Creativity Australia’s transformational With One Voice social inclusion program bridges the gap between people experiencing disadvantage and those more fortunate through the neuro-scientific benefits of community singing.

Everyone is welcome and the inclusive weekly community choirs are changing lives for the better – one song at a time by uniting people aged 9 to 90, coming from all faiths and all walks of life.

Creativity Australia developed the With One Voice program as a preventative initiative – to unite people through their love of music. Participation in the choir helps to prevent social isolation, which may otherwise lead to depression, anxiety, unemployment and other more serious issues. In fact Swinburne University of Technology research (2014) showed 98% of With One Voice choir participants experienced less stress, 91% improved social bonds and 66% feel less depressed.

At the heart of it all is the desire to sing. People from disadvantaged backgrounds sing alongside people who are more fortunate, helping to broaden the scope of support networks. As one choir member told us, “It really sets you up for the week because you end up leaving rehearsal feeling quite buoyed and happy, and really optimistic and enthusiastic about life.”

Leading into Christmas, we were fortunate enough to film With One Voice at Martin Place in Sydney. We asked some of the choir members what being in the program
means to them, with additional insights from Ross Maher, Program Director of Creativity Australia.

PLEASE ENJOY THIS INSPIRATIONAL AND HEART-WARMING VIDEO.

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