

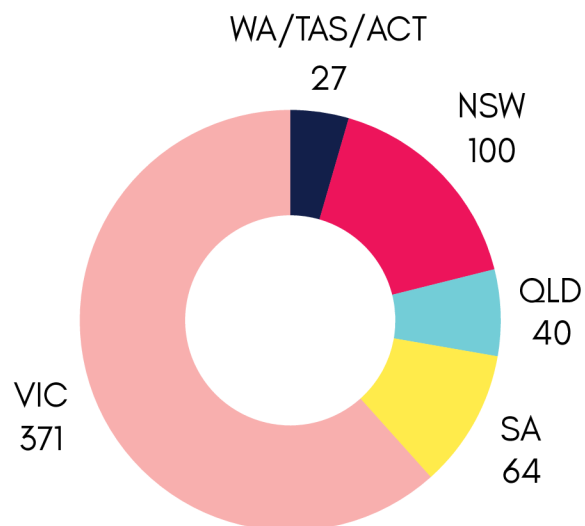
# 2024 With One Voice Member Survey

## National Results



Thanks to everyone for your help completing the 2024 Member Survey. We are so thrilled with the incredible response we've had, and the amazing support we have received from the choirs. We hope this report helps everyone feel a great sense of pride for the work we do together in our communities all across Australia.

## Survey Response

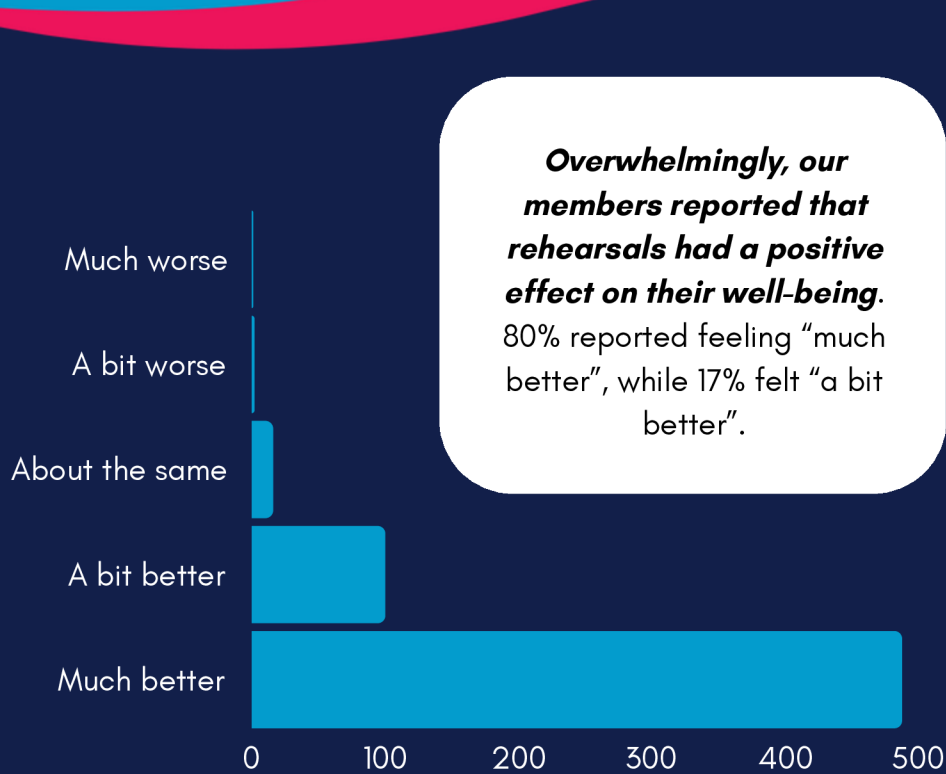


“The genuine inclusivity of the choir is outstanding. I think they have nailed the 'diversity and inclusion' practices and that it feels like a safe space. I love seeing people with disability attend, support workers, culturally and linguistically diverse, gender diversity and a safe space to 'just be' rather than have to perform at 100%.”

# Enjoyment & Satisfaction

Q: In general, how do you feel after choir rehearsals compared to when you arrive?

