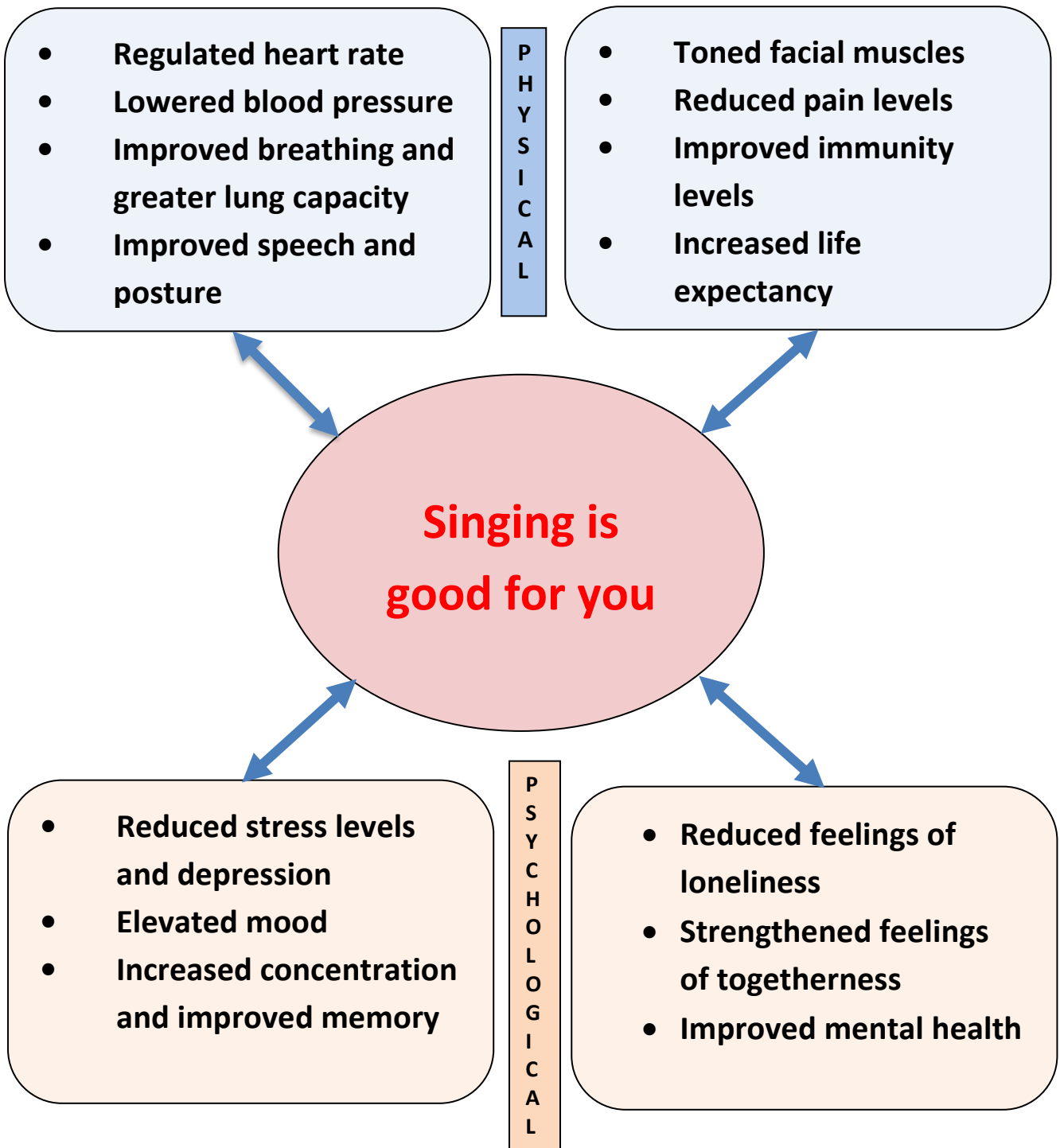


Singing is the best free medicine going!

Singing in a choir can be particularly beneficial to many aspects of health both physical and psychological.



Helped by the influence of television choirmaster Gareth Malone, the Military Wives Choir of 2011 and series such as Glee, there are now some 25,000 choirs across the UK. For example, the BBC is broadcasting Vicky McClure's Dementia Choir in May 2019. More and more of us seem to be taking the musical plunge.

We are particularly fortunate that there are a lot of musical groups operating in the local area and that means that there are lots of opportunities to become involved. Local singing groups welcome new members with open arms even if you think that you are not a good singer or not a singer at all! You will find groups to suit all tastes - ladies' choirs, male voice choirs, mixed choral groups, community choirs - singing a whole range of music.

So, if it makes you feel good, and improves your health, why not join in?