

Choirs can give children strength and purpose

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In Leeds, head teacher Lisa Leonard said her primary school in a deprived area had used the “unbelievably transformational” programme for 13 years. “We now have a fully established chamber choir, experts who have joined the cathedral choirs and parish choirs and individual soloists who would bring a tear to your eye,” she said.

At a Catholic school in Aberdeen, after being introduced to Gregorian chant one child told his teacher that he had found a website called Corpus Christi Watershed where he could practise singing *Kyrie Eleison*, part of the Christian liturgy sung in Greek.

Studies have shown that group singing alleviates feelings of depression and anxiety, supports social cohesion and can help with academic attainment. The joint sense of purpose created by coming together in harmony as a group is held to boost mood and overall wellbeing.