SING FOR GOOD 2016 UNITES AUSTRALIA
AND THE WORLD THROUGH SONG!

Sing for Good 2016 is here and this year will unite Australia and the world in song! Let's get together, have fun and make a difference to people in need. www.singforgood.org

The Sing for Good Video Challenge swaps ice-buckets and moustaches for community singing… promoting joy, wellbeing and inclusion. We aim to get people singing in every postcode of Australia (and beyond) over the next three years!

Here's how the challenge works:
1. Sing with a group (two or more)
2. Enter your video
3. Vote, donate + share

Donations raised through Sing for Good help support disadvantaged people through Creativity Australia's inclusive *With One Voice* choirs, as well as charity partners who will each receive 75 percent of funds raised through their organisation's involvement in the campaign.

Sing for Good is not a talent show. It's all about fun, inspiration and supporting those in need. Families, workplaces, schools, sports teams, choirs … everyone is welcome! Watch highlights video.

There are heaps of **categories** for all these groups and more, plus cash **prizes** for schools.
View all categories.

Sing for Good 2016 is launching in August. Entries will close late October with category winners announced in November. This will give participants the chance to enter their videos and share them across their networks to raise funds for people in need.

Winners are announced at the With One BIG Voice Concert, where the *With One Voice* choirs, are given the opportunity to shine.

Register now at www.singforgood.org

Swinburne University research showed 98% of *With One Voice* participants experienced less stress, 91% improved social bonds and 66% feel less depressed. The program has also been named in Anthill's SMART 100 social innovations in 2015, 2014 and 2013.

With One Voice welcomes people aged 9 to 90, from all cultures and backgrounds. Through the Wish List, diverse people grant each other wishes like music lessons, language tuition and jobs.

Sing a song. Pass it on.
#singforgood

Creativity Australia Founder and Chair Tania de Jong AM said neuroscience proves singing makes us happier, healthier, smarter and more creative.

"There are a lot of lonely people in our communities. Their isolation leads to anxiety and depression, unemployment and so much more," Tania said.

"With One Voice empowers people to care for one another, instead of relying on top-down, siloed social welfare services."

You too can help turn lives around. Join the fun of *Sing for Good*. Together, we can change the world one voice at a time."

ENDS

Contact: Kim Reynolds at Creativity Australia kim@creativityaustralia.org.au or (03) 8679 6088 or Tania de Jong on 0411 45 9999, tania@creativeuniverse.com.au

Watch Tania de Jong AM's TEDx Talk How singing together changes the brain.

FAST FACTS

- Creativity Australia is a charity. All donations are tax-deductible.
- *With One Voice* choirs operate in in Victoria, New South Wales and Queensland, with pilot programs under development in the USA and Holland ([view locations](#))
- The choirs welcome people aged 9 to 90, from all faiths, cultures and backgrounds, bridging the gap between people experiencing disadvantage and those more fortunate. 77% of participants are subsided.
- Through the [Wish List](#), members grant one another wishes like free music lessons, language tuition and jobs.
- The program has three times been named one of Australia's top social innovations in Anthill's SMART 100.

IMPACT

- 97% say choir is a great way to de-stress
- 90% experienced improved wellbeing on a weekly basis
- 85% say they have made new friends at choir
- 80% felt reduced anxiety & relieved depression
- 70% gained new skills for work & life

GENERAL CATEGORIES

- Best Family Sing
- Best Healthy Ageing Sing
- Best Multicultural / Foreign Language Sing
- Best Original Sing
- Best Workplace Sing (<100 staff)
- Best Workplace Sing (>100 staff)
- Best School Sing
- Best University Sing
- Best Choir Sing
- Most Donations Raised
- Best Love Song
- Best Surprise Sing
- Most Entertaining Sing
- Best Club Song
- Best Blokes' Sing
- Best Women's Sing
- Biggest Sing
- Best Non-Profit Organisation Sing
- Best Hospitality Sing
- Most Inspiring Sing
- Most Diverse Sing
- Best Hospital Sing
- Best Regional Community Sing
- Best Farmers' Sing
- and more…

SCHOOL CATEGORIES

- Best School Sing
- Best Primary School Sing
- Best High School Sing
- Biggest / Best Combined School Sing (multiple schools or multi age group sing)
- Most Creative School Sing
- Most Inspiring School Sing
- Best School Choir (primary and secondary)