkins

Community



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INSPIRING: The With One Voice Break O'Day choir performing last year. Picture: supplied

For close to a year, an East Coast group has been fostering inclusion and positivity through the power of song.

The With One Voice Break O'Day choir started early last year intending to bring together people from all faiths, cultures, ages, and backgrounds.

Co-ordinator Tanya Greenwood, of Hub4Health, said over the past 12 months about 100 people had given it a go.

"We've got quite a nice, diverse mix of people. We have some men coming. I think our oldest member is 92, and our youngest member is about 6," she said. "We're definitely an inter-generational space."

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This year Ms Greenwood said the focus would be on inclusion within the Fingal Valley.

"I think the choir is a nice model because it's not just for people that can sing. People who can't sing are included as well," she said.

"Our conductor Terese Turner is a yoga instructor as well and has done a lot of alternative therapy so she's very interested in breathing and mindfulness.

"There's the fun of singing together and the benefit that brings, and also a shared supper afterwards, so people are feeding both their mind and their bodies.

"It's proved to be a really nice space for people who are new to the community as well, plus the people who have been there a long time. It's great for people that are new to singing, but also to those who have already been in a few different groups as well."

Next month, the choir is hosting a vocal workshop with Sing for Your Life choir director Jane Christie-Johnston.

"She's a really experienced choir conductor in Hobart, so we've had some sponsorship from Bendigo Bank to get up here and we're hoping we get a really good turnout for that as well," she said.



The choir meets on Wednesdays at the St Marys Sports Centre from 6pm.

For more information, visit creativityaustralia.org.au/choirs/breakoday, contact tanya.greenwood@hub4health.org.au, or visit the choir's Facebook page.



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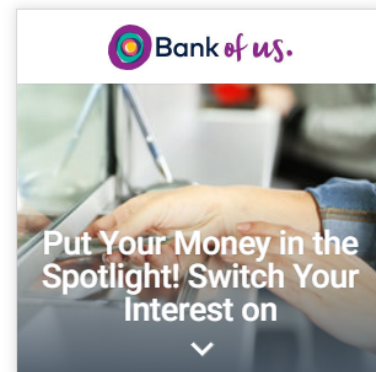
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