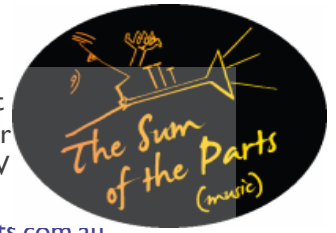


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Do you want to sing but can't find the time? Or perhaps you have been told you cannot sing?

On the other hand maybe you want an exciting spike in your working week or just want to see your colleagues sing?!

The Sum of the Parts (music) is a new Novocastrian business which is helping people to make music together. One part of that is starting choirs in workplaces in the Lower Hunter area. I have not invented this idea. We can thank other cultures for doing that (think African farmers singing as they work the land).

This initiative mirrors similar programs being offered around the world (including London and Melbourne), where staff use their lunch hour to sing with colleagues in a structured program of learning and rehearsal. Research and experience show that both the employee and the employer have something to get out of this weekly opportunity.

If you want to sing, this might be your opportunity. Did you know that singing is good for you (physically, mentally and socially)? You could do worse than first checking out my website – www.thesumoftheparts.com.au – to find out more.

I have started this workplace choir initiative for a number of reasons. However the main reason for you might be that you want to sing but have limited time in the evenings and on weekends, and having a lesson and sing during your lunch hour is an easier option. Perhaps you want to develop a new skill, interest or passion, and this will be the best way to get a start on that.

But I can also give you a bunch of other reasons that you maybe have not thought of.

- Getting to know your colleagues in a totally different light that doesn't involve getting drunk (I wonder if Vera the cleaner and Mr Smithers the CEO will both join?)
- There are proven benefits to be got from singing, for both your mental and physical health, and for your social life
- It might help give you a stronger sense of community or belonging in your workplace
- It can be something that helps you look forward to going to work (as if you don't already!)
- You will probably enjoy work more!!!

How does it happen? What does it cost?

Management has agreed to provide us with a meeting room once a week for an hour. They have also agreed that they will support staff in actually taking an hour for lunch! Each session runs 45-50 minutes, which gives you a little time to have a quick lunch. The cost for you is \$10 per session. Our ultimate aim will be to perform at more than just the office Christmas party.

If you reckon that your boss might be able to foot the bill for the sessions, then ask them about it, and have a chat to me as well.

I want to get you singing for your own good!

Yours sincerely

Mark Jackson
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