



The benefits of singing

"Music puts things in your memory."

Howard Goodall, Singing Ambassador for England, 2007.

Physical

- boosts immune system
- strengthens heart and muscles
- reduces blood pressure
- helps breathing (beneficial to asthma sufferers)
- therapeutic for speech difficulties (e.g. stammers)
- releases endorphins that make you feel better
- produces relaxation and release as laughter does
- improves posture

Mental

- stimulates higher levels of concentration & focus
- accelerates memory and speed of recall
- improves self-esteem and confidence
- improves behaviour in a group
- enhances ability to work with others
- teaches performance skills
- works as an anti-depressant

Social

- connects you effectively to others
- provides social reassurance and support
- gives coherent community activity in non-competitive way
- is a powerful and creative form of self-expression

"Singing is a basic, human activity as fundamental to our well-being as, say, laughter."