

# 5 GOOD REASONS WHY YOU SHOULD JOIN US

## 1. MUSICALITY

It's official, singing in a choir draws out your innate musical ability and intensifies your appreciation of harmony. There is a natural learning curve and where choral singing is concerned, the whole really is the sum of its parts, and choir members soon become aware of how harmonies combine.

## 2. MENTAL HEALTH

Studies have shown that the mental health benefits of choral singing include enhanced brain function, strengthened feelings of togetherness, and the release of endorphins resulting in reduced stress, anxiety and depression.

## 3. CONFIDENCE

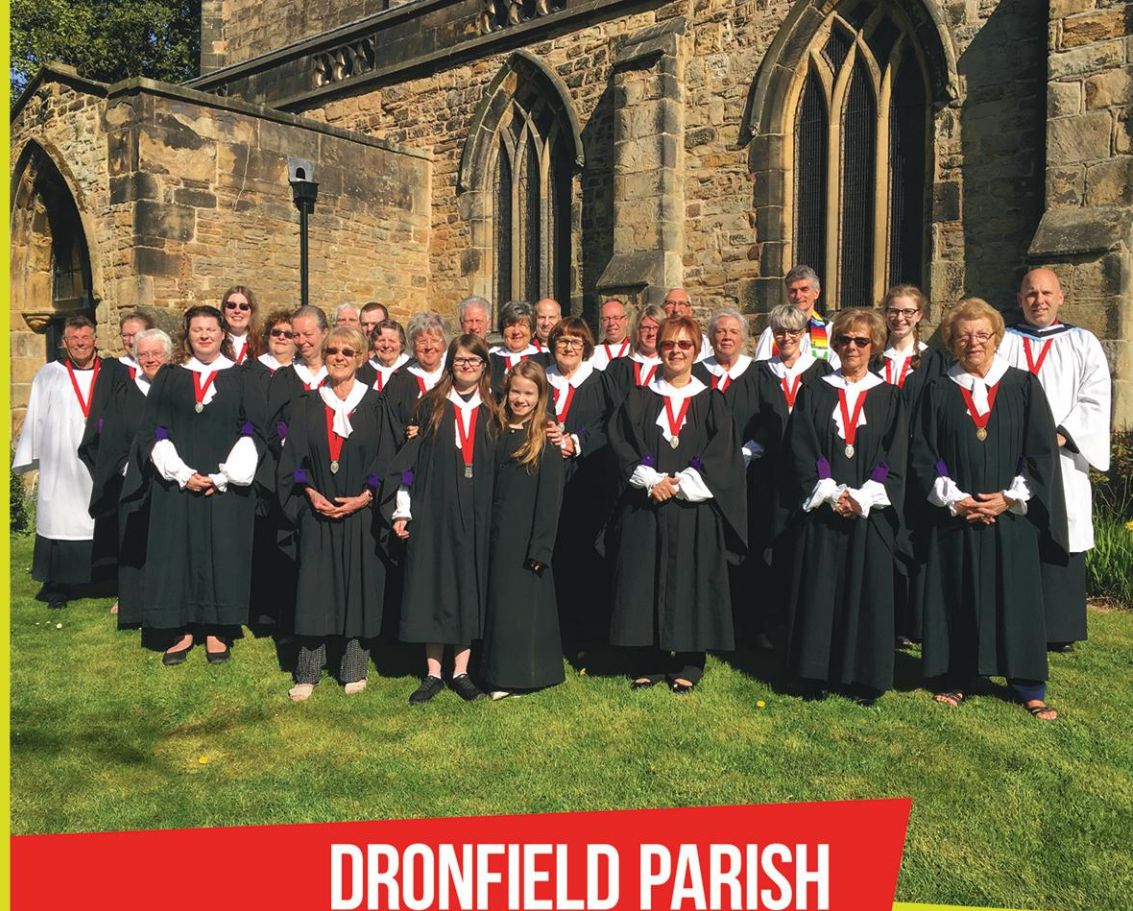
It's surprising how many people are told they can't sing. The truth is that anyone can learn to sing. Singing in a choir allows you to make noise as part of a group, and choir leaders report witnessing new members' confidence grow rapidly.

## 4. BELONGING

Being part of a group working towards a shared endeavour can fulfil the human need for belonging and union. Singing helps forge social bonds. People feel valued and make friends with individuals from a diversity of backgrounds.

## 5. AEROBIC AND TONING

A proper singing session is a wonderful workout for the lungs. The actions of warming up, breathing deeply and opening the diaphragm all oxygenate the blood, creating more white blood cells, which strengthens the whole body. The breathing rate slows and deepens, releasing endorphins and increasing a profound sense of well-being. Singing also improves your posture and tones your stomach muscles – a strong core supports the spine so your body will be less prone to injury as you age.



## DRONFIELD PARISH CHURCH CHOIR

The Parish Church has stood in the centre of Dronfield for over 850 years and it has a fine choral tradition which spans back many years. We aim to maintain high standards of music and worship.

For further details contact Director of Music Rob Aldread

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## WHAT WE CAN OFFER

- A musical training and the enjoyment of making music. This includes Church music and non-Church music (for example songs from musicals and choral arrangements of pop songs for our annual summer concert).
- The opportunity to take part in singing good music regularly in Dronfield Parish Church, other Churches and sometimes Cathedrals.
- There is absolutely no charge to be a member.
- For children (under 18s), a pocket money scheme that pays out each quarter to reward regular attendance and good progress.
- For children, some training with a specialist vocal coach.
- The opportunity to follow in the footsteps of famous musicians that started in church choirs such as Ed Sheeran, Katy Perry, Jessica Simpson, Avril Lavigne, Usher and Snoop Dogg!
- Occasional social events to get to know each other, develop rapport and build team spirit.
- The many and proven benefits to health and well-being that are gained from singing in a choir (see back page for further details!).

## THE COMMITMENT

Bearing in mind the demands of homework, other activities and life in general, regular rehearsals are kept to being just on Thursdays. Good attendance is essential to learn the music and maintain standards. The normal weekly programme is:

<b>THURSDAYS:</b>	Rehearsal for boys and girls	6:15pm – 7:00pm
	Break	7:00 – 7:10pm
	Rehearsal for Full Choir	7:10 – 8:00pm
	Rehearsal for adults only	8:00 – 8:45pm

<b>SUNDAYS:</b>	Short rehearsal	9:10am
	Church Service	9:30am
	(choristers are usually free by 10:45am)	

Approximately eight times per year, the choir also sings at an evening service so there would typically be a rehearsal at 5:00pm, followed by a service at 6:30pm (choristers are usually free by 7:40pm).

The choir can also be booked by couples to sing at weddings in Church. These are usually on Saturday afternoons and additional pocket money is paid for attendance at weddings.