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**ARTS ACCESS VICTORIA**

## **MEDIA RELEASE FOR IMMEDIATE RELEASE**

### **SING YOUR HEART OUT IN FRANKSTON - CALL FOR NEW PARTICIPANTS!**

**14 February 2011:** HeartSong is a dynamic group of passionate singers in the heart of Frankston lead by Cherie Baxter. Meeting every Thursday at the City Life Cafe and with repertoire expanding every week, HeartSong is a choir like no other! From 60s classics to contemporary melodies, HeartSong is a group with not only heart but talent and enthusiasm!

Supported by IMPACT, a mental health service in Frankston, HeartSong is part of Art Access Victoria's Arts Program for Mental Health which won the coveted 2010 ABAF Arts & Health Foundation Award. HeartSong provides adults who are living with Mental Health issues, the opportunity to engage in artistic and musical practise as well as the chance to meet others and escape the hustle and bustle of everyday life. Singing lifts the spirits, increases fitness and has been scientifically proven to reduce stress levels by up to 40%.

Each workshop starts with physical, vocal and group warm-ups, followed by a wide variety of songs: some familiar and some "new". All songs are introduced without accompaniment, which provides a platform for focusing on the pleasure and challenges of group singing in unison or with simple harmony. Each singer then has an opportunity to select a song or introduce a new song, and the group works together to promote participation, enjoyment and learning.

HeartSong is currently recruiting new participants, so if you would like to meet new people, and develop your vocal confidence and performance skills, please contact Susan Doel, Arts Development Officer, on (03) 8640 6010 or email [sdoel@artsaccess.com.au](mailto:sdoel@artsaccess.com.au)

Come and experience singing with HeartSong.

When: Thursdays 10am – 12pm

Where: CityLife Cafe, 2 Clyde Street, Frankston

Contact: Susan Doel, Arts Access Victoria, on (03) 8640 6010 or email [sdoel@artsaccess.com.au](mailto:sdoel@artsaccess.com.au)

### **MEDIA ENQUIRIES & PHOTO OPPORTUNITY**

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