

IN TUNE WITH LIFE

Choir with No Name helps disadvantaged people get back on their feet

Singing in a choir can make you feel jubilant and alive. It's brilliant for health and wellbeing, and singing in a group is one of the most effective ways to form genuine friendships. Nowhere is that more evident than at the Choir with No Name's choirs for people affected by homelessness.

Members have experienced a wide range of issues, from relationship breakdown and bereavement, to addiction or mental health problems, and rehearsals offer respite for those people.

COMMUNITY SPIRIT

The choirs rehearse weekly and they sit down for a hot meal together



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Choir with No Name is celebrating its 10th anniversary this year, having set up its first choir in London back in 2008.

afterwards, offering some of the most isolated members of society a safe, welcoming space to make friends, learn new skills, grow in confidence and get themselves back on their feet.

Members often refer to choir as a family, and for those who lack the love and support that so many of us take for granted, eating together after rehearsal cements that sense of community that's crucial to members re-establishing their place in the world.

TURNING POINT

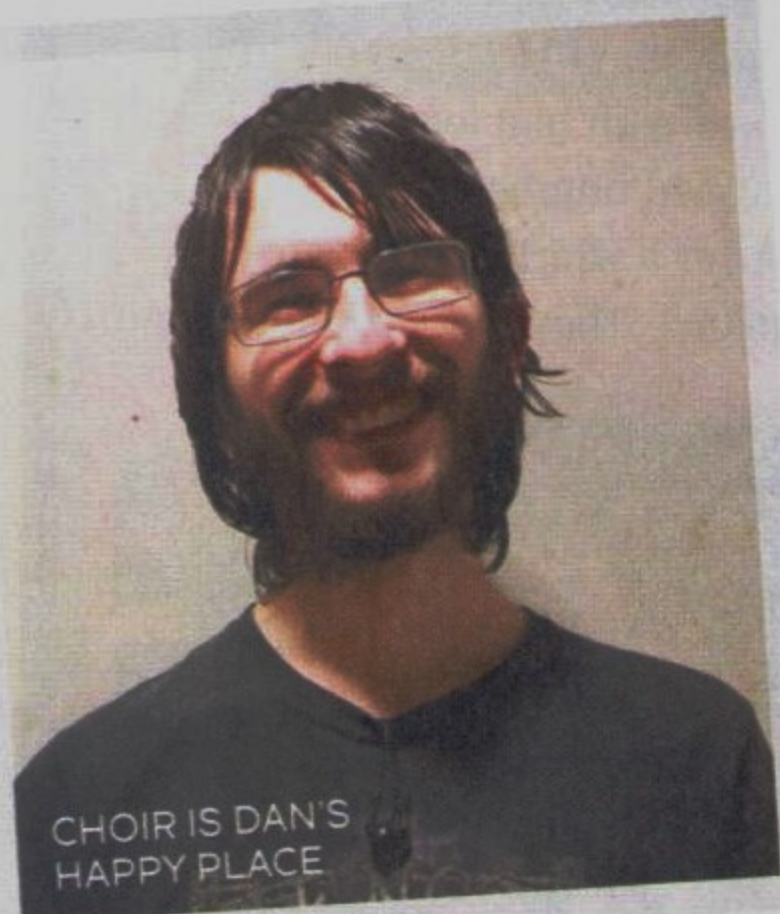
Dan, 23, joined the Liverpool choir two years ago after being kicked out of home. 'We'd been evicted from my childhood home and had been moved into a house that was always

flooding. I felt the need to stay in my room and hide away. I isolated myself and when we were evicted from that house, too, my dad and my two younger sisters moved into a place for single parents with children. I felt betrayed as the accommodation didn't accept people over 20.

'When I moved into a hostel – that was hell – I was referred to Crisis (a charity for the homeless). One of the Crisis employees volunteered at Choir with No Name and invited me along one night. I've never looked back.

'Going to choir got me out of my hostel and brought me out of my shell. I've made a lot of life-long friends and music is a distraction from the negative stuff. And, two years on, I've started to build bridges with my dad – he even comes to choir gigs. It's fantastic.'

Choir with No Name runs choirs in London, Liverpool and Birmingham.



CHOIR IS DAN'S HAPPY PLACE

→ For more information about Choir with No Name, visit choirwithnname.org or find it on Twitter @choirwithnname ←