

Lottery People's Projects

We are all very excited as a fantastic opportunity has arisen for us as we are in the finals of the Lottery People's Projects and will appear on ITV Meridian on the 6pm news on 2nd March 2015.



Five charities will be shown on ITV Meridian during the week beginning 29th Feb. Voting will take place online at www.thepeoplesprojects.org.uk from the 29th February to 13th March.

- Rising Voices Wessex is one of the five projects to be shown on ITV Meridian and will be competing for the public vote and up to £50,000 of the Big Lottery Fund in the Peoples Project TV Competition.
- Rising Voices Wessex will need public support for their project and online voting will decide who wins further funding.

Our Chairman Dr Alastair Smith says:

“Health services are good at measuring how much or how little cancer may be present - but, for various reasons, they are not so good at seeing how well individuals may be. Our aim is help people enjoy the best quality of life and singing in a choir is one way to help achieve this and, at the same time, reduce some of the pressures on the NHS by helping people to be and feel well”

Rising Voices Wessex is simply a group of people who enjoy singing and find music helps them to deal with their challenges. Rising Voices Wessex was set up to support those affected by cancer, especially when recovering following treatment. Research has shown the positive impact of singing on wellbeing. Singing in a choir is of benefit as it helps restore confidence and through social contact it can also decrease social isolation and loneliness.

And one of our members tells us:

“Since joining Rising Voices Wessex I have met and made lifelong friendships with some wonderful people. By coming together through the power of singing in the choir, I have found I can forget the worries, stress and heartache that comes from living with cancer in your life and the lives of loved ones. Whenever the choir meets, we meet as a family and I truly believe that the bond we all have cannot be replaced by any other medicine, treatment or therapy. Rising Voices Wessex is the best group I could ever hope to find and long may it continue to welcome newcomers with open arms”.

Background information about the choir

Rising Voices Wessex was set up in 2013 as a local project, initially based in Poole to support people affected by cancer, those receiving or completing treatment, their carers and those bereaved. Last year (2015) we were delighted to be invited to sing with Russell Watson on his UK Tour at the Poole Lighthouse and we also set up a second choir based in Bournemouth. This year Rising Voices Wessex became a registered charity in January and will be singing with Blake on May 6th 2016 at the Regent Centre in Christchurch, another exciting year.

Rising Voices Wessex is a registered charity in England and Wales - registration number 1165053

Rising Voices Wessex community choirs are simply two groups of people who enjoy singing, singing to recover, singing for fun and will be singing for votes in the local area during the two weeks of voting.

Rising Voices Wessex represents a weekly social event and a chance for those living with cancer to forget about treatment and hospital appointments and enjoy being “normal” and not “victims”.

At initial diagnosis of cancer a whole network of back-up and support comes into place from the hospital, and through treatment people generally feel well supported. When treatment has finished, however, frequent appointments are no longer medically needed it is common for cancer patients to experience isolation and feel unsupported - interfering with their quality of life and the benefit in treatment.

Research looking into the health benefits of singing has highlighted both physical and emotional benefits thus improving health and wellbeing and restoring confidence. Furthermore the social interaction in a choir helps dispel feelings of loneliness and isolation. The same principles also apply to those who may be bereaved from losing a loved one from cancer.

Singing is fun, it brings joy to others, as well as helping those affected by cancer to recover and that is a further gain – the ability to give something back and send a positive message, “we are still here, we are well and enjoying ourselves.”

The choir is a valuable antidote to the negative public image of cancer that still exists in society.

The Big Lottery Fund supports the aspirations of people who want to make life better for their communities across the UK. They are responsible for giving out 40% of the money raised by the National Lottery and invest over £650 million a year in projects big and small in health, education, environment and charitable purposes.

NY/ Website for Lottery Peoples Project V1/2016

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