**Mission Statement**

The main objective of the ‘Healthy Harmonies’ is to promote positive well-being and self confidence through the medium of music and song.

Research shows that singing releases happy hormones which reduces stress levels and increases a sense of well-being.

Something quite magical and creative happens when we sing! As a group, we have to listen, breathe, rely upon and support each other towards the same goal - making a beautiful sound!

In doing this we form a common bond. Each and every person has a valuable contribution to make.

Knowing our efforts are valued, allows our confidence to grow, thus experiencing a sense of belonging and acceptance.

As we develop our singing skills, staff have the opportunity to forge new relationships with colleagues from the wider workforce which has benefits for the work place.

Connections are made and there is a growing sense of appreciation towards the different roles within the service.

**Who can join?**

The choir is open to anyone who works or volunteers within NHS Fife. You do not need to audition or have any previous singing experience. It does not matter if you can read music or not, as some basic theory is taught within rehearsals.

**Communication**

We ask for your email address so we can communicate any news, including the link to the “drop box” which stores digital recordings and electronic copies of the music we will rehearse. This cannot be accessed via work email so please provide a personal email account for this.

We have also created a private group page on Facebook which is used to share messages and information.

**Performance**

We aim to perform a Summer and Winter concert with a few other engagements in-between. The reason for this is to curb the demand on our members who already have a busy lifestyle. Choir is to be fun and not laborious. If you are unable to perform on concert dates we would appreciate knowing in advance but there is no hard pressure placed on having to perform.

Monies raised through concerts is donated to project work within NHS Fife.

**Rehearsals**

Rehearsals are led by Stuart Watson, a local freelance Musical Director who has a great sense of fun and drive to keep us all on track and in tune!

Healthy Harmonies meet on a Wednesday evening at Torbain Church, Kirkcaldy, 7pm – 8.30pm.

There is a £2 housekeeping charge for the hire and heating of the hall each week. The money is also used for buying us tea, coffee and biscuits which we will indulge in at rehearsals.

Monies that accumulate through the year will go towards sundries for the concert/s such as refreshments and gifts for the performing musicians and anyone who gives of their time voluntarily to make the concert evenings the success they are. It is possible for you to pay your housekeeping fee all in one go so please speak to a Choir Committee Member.
Fun times!

If we can have fun together whilst we work then all the better! So after every concert we aim to do something fun! This is inclusive of everyone who is the choir. The focus is not merely on singing but being together celebrating our achievements and relaxing as a group as well as getting to know one another. This is completely optional – but everyone is very welcome.

Committee Members

Musical Director - Stuart Watson

Choir Director - Sharon Dick

Committee Member – Aileen Carson

Committee Member – Janette Channon

Committee Member – Ayesha Chishti

Committee Member - Bridget Cooke

Committee Member - Leanne Dingwall

Committee Member – Jo Janczak

Committee Member – Joyce Leggate

The Committee can be contacted via Fife-UHB.healthyharmonies@nhs.net

If you are interested in joining the choir please contact: Fife-UHB.healthyharmonies@nhs.net

Further information is available via NHS Fife website www.nhsfife.org/healthyharmonies or staff can visit the Healthy Harmonies intranet web page via A-Z, H for Healthy Harmonies

Ideas and suggestions towards the progression of the choir are always very welcome.

Please talk to us!