“ It was the first thing I had done for myself after my breakup, so it gave me community, friends, and joy through singing! ”



**Overwhelmingly, our members reported that rehearsals had a positive effect on their well-being.** 80% reported feeling “much better”, while 17% felt “a bit better”.



**97% of people feel better** after choir than before.

“ My mental health has gone up as I have benefited from making new connections and learnt new things. I have a brain injury so learning new things is really important. ”

# Enjoyment & Satisfaction

Q: Can you share a memorable or meaningful moment from your time with your choir?

## **SINGING & PERFORMING**

Many responses highlight the act of singing together, particularly publicly, as a central and powerful highlight of their choir experience.

## **COMMUNITY / WELCOME**

A significant number of responses reference the sense of community, welcome, togetherness, and belonging.

## **SUPPORT / CONNECTION**

Many respondents mention the support and care they receive, as well as the human connection they have gained both in choir and outside.

“

*"I love watching the enthusiasm of choir members when we have our showcase nights."*

”

“

*"When we are all singing as one in our own way and harmonising."*

”

“

*"1st visit...when I realized everyone was seriously welcome."*

”

“

I had some time away because of my health. I got so many messages and people checking in from the choir. And the welcome when I returned made me feel valued and cared about. Who could wish for more?

”

# Enjoyment & Satisfaction

Q: What could be done to increase your enjoyment and satisfaction in your choir?

“ I feel that choir has saved me many times from feeling completely helpless and depressed, to being happy and feeling joy for life and reminded of my love for singing. ”

## **MORE OF SOMETHING**

Many respondents suggest wanting more of certain elements - mostly songs, rehearsals, or public performances.

## **SONGS**

Some had opinions about different songs they'd like to sing - older, more recent, lower, faster, certain decades, etc

## **SOCIAL ASPECTS**

Improving social connections or community involvement through additional social events outside of rehearsal time, or longer / more frequent suppers.

“

***"I would like our singing time to go longer."***

”

“

***"More opportunities to perform in the community. Join with other choirs."***

”

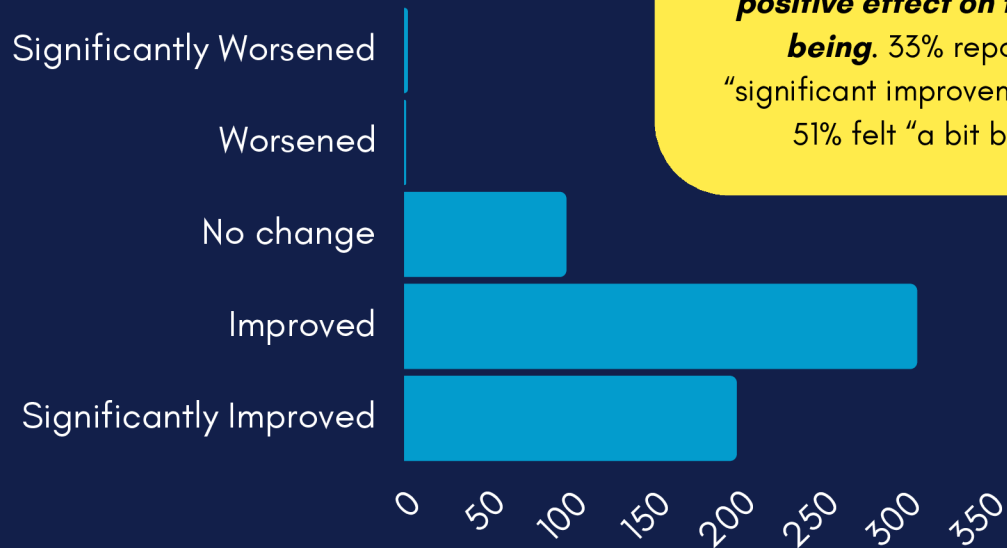
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***"Longer sessions & twice a week! Some more opportunities for socialising outside of singing."***

”

