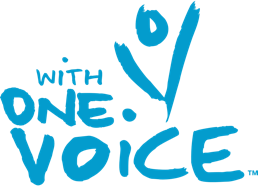
**PRESS RELEASE**

**FOR IMMEDIATE RELEASE**

With One Voice [NAME] Choir has resumed rehearsals this week after a well-earned break over summer. They are actively welcoming new members, and offer a free introductory session to any visitors wishing to find out more.

## Rehearsal Information

When: [Day of Week] Nights at [Time]

Where: [Rehearsal Venue Name]

Address: [Venue Address]

## More Information

With One Voice [NAME] is a community choir, led by the amazing [Conductor Name]. It started in 2015, with support from the City of Whupwhup, and has performed at over 25 private and public gigs since. Anything else?

At its core, With One Voice [NAME] is a close-knit community of friends who love to gather and enjoy the fun of singing together every week.

## With One Voice Information

With One Voice is a national network of community-run choirs that brings together people from all walks of life through the power of music. Our choirs welcome people aged 9 to 90, from all faiths, cultures, and backgrounds. No auditions, and no singing experience required.

The program is supported by Creativity Australia, a not-for-profit charity, which provides support and structure.

“2023 is going to be a big year for the choir, and we’re excited to welcome some fresh, new faces to our little community. Come and find out how much fun singing it is to sing together!”

* [name]

## Contact

[Your Name]  
[Phone and Email]

## Creativity Australia Information

Creativity Australia’s With One Voice movement recently celebrated their impressive 15th Anniversary. Their network of community choirs brings together people from all faiths, cultures, ages, abilities, backgrounds and socio-economic situations. They currently have over 30 choirs located across the nation. With over 1000 choir members ranging in age from nine to 90 years old, they are growing monthly!

“Using singing as the vehicle for community inclusion is the centrepiece of why our program works. Singing together is a powerful social magnet and acts as a super “social glue” that binds people together. The more we use singing and music to bring us together less loneliness, social isolation and depression in our community and the more potential for increased empathy, social connection and cooperation.”

– Tania de Jong AM, Founder of Creativity Australia

## Why We Sing

Loneliness, and the depression which accompanies it, is the global epidemic of our era. Statistics show that 2 in 5 people feel socially isolated and unheard. This isolation leads to serious mental and physical health issues and great economic disadvantage. Following the pandemic we witnessed many of our community isolated and lonely. It is more important than ever to concentrate on programs like With One Voice which bring together diverse voices from all corners of the community. Together they can sing, smile, connect and heal.

Feedback from a recent member survey saw current participants claiming “If it wasn’t for the choir, I wouldn’t be alive today”. They also explain that joining the choir has made them feel “empowered, happy and alive and part of something that matters.”

Everyone is welcome, and no singing experience is necessary. You don’t have to read music or have ever been part of a choir before. With One Voice choirs are led by professional conductors and the session is followed by supper where our members gather and share their stories. Just come along and experience the joy! You will feel the amazing endorphins and increased neuroplasticity that are unleashed through the incredible neuroscientific benefits of group singing.

Creativity Australia is a registered charity. Any support you can offer us and your assistance to spread the word of our life-changing, inclusive choir programs would be greatly appreciated.

## About Creativity Australia

Loneliness, and the depression which accompanies it, is the global epidemic of our era. Statistics show that 2 in 5 people feel socially isolated and unheard. This isolation leads to serious mental and physical health issues and great economic disadvantage. Creativity Australia (www.creativityaustralia.org.au) is building a happier, healthier, more inclusive nation through the life-changing With One Voice program. We bridge the gap between people experiencing disadvantage and those more fortunate through the neuro-scientific benefits of community singing. We build supportive networks that help people connect to brighter futures.

Together, we can change the world… one voice at a time.

Creativity Australia is a charity founded in 2008 by award-winning social entrepreneur and soprano Tania de Jong AM. Tania de Jong’s TED talk 'How Singing Together Changes The Brain', has been viewed over 110,000 times. With One Voice programs are now being replicated around Australia and the world through our unique social franchise model.

## With One Voice

Creativity Australia’s With One Voice program operates in Victoria, New South Wales, ACT, SA, WA, Tasmania and Queensland. The inclusive community choirs unite hundreds of 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.

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 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! Neuroscience proves singing makes people happier, healthier, smarter and more creative and increases neuroplasticity.

Music and singing have no barriers of language, background or politics. Unlike sport, music is non-competitive – the participants are working together to create something greater than themselves as individuals – and the results are transformative. The choirs transcend borders every week, and in public through regular performances. When we come together to create harmony, participants feel they are together, not different. There is no more us and them, only us.

Through uniting more and more communities in song nationwide, Creativity Australia aims to create positive outcomes for people experiencing mental illness, loneliness, social isolation, disability, disadvantage, unemployment and 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.

## Awards

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.

## Donations and Partnerships

It costs just $10 a week, or $500 a year, to support a person in need to attend a With One Voice choir. We would love to partner with you to increase diverse participation in this transformational work.

Our work is all about community wellbeing, alleviating disadvantage and inclusiveness. With enough support we can continue to create transformational outcomes for disadvantaged participants and develop our strategy to reach more people and communities in need throughout Australia.

## Our Social Impact Goal

Creativity Australia’s social impact goal is to help break down the traditional silos of the social welfare sector, building cohesive communities that include and support one another, rather than relying on ‘top-down’ services. Thus, we mobilise and multiply community change-makers far beyond the capacity of our organisation: diverse people who will pay it forward and help address the deep issues that impact our society.

Your support is critical to the future of the With One Voice program.

Together, we can change the world… one voice at a time. Please connect with us at [www.creativityaustralia.org.au](http://www.creativityaustralia.org.au)

For further information, please contact:

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Creativity Australia

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