

PRESS RELEASE

Sing Together 2020!

Thurrock Choral Society is offering everyone in Thurrock an exciting New Year opportunity to learn to sing in a friendly and supportive environment. Do you feel depressed? Are you under a considerable amount of stress at the moment? Do you feel that you are in a rut and there is no joy in your life? Are you feeling a bit jaded after Christmas? Don't reach for that bottle of pills – come and learn to sing and see what mental and physical health benefits singing in a group of friends can bring. Doctors agree that singing can lift your spirits and improve your health – without resorting to medication. In fact, some GPs are now prescribing membership of a choir as an alternative to handing out prescriptions for pills.



Thurrock Choral Society is your local group where you will learn vocal techniques which will result in improved breathing and a feeling of relaxation and well being. You do not have to have any previous experience of singing as beginners are most welcome! We at TCS are a small group of enthusiastic singers and are led by our wonderful musical director Elspeth Wilkes (opposite). She is not only very experienced at teaching singing, but does so in a relaxed manner and with a great sense of fun.

Sandra Wilkes, TCS Chairperson comments: 'We are very grateful to Thurrock Council for sponsoring this exciting singing opportunity – they like us recognise there is a need to reach out to Thurrock people who want to improve the quality of their lives and do something worthwhile – and they are confident that we at TCS can provide that. We would like to invite anyone who is feeling a bit down or depressed to come along to Thameside School on Wednesday 15th January 2020 for a 'taster' session. There is no obligation to continue beyond that but we feel confident that people who join us will like what they find and will want to come again! We are fortunate that the school venue is so comfortable with plenty of free parking – and we make sure that we offer that essential – a half time cuppa and a biscuit! If people are interested, they can find further information on our website – or ring me for a chat about it:

TCS website: www.thurrockchoralsociety.org.uk or ring Sandra on 07932 721570.