

# Music for a healthy mind



**'Going to choir on Wednesdays is always one of the highlights of my week and the concerts always sound amazing'**

**'I think that finding something that you enjoy is always helpful, and especially after the pandemic, sharing experiences and singing with each other really helps build self-esteem and makes people Happy'**

**'It's a well-known fact that singing improves mental health and well-being, and actively singing with a group of people definitely makes you feel more positive. The choir lunchtime rehearsals are also a nice break to have, after stressing about schoolwork or exams all morning'**

**'I really think singing in the choir helps with anxiety and stress because it is a brilliant environment and singing just generally helps you calm down'**

**'I've met so many lovely people in choir, and I never feel alone as I know there's always someone there who I can talk to and sing with'**

**'I think choir helps enormously with my wellbeing as I feel like I can sing my feelings out and singing also helps me in general to feel happy'**

**'It's helped me to get more involved with the school, and it's introduced me to a lot of new people. It's really nice to be in such a welcoming community where we all just have fun, it's so nice that we get to do choir and the concerts after having to stay so isolated because of covid'**

**'I feel choir gives us the amazing opportunity to socialise and meet new people. It can make us meet new people who like the same types of music as ourselves. This also just helps us to become overall more social!'**

**'Choir let's you sing with people from different backgrounds, cultures, religions, and years'**

**'Choir has been a great opportunity to be part of an in-person community again. I really missed the concerts and rehearsals during the pandemic, and am grateful to have them back!'**

**'Singing at choir is amazing, it brings you together with your friends and builds your confidence so much'**

**'When I come out of choir I'm a completely different person in a good mood on a bad day'**

**'Singing in the Choir definitely helps with stress and anxiety, it is so fun and is always an escape from reality!'**

**'Singing in Choir helps with mental health so much! In May 2022, I experienced a life changing event. When I joined the choir at school, my mental health improved a lot. I also have a friend who has been struggling making friends. Since she joined choir, she has made many friends from different forms and year groups'**

**'Choir helps a lot, many of my friends have cheered up and been more confident after joining choir; they seem to not be as embarrassed to speak up anymore'**

**'Choir takes your mind off of everything and gives you a way to express yourself, also being in choir and around people who are your friends can immediately make you happy. I know that me and my friends are always incredibly excited for choir on a Wednesday'**

**'When you sing you can forget about all the bad things in life that bother you and annoy you and you can just calm down and be in your own world'**

**'I think more people should join the choir. It helps your confidence and makes you feel proud. It builds that 'yeah. I did that'**

**'Choir makes me super happy and excited, and it is the highlight of my week! I also think that lots more people should join Choir because it really helps me deal with stress!'**

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**'I really enjoy playing in the Orchestra at lunch times, as it is a fun part of the day to spend with people who enjoy similar things as you'**

**'I've learned a lot about the people in the orchestra and their sense of humour and what they enjoy doing, I think this will help me in the future when talking to new people'**

**'Chamber Choir helps immensely - the pieces we do are so beautiful in their harmonies, and hearing them all come together is incredibly therapeutic and rewarding. I also find that each session is a reminder of how difficult singing in many parts can be, but we manage to do it so well and it's beautiful when we do'**

**'I think Orchestra helped me get my confidence back after lockdown, as I had become a lot more nervous around people after not seeing people for such a long period of time. I also didn't play too much over lockdown and orchestra made me remember how much I enjoyed playing'**

**'I love being a part of the orchestra. I always feel happier after our lunchtime rehearsals!'**

**'Through the Chamber Choir, I've met like-minded people who enjoy singing the style of music we sing, and it creates a very special sense of community within us. It's a group where we can all feel comfortable and support each other'**

**'Personally, joining the orchestra has benefitted me a lot. I learned to play a new instrument for it, and I'm glad it pushed me to do so. I felt nervous to join at first, with the violin I had only just started learning, but the fun and friendly environment made my nerves soon go away. Attending the weekly rehearsals has also helped me to improve loads since I started. Being in orchestra has given me the opportunity to play with a group of other musicians, and I think this is something that all musicians should get a chance to experience. I really enjoy being a part of the music clubs, and I think more people would benefit from joining'**

**'It's helped me a lot - I missed getting to take part in music clubs over the pandemic, so getting back to performing with the Chamber choir has been really enjoyable'**

**'I think Orchestra works on my stress of performing in front of others, its helped me improve in my music playing and work as a team and will definitely benefit me further in the future'**

**'I think Orchestra has helped bring people together and overcome the Covid rules and lockdown, Pandemic stress was difficult and to be able to play together again and create something that everyone loves is a great opportunity'**