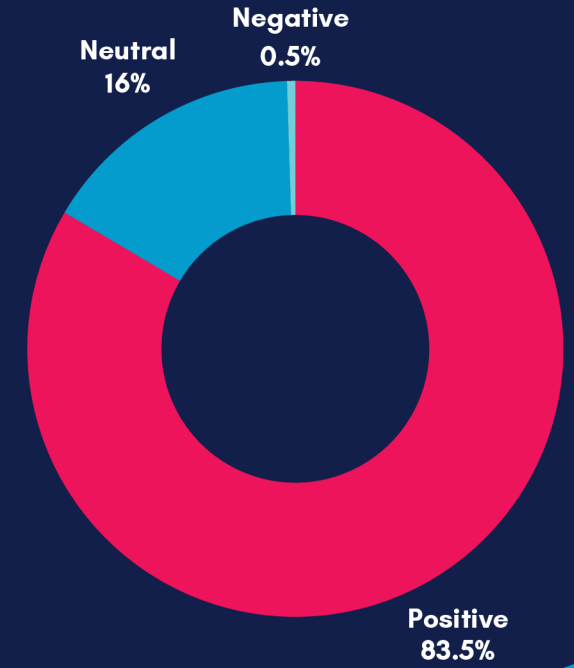
# Health Impacts

Q: How has participating in the choir impacted your mental health?



*Overwhelmingly, our members reported that rehearsals had a positive effect on their well-being. 33% reported a "significant improvement", while 51% felt "a bit better".*

“After that first visit, I realised a whole new world had just opened up to/for me – and that my life would be changed for the better.”



**84%** say that choir has had a **positive impact on their mental health.**

# Health Impacts

Q: What changes, if any, have you noticed in your mental or physical health since joining the choir?

## **MENTAL HEALTH**

103 responses referenced improvements in mental health, such as reduced stress, increased happiness, and better overall wellbeing.

## **COMMUNITY & SOCIAL CONNECTION**

57 responses emphasized the positive impact of feeling connected to a community, reducing loneliness, and increasing social interaction.

## **PHYSICAL HEALTH**

30 responses mentioned physical benefits like improved breathing, energy levels, and general physical wellbeing.

“

*“I feel a part of a community and I feel happier. My sense of belonging has definitely improved*

”

“

*“Mentally, I feel much happier and less stressed. Choir gives me something to look forward to each week*

”

“

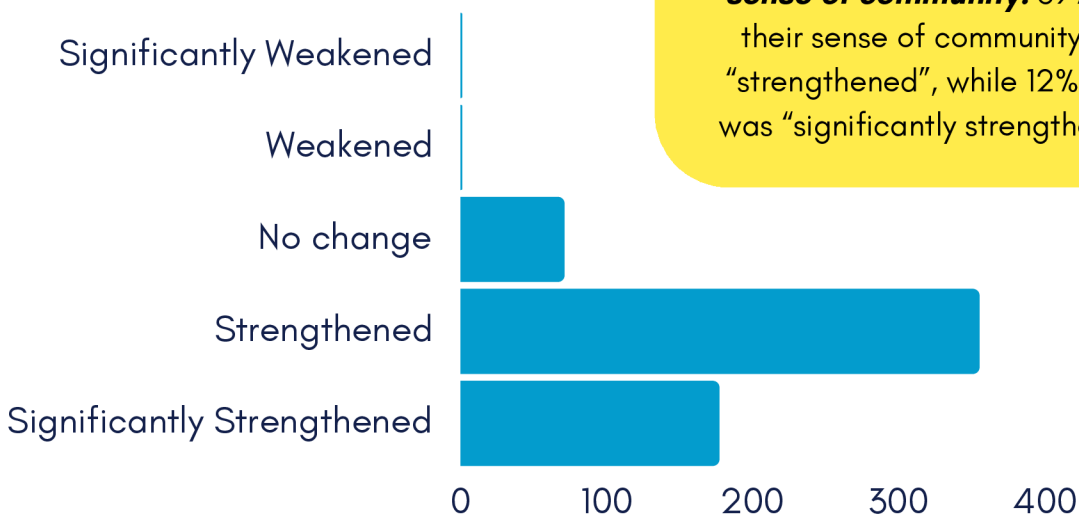
*“Physically my breathing has improved, and mentally, it's helped reduce anxiety and stress.”*

