

Newsletter

02 Autumn 2016

Welcome back to the autumn term. This newsletter can be downloaded from the website at www.threeriverscommunitychoir.org.uk



Focus on: 5 good reasons to sing

Scientific research has proven that singing is good for you.

Here are just 5 of the many reasons to sing your hearts out this autumn.

1 Exercise

Singing is a physical activity – it increases the oxygen in our blood and exercises major muscle groups as well as our lungs and our hearts. The effects are similar to that of practising Yoga.

2 Mood lifting

Speaking of hearts, singing gladdens our hearts. When we sing we release endorphins which make us feel good – apparently the equivalent of

eating a bar of chocolate! (I may have to check that out).

3 Stress reduction

The physiological benefits of singing can also have a positive impact on our emotional well-being. Research has shown that singing can reduce the levels of the stress hormone cortisol. Community singing enhances that further – giving us a shared sense of purpose.

4 Brain enhancing

Those tricky numerical exercises that Ann gets us to do help to prepare our brains for bigger challenges.

In one research project, children who took part in musical activities displayed enhanced communication, non-verbal reasoning, literacy and numeracy skills. There is also evidence that dementia patients respond well to singing and musical therapies.

5 It's fun! You get to meet new people, make new friends, contribute to charity fundraising efforts, entertain friends and family ... I could go on!

Want to know more?

See [Heart Research UK](http://www.heartresearchuk.com) and [BBC iWonder](http://www.bbc.com/iWonder).

AGM

We will be holding our AGM immediately after our rehearsal session on Thursday 22 September. The short meeting will include the election of officers and a short financial report.

We expect the evening to end by 9.30pm and hope you will stay to participate as we go forward into our third year.

Apollo5 workshop

We still have a few places left on the Apollo5 workshop in London on **1 October 2016**. Please see Brenda or John if you would like to attend – friends and non-members welcome.

Places cost just **£15** – please see John to arrange to pay if you haven't already done so.

The workshop will start at **11am** and finish at **4pm**. The coach will

depart from Trinity School at **9am** and will make one additional scheduled pick-up /drop off in Thatcham en-route (location TBC).

Team Technologies (John Softley) and **Humanis** (Caroline and Brin Snowdon) have very generously offered to meet the cost of coach travel to and from London.

Dates for your diary

8 September 2016 – start of autumn half term

1 October 2016 – Apollo 5 workshop at The Gresham Centre, London.

8 October 2016 – Thatcham Arts Festival Concert (please sign-up if you are able to attend)

15 October 2016 – Thatcham Leisure Event

27 October 2016 – half term

15 December 2016 – Christmas Concert at Shaw House and our last meeting of 2016. *More details in next newsletter.*

Subscriptions

Subscriptions are now due for the 14-week autumn 2016 term - £42 (£28 for students).

Chairs for sale

We have 51 chairs for sale. If you know of anyone who may be interested in purchasing these please let one of the committee members know.

Thatcham Arts Festival Concert

The repertoire for the concert on **8 October 2016** has yet to be finalised but potential pieces include:

- Adiemus
- Gloria
- Winter Hymnal
- Early One Morning
- Irish Blessing
- Possibly some musical theatre pieces

Can you help?

- Are you able to help with **refreshments** at our weekly rehearsals?

We are looking for someone to take responsibility for buying and supplying drinks and biscuits to keep us all going.

Please speak to Caroline or Angie if you can help.

- We need volunteers willing to talk to prospective members at Thatcham Town Council's **Leisure Festival** on **15 October 2016**.

If anyone could lend a gazebo and chairs for this event please let one of the committee know.

- Did you or your guests take any **photos** at the **Apollo5 concert** in June?

It would be great to have some photos to add to the website and use for future publicity.

Please see Brin if you have photos to share.