



**Choir:** Exmouth

**Section:** Bass

My name is Alan and I am retired, rapidly approaching 70. I am also approaching 50 years of being together with a wonderful woman (Jenny, Alto, Exmouth).

My background in education: Teacher; Head of Sensory Support Service (working with children and young people from birth to 19 with visual and/or hearing impairment, their families and schools); Ofsted Inspector.

“*I was determined to fill my life with things I actively enjoy and are good for my health. Singing is one of those*”

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

Having had cancer and open-heart surgery in recent years, I was determined to fill my life with things I actively enjoy and are good for my health. Singing is one of those and having heard about La La I thought I would give it a try.

I'm very glad I did. I appreciate the variety of songs, the strong sense of community the choir provides, the perfect balance of achievement when the songs are performed exceptionally well mixed with the joy and

humour that is at the heart of the choir under Sam's leadership.



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

I like the breadth of choice of songs, the inclusivity, and joining with the other La La choirs for gigs and social events.



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

Refer back to what I said under Question 2. Add in new friends. It simply makes me feel good! It is also great fun to sing along together with my wife at home. Singing and laughter tends to lead to more fun!!



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

Just do it - it will make you happy!!

### 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'

'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.'

Find out more information about times and dates online at [www.lalachoirs.co.uk](http://www.lalachoirs.co.uk) or contact Sam on [sam@lalachoirs.co.uk](mailto:sam@lalachoirs.co.uk)