”

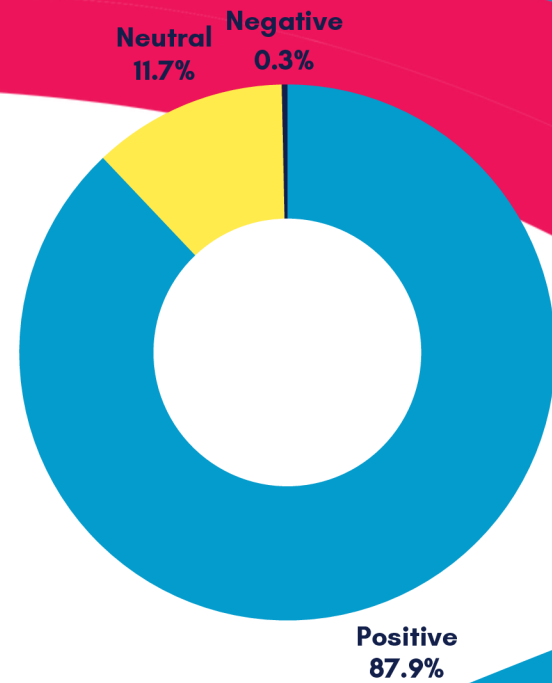
# Community Connection

Q: How has being part of the choir impacted your sense of community?

“ I can just let go of my everyday duties as an employee, mum, wife and friend and fill up my well-being cup to pour from. ”



**Choir has been a fairly consistent driver of people's sense of community.** 59% said their sense of community was "strengthened", while 12% felt it was "significantly strengthened".



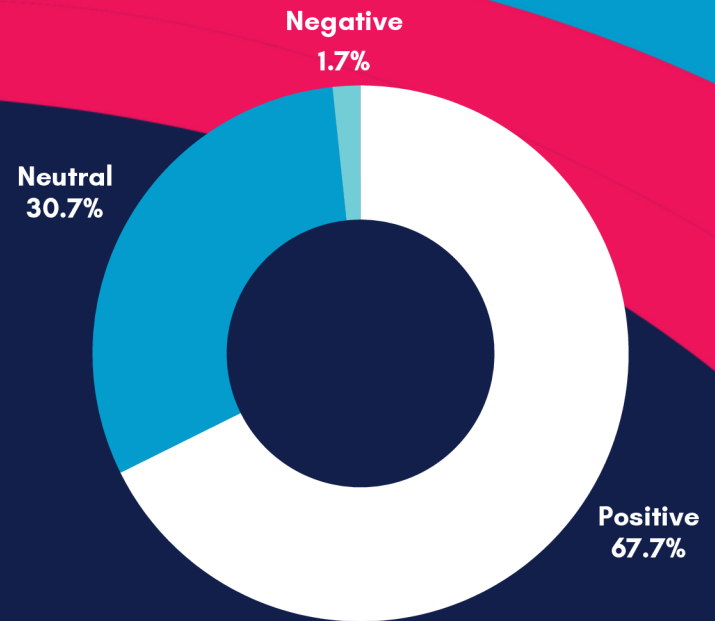
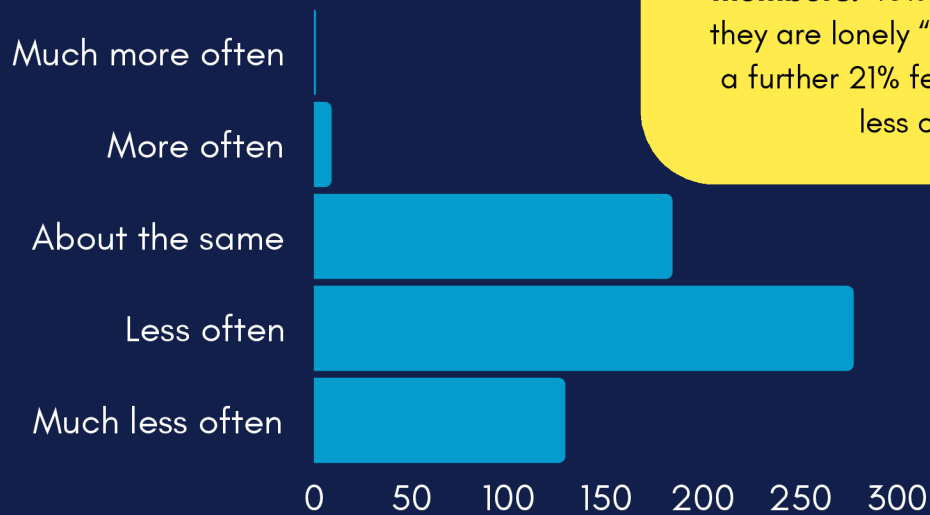
**88%** said their **sense of community** has improved since joining their choir.


