Homeless Choirs launch #MUSICSAVEDME Day, March 14th

Monday 7 March, 2016

HOMELESS CHOIRS LAUNCH #***MUSICSAVEDME*** DAY, MARCH 14th

'Together we can change lives with music'

The Choir with No Name, a charity who run choirs for people who've experienced homelessness, have named March 14th #MUSICSAVEDME Day, to celebrate the power of music in all our lives, and to raise awareness and much-needed funds.

Not many of us can say that there isn't at least one song or album that has helped us through a tough patch. Whether it's an album that helped you through a break up, or a track guaranteed to chase away your demons, we all have music that means so much and that stays with us for life.

The Choir with No Name believe that belting out classic songs shoulder to shoulder with friends is as powerful as it gets, and enables their choir members to turn their lives around, building up supportive relationships often lacking in their lives, and helping them to grow in confidence and self-esteem.

To acknowledge the power of music, not least among their choir members, the Choir with No Name are asking the public to share the music that 'saved' them on social media using the hashtag **#musicsavedme**, to make a donation and then nominate their friends to do the same.

Money raised will help the organisation continue their life changing work with people affected by homelessness, such as former choir member, Adel:

"Drugs had been my crutch since I was 15. If I hadn't attended that first choir rehearsal back in 2008, I don't know if I would still be alive today.

"The Choir with No Name brought me stability when I was in need of it, function and purpose when I'd forgotten these things even existed; and it brought me a little taste of what life might look like if I began to believe in myself. I am now in two professional bands and sing in an amazing gospel choir. I live for singing."

Read more of Adel's story HERE

The Choir with No Name Founder, Marie Benton, says:
*"We're so excited to launch **#musicsavedme**, because every week we see the profoundly positive effect music has on our choir members. That effect is the whole reason I started the charity – and we now want to celebrate the remarkable power music can have in everyone's life, no matter what their background or circumstances.*

"Singing together is hugely beneficial for mental and physical health, and one of the most effective ways to form lasting friendships, all of which can give someone affected by homelessness the tools and confidence to find their feet in the world once more. Watching the transformation from a member's first rehearsal, when they are often isolated and defensive, to their first performance and on to their pride in their first solo is humbling, inspiring and extraordinary."

How to get involved in #musicsavedme:

We've all got that one life saver track in our lives. Whether dancing to Boogie Wonderland got you through a break up or singing Bohemian Rhapsody at the top of your voice chases your demons away, we want to hear about it!

Whatever the song, album, gig or artist, we are asking everyone to share their #musicsavedme choices on social media. Very important: Include Text SING to 70300 to give £3 & nominate friends to do the same! Don't forget to include @choirwithnoname.

TOGETHER WE CAN CHANGE LIVES WITH MUSIC

Visit choirwithnoname.org/musicsavedme on March 14th to read more about the campaign, meet

Media:





Related Sectors:

Charities & non-profits :: Entertainment & Arts :: Leisure & Hobbies ::

Related Keywords:

Choirs :: Music :: Homelessness :: Charity :: Social Media :: Fundraising :: Campaign :: Twitter :: Facebook :: Singing :: Donate :: Homeless Choir :: Choir With No Name ::

Scan Me:

our choir members and see others' #musicsavedme choices.

You can also donate online here: choirwithnoname.org/donate

NOTES TO EDITORS

CONTACT: Rachel Clare | rachel@choirwithnoname.org |t: 0207 202 6648 | m: 07528 099172

Founder & CEO Marie Benton and choir members are available for interview on request. Campaign images also available.

About The Choir with No Name:

The Choir with No Name (CWNN) runs choirs for people who have experienced homelessness and other men and women on the margins of society. Our aim is to enable our members to make friends, build their confidence and skills and find or re-find their place in the world. Whether they have been homeless, have a mental health problem or are otherwise struggling, we give them a safe, positive and supportive environment in which to sing away their worries, have fun and flourish as individuals.

Our first choir – in King's Cross, London - was founded in 2008 by Marie Benton, a professional musician and at the time also a senior project worker at a homeless hostel. That first choir became a huge success, and since then we have established three more choirs, one in Birmingham, one in Liverpool and another in London.

For more info visit www.choirwithnoname.org

Company Contact:

The Choir with No Name

T. 0207 202 6648
E. rachel@choirwithnoname.org
W. https://www.choirwithnoname.org

Additional Contact(s):
mobile: 07528 099172

View Online

Additional Assets:

Newsroom: Visit our Newsroom for all the latest stories:
https://www.choirwithnoname.pressat.co.uk