

Honeysuckle Singers

Supported by
Dringhouses and Woodthorpe Ward
Committee



Honeysuckle Singers



- Wednesday mornings
- 10-11.15am
- St Edward the Confessor Church, Tadcaster Road
- Free transport provided
- No musical training needed
- £3 voluntary donation requested

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- All welcome
- Members represent a mix of older people who are:
 - Vulnerable and at risk of social isolation
 - Living with physical or mental health conditions that make it difficult for them to access other social and creative activities
 - Keen to maintain their health and wellbeing as they get older
 - Music-lovers wanting to sing with others in a relaxed and informal atmosphere

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- Range of song types: traditional, modern, gospel, musicals
- Performance opportunities provided, but not compulsory
- Workshops with students from York University's Music Education Group – from African music to learning to play the ukulele



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- Intergenerational events with local schools:
 - Christmas Big Sing at Millthorpe
 - Little Sings at Rufforth and Hob Moor Primary schools
 - Concerts with other, younger choirs



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10 members were asked what difference the group had made to them. ALL said it:

- improves their mood/makes them feel happier and more positive
 - Improves their self-confidence
 - Improves their physical wellbeing
 - Makes them more alert and active
 - Gives them a sense of purpose
 - Gives them more contact with other people
 - Improves their overall wellbeing
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- 9 said they had made new friends