# Community Connection

Q: Compared to BEFORE you joined the choir, how often do you feel lonely or isolated since joining your choir?

“ Without fail, I have been welcomed and greeted warmly every week when I arrive at choir. ”

**Choir has an important impact of relieving loneliness in its members.** 46% responded that they are lonely “Less often”, and a further 21% felt lonely “Much less often.”



 **68%** of respondents **feel less lonely or isolated** since joining their choir.

“ I'm going through a separation & it really helped with my mental health to have a moment of joy during the week. ”



# Community Connection

Q: What could be done to increase your sense of belonging in the choir community?

## **MUSIC RELATED RESPONSES**

Many respondents mentioned wanting different songs or a broader variety of songs. Familiar music is a big driver of belonging it seems.

## **SONIC IMPROVEMENT**

Respondents suggested improving the choir's overall performance level. Pride in the choir drives belonging and community.

## **SOCIAL INTERACTION**

Respondents wanted more opportunities for social interaction within the choir. Supper and social events help build community.

“

***“More gigs!! Creates such a sense of achievement and connection!”***

”

“

***“Singing some pop songs like Abba, Queen, 70s and 80s classics could be great!”***

”

“

***More social events and not just 'family dinners.' It would be really nice to go on walks together, watch a movie, etc.”***

”

# Choir Operations

Q: How did you hear about your choir?

“When I have a tough week at work or at home I find it very uplifting and it improves my mood.”

Other

Print Press  
(36)

Performance  
25

Friend / Family  
(287)

Google / Web Search  
(119)

TV /...

Social Media  
(67)

Poster / Flyer  
(31)

“Other” entries include:

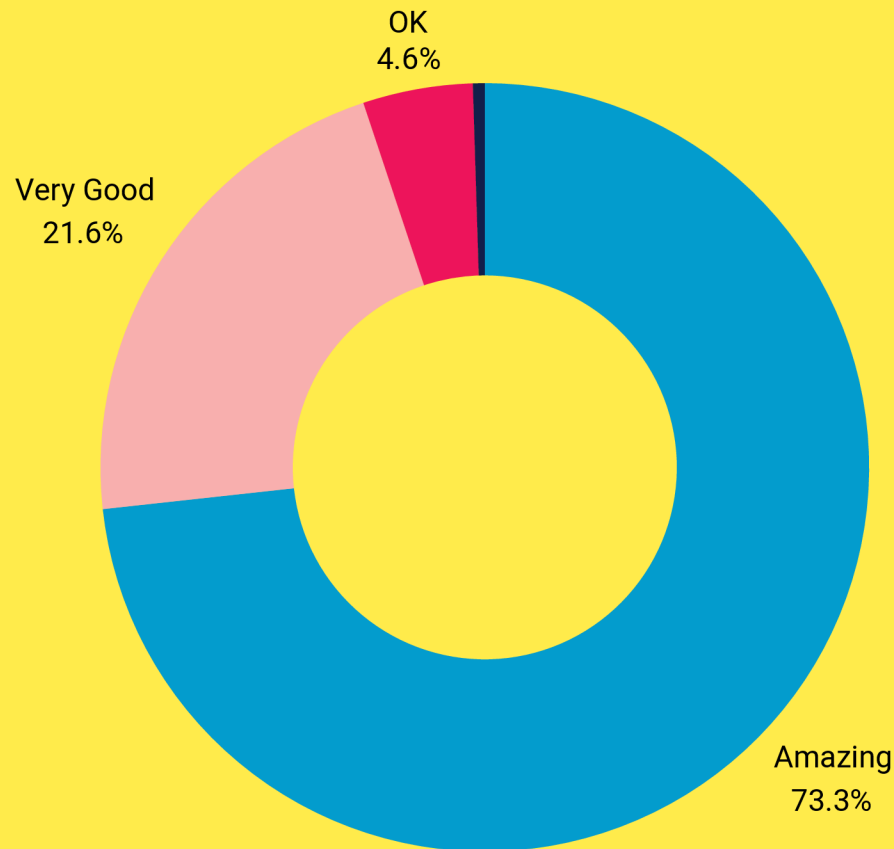
- NDIS Support worker
- Another choir / conductor
- Other activities at the venue
- Web listings

