



Choir: Ottery St Mary

Section: Tenor

My name is Christine Hardy, a retired Social worker from Sidmouth. Since retiring I've had a go at writing, acting, walking, playing the saxophone and I joined LaLa choir over 4 years ago. I've always enjoyed singing, even at school, and have sung in many choirs from chorale, gospel, folk and pop, even in a 400 strong choir in India one Christmas!!



What made you decide to join La La and what made you stay?

After seeing La La perform I thought, 'I want to do that!' because the music was right up my street and Sam was loads of fun and so encouraging. La La is definitely different; choir nights are a hoot and I've met some lovely people who have become good friends. There's a real community feel.



What do you feel makes La La different from other choirs?

We have sheet music or mp3's to listen to if you don't read music. I sing tenor, which is a bit unusual, but there are a few of us Tenor Ladies and we have a great time. I'm bit of a swot so I'm thrilled to be part of a small group which sings at weddings so it has to be right! All our gigs are for



What would you say to anyone thinking of joining La La?

If you are thinking of joining, the great thing about La La is that Sam is very welcoming and supportive - we help each other and no-one ever says 'That's not right'. You don't have to be a swot like me – La La is all about fun and the joy and uplift you get from singing.

“I've met some lovely people who have become good friends. There's a real community feel.”

Quotes

Why singing is good for you:

'singing is like an infusion of the perfect tranquilizer, the kind that both soothes your nerves and elevates your spirits.'

'It's also an aerobic activity, meaning it gets more oxygen into the blood for better circulation, which tends to promote a good mood. And singing necessitates deep breathing, another anxiety reducer'

'pioneering study has found that the human brain has a dedicated set of nerve cells that respond only to the sound of music'

'Singing accurately is a skill that can be taught and developed. And that means that even the worst singers among us should just keep singing.'

Next Steps

Why don't you give La La Choirs a go:

We rehearse in Plymouth, Exeter, Exmouth and Ottery St Mary. Find out more information about times and dates online at www.lalachoirs.co.uk or contact Sam on sam@lalachoirs.co.uk

The first session is free so why not give it a try



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