



Choir: Exmouth

Section: Soprano

very decent noise altogether...oh and it really makes you feel so happy to 'sing your socks off!'



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

I often thought I would like to join a choir, but an overbusy self-employed work schedule left little time for too many hobbies. After learning Latin dancing in my early 50's, I sustained an injury, which prevented me dancing again...so it was clearly the time to rediscover singing.

“it really makes you feel so happy to sing your socks off!”

I had always been involved in singing as a youngster at local community centre in Sheffield and enjoyed folk music as a teenager too.

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

I joined La La almost 4 years ago and have the best time making some great noise with some lovely folk. Sam, our director, simply oozes love for music and it's easy to be inspired by her energy.

Now I am retired, I have more time and so I have joined the wedding choir too as I like to be challenged.

 **What has La La done for you and how has that improved your life?**

In a nutshell, I love singing with La La choir because it's not posh and stuffy, and we make a

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.lalachoires.co.uk or contact Sam on sam@lalachoires.co.uk

The first session is always free so come and try it – you won't look back!