Overwhelmingly, people discover our choirs through family and friends (**a whopping 47%**) This is really valuable information. It means that initiatives like “Bring a friend night” and “Open Days” are our best bet to attract more people to our choirs.

Creativity Australia’s efforts with social media, SEO, and press releases account for a combined 42%, so we will continue our efforts too, but face-to-face is best!

# Choir Operations

Q: How would you describe you 'With One Voice' choir conductor's ability to lead the choir?



“ Staying back and chatting with everyone, I have so many special memories of. I love meeting so many different people I wouldn't normally get the chance to chat with. ”

Across the board, our members are loving the incredible, professional conductors who facilitate our choirs. **We received overwhelming praise in the comment section too. Some variation of “Wouldn't change a thing” was the most common response.**



**95%** said their **conductor** is “amazing” or “very good”.

“ I feel a lot happier, gained more confidence in myself, stepped out of my comfort zone and also made friends with other choir members. ”

# Choir Operations

Q: Can you provide any additional comments about your conductor, including feedback about what they could do to improve your choir experience?

## **POSITIVE FEEDBACK**

152 responses were very positive, with members praising their conductors as "amazing," "great," "fantastic," or "wonderful."

## **SONG CHOICE**

41 responses mentioned song choices or repertoire as an area for feedback, with some suggesting updates or variety in song selection.

## **CHOIR STRUCTURE**

7 responses provided constructive comments on the structure or organisation of rehearsals.

“

*I heard others saying that they particularly joined our group as we are such fun and we always laugh - which is so important.*

”

“

*I actually enjoy the structure and flow of the conductor; the approach is refreshing and enjoyable. I'm not stressed when I come to choir*

”

“

*Extremely engaging, and always believes that we can make it, and we eventually do.*

”

# Choir Operations

Q: What are your three (or more) favourite songs to sing in your choir?

**Here are the top 30 favourite songs as mentioned by our members.**

Drift Away (Dobie Gray)

Hallelujah (Leonard Cohen)

Lanterns (Birds Of Tokyo)

Rainbow Connection (Kermit)

Fix You (Coldplay)

Lean On Me (Bill Withers)

Sylvie (Trad.)

California Dreaming (Mamas & The Papas)

Proud Mary (Creedence CW)

Shenandoah (Trad.)

Three Little Birds (Bob Marley)

Lighthouse (The Waifs)

Can't Help Falling In Love (Elvis)

Somewhere Only We Know (Keane)

Chosen Family (Rina Sawayana)

Glorious

Build Me Up Buttercup (The Foundations)

Under The Board Walk (The Drifters)

Africa (Toto)

Bridge Over Troubled Water (Simon & Garfunkle)

My Island Home (Warumpi Band)

Somewhere Over The Rainbow (Judy Garland)

Banaha (Trad.)

Chasing Cars (Snow Patrol)

Higher And Higher (Jackie Wilson)

Soualle (Trad.)

