

Harmony Choir bring their mental notes to Just Festival 2017.

After their sell out show in 2016, Harmony Choir are back at Just Festival again providing even more proof that singing is an incredible tool for battling mental illness.

1 in 4 people in the UK experience a mental health problem each year. We all have mental health, and looking after our mental health is vitally important to wellbeing. Recent research evidence from the University of Edinburgh reveals that singing in a choir leads to improved self-rated wellbeing, enjoyment and connectedness for individuals both with and without a diagnosed mental illness. Singing in a choir is therefore a practical and low-cost way to manage and maintain good mental health.

The choir comprises people with different mental health backgrounds, with an open call for singers the choir is a melting pot of different people all with at least one thing in common, the strong belief that getting together and belting out a tune will put a smile on your face not just for the few hours a rehearsal lasts but probably all week long as well.

It's not just that Harmony Choir are good at holding a note, following on from a study that was run in conjunction with the choir last year, that helped establish strong links between choral singing and increased feelings of enjoyment and connectedness, and a drop in feelings of mental health stigma.

*As she explains "We were brought together to enjoy singing, enjoy each other's company, and reduce the stigma that is so often associated with mental illness in our society. As the choir comprises people with different mental health backgrounds, singing together helps to reduce the taboos that surrounds it".*

There will be songs, there will be stories, there might even be audience participation and singalongs as Harmony Choir strive to break down barriers and build bridges. Singing has been shown to be good for everyone – come and find out why.

Harmony Choir will perform at Just Festival at St John's Church on the 25<sup>th</sup> August at 20.00.

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