

Freedom Of Mind Community Choir Open Afternoon

2 - 4 pm, Sunday 2nd June 2019

Tamfourhill Community Hub, Machrie Court, Tamfourhill, Falkirk FK1 4SD

March 2019 heralded the launch of a new, non-audition community choir for people living in or near Falkirk, supported by the National Lottery through Creative Scotland. After a successful launch, and its first public performance on 18th May as an independent community choir as part of a festival celebrating the effects of the arts on Mental Health & Wellbeing in Bearsden, the choir are looking forward to opening their doors to the local and wider community with the Open Afternoon on Sunday 2nd June, from 2 - 4 pm.

The choir meet regularly on Wednesdays from 2.30 - 4.30 pm in Tamfourhill Community Centre/Hall, Falkirk, with a scaled "pay what you can afford" approach starting from £2 per week. The open afternoon will include opportunities for interested potential members to ask questions, meet choir members, and hear the choir perform - and for members of the local community of all ages to join in a community sing-a-long!

Singer songwriter Kim Edgar, one of the two Music Directors, explained:

"We sing songs that make us feel good - and our members regularly enhance the choir with their songwriting and instrumental talents, and by singing straight from the heart. We're delighted to have been able to become an independent community choir! We're looking forward to welcoming new members, and we hope that the open afternoon on Sunday 2nd June will give many people the opportunity to discover all the benefits of belonging to a choir."

Co-Director, Mariot Dallas, said:

"Our choir is unique, because we have specific aims to support each other to reach our creative potential, and to sing together because it makes us feel good. Group singing can, and does, change lives - the social, physical and emotional benefits are substantial. New members, who we hope will choose to join after experiencing our open afternoon, will gain a sense of belonging, self worth, and achievement as they work towards and deliver uplifting performances for others."

We're able to spread joy to audiences when we perform, whether that's in a concert hall or a care home. It's heartwarming to see choir members who have their own challenges to deal with using their time and their musical talents to help others."

Emily Simpson, who came up with the original concept of a choir project to support emotional and physical wellbeing within Falkirk District Association for Mental Health, and who manages the choir, said:

"These are incredibly exciting times for members of Freedom Of Mind Community Choir! We have experienced, first hand, since our formation in 2016 what has already been scientifically proven - that singing in a group makes us feel good. We look forward to expanding our membership, by welcoming any individual who feels they may benefit from singing in a group in a safe, supportive space, and who would like to bring a little light into the lives of others through performances."

For a relatively young choir, Freedom Of Mind has already had some exciting experiences, including recording their own live album, featuring in a music video, singing in the Scottish Parliament, and performing a shared concert with folk band, CARA. The choir has been recognised for its achievements, including Highly Commended in "Best Newcomer" in the Scotland Sings Chorus Awards 2016 and being the only project in Scotland to be shortlisted for Health Project of The Year by the National Lottery Awards 2018.

Those interested in joining the choir should email freedomofmindcc@gmail.com to find out more. You can also find us on Facebook: [facebook.com/freedomofmindcommunitychoir](https://www.facebook.com/freedomofmindcommunitychoir)

For high resolution photographs or an interview, please contact Kim Edgar: 07951 196 958 / kim@kimedgar.com