Cabaret (Music Theatre)

Fields Of Gold (Sting)

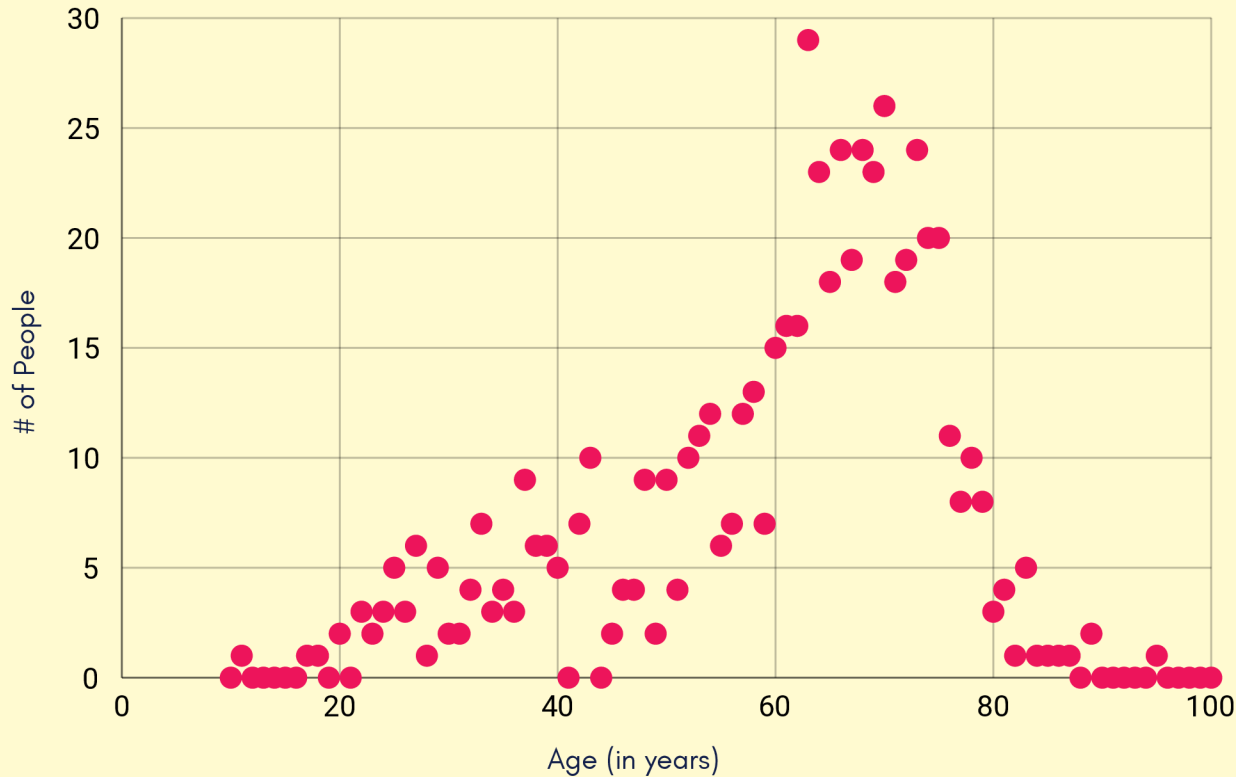
Imagine (John Lennon)

Sloop John B (Beach Boys)

# About You

## Member Age

“ My mental health has improved dramatically... and physical health is better because of less stress and better breathing techniques. ”



