



## YORK WELLBEING CHOIR MISSION

The York Wellbeing Choir is a fun and welcoming choir that draws upon the power of singing together to nurture community, inspire creativity, affirm the value of all persons, and reap the many wonderful health benefits to our emotional, physical and social wellbeing, both individually and collectively.

## YORK WELLBEING CHOIR VISION

The York Wellbeing Choir seeks to be inclusive and forward-thinking - a singing community where all can belong. Aspiring to inspire, we discover, explore, celebrate, and build lasting experiences that transform hearts and minds.

Our repertoire is wide, varied and uplifting and songs are often arranged especially so that we can ensure maximum enjoyment for all who sing with us.

We strive to create connections and performance opportunities and experiences that bring joy to our singers, audiences, and local communities. Our social gatherings and choir performances also serve to help raise money for a variety of charity organisations, both local and national.

# YORK WELLBEING CHOIR CORE VALUES

- Everyone is welcome. There is no audition or expectation to be able to read music. We teach by ear and/or lyric sheets. If you can have a conversation, you can certainly sing in our choir.
- The York Wellbeing Choir is judgement free. Let there be no criticism or unhelpful comments about someone else's voice but instead lots and lots of encouragement.
- To be especially kind to those whose voices are weak, or pitch challenged. There are various reasons for these things happening: confidence, illness or our voices changing over the course of time.
- Everyone can sing. We are all at a different stage in our learning and we all continue to learn. If you are confident with your part and someone close to you is struggling, please offer to help them.
- Everyone has a valuable contribution to make.
- We value inclusivity.

## CHOIR MEMBERS PLEASE DO:

- Try to remember to bring your music folders/song sheets every week.
- Welcome and go out of your way to include new people, even though you would rather be with your friends. And remember, there are no names on chairs!
- Balance and Blend. Blending in a choir is key to getting a unified sound. It's all very well when individuals can sing confidently, but if certain voices are sticking out, it's not a choir anymore – it's just a group of soloists.
- Be respectful and listen when the choir leader is addressing and directing the whole choir. Talking at inappropriate times causes a disturbance and stops others from concentrating fully.
- Be mindful that health issues, emotional circumstances, alcohol or drugs may blur one's ability to direct or perceive appropriate boundaries regarding behaviour towards each other. Behaviour needs to be gracious, tolerant, respectful, and kind.
- If you have any concerns about your own needs or the needs of other choir members, please chat to Nicola in confidence.

## CHOIR MEMBERS PLEASE DON'T:

- Eat raw garlic or raw onions before choir!