**AVERAGE: 61.46 years**

**MEDIAN: 65 years**

**MODE: 64 years**

**YOUNGEST: 11 years**

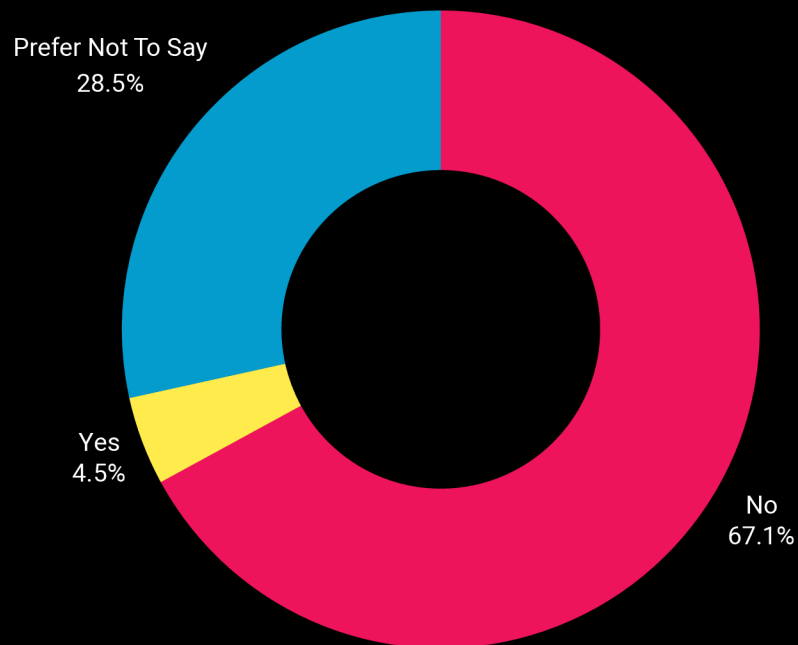
**OLDEST: 95 years**

“ The joy from a non-judgmental openly inclusive environment... along with spontaneous dancing every week! ”

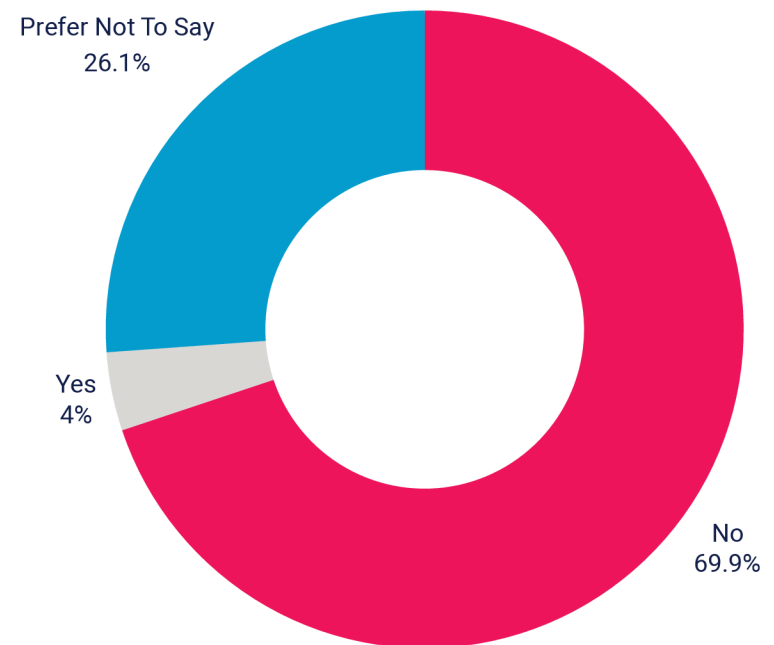
# About You

## Demographic Information

Do you live with a disability or chronic health condition?



Do you consider yourself to be experiencing financial hardship?



NOTE: A significant number of respondents selected "Prefer Not To Say" when answering these questions. We will revisit the wording for these questions in future to better understand the demographics and needs of our members.

# About You

Do you identify with any of the following?

Experience poor mental health (73)

Person with carer responsibilities (65)

Person of Colour (19)

Aboriginal / TSI (8)

International Student (2)

Recent Arrival (8)

LGBTQI+ (16)

Inadequate Housing (8)

Multilingual (52)

Culturally Diverse (49)

“The first time I attended the choir I was in a very lonely place, but everyone was so welcoming and as luck would have it, the first song we sang was one of my all time favourites. I nearly cried with joy.”



# Thank you!

“ I always used to sing quietly and always relied on others for the parts. It felt great when a fellow chorister came up to me after a rehearsal and thanked me for singing confidently and helping her to feel empowered to sing louder. The choir has helped me to gain my confidence and now help others. What a great feeling! ”



Special thanks to all the members who completed the survey, volunteers who assisted in its completion, conductors who run our choirs across the country, and CA HQ team for nerding out on these stats.

The Creativity Australia team will analyse these survey findings and share localised results with choirs, to help continuously improve our programs and their outcomes for years to come.

