Celebration Choir Stories

What our participants say:

"As a founder member, I've seen the Celebration Choir grow and our singing improve. The musical and social aspects of a regular weekly group are great for people with Parkinson’s who can become isolated. Everything gradually gets harder with Parkinson’s but the physical, breathing and vocal warmups continue to help. Music therapy is valuable for people who are musically gifted as well as those who are new to singing."

Don, participant with Parkinson’s Disease

"As a carer, I find the choir is very beneficial for my husband and for me. We both look forward to the weekly sessions and find the music and the camaraderie a focal point of the week."

Sue, carer

"As a volunteer I am involved with setting up our room and making afternoon tea. I also bring my viola along and help when we are learning new songs. Our warmups and exercises are undoubtedly therapeutic, but we also have lots of fun and laughs. The choir is such an amazing group of individuals. Life throws some pretty heavy stuff at us sometimes, but something music helps soften the blow. It always makes me happy and uplifted."

Sharyn, volunteer

"Rebecca has a brain injury and joined the Celebration Choir as she loves music and singing. The Choir provides a group of people for her to connect and share with. People who have had similar experiences to her and who can still connect and share with people who are able to do so. The Choir provides a group of people for her to connect with every week."

Rebecca’s mother

"Singing seems to “open up” other parts of the brain, and joining the choir has rebuilt my confidence, not only to sing (with the Sing Up Rodney group and my church music group as well as the Celebration Choir) but also to speak. Singing strengthens your voice and helps your memory and concentration. Well, I think it does."

Elizabeth, participant with aphasia

How can I find out if the Celebration Choir is right for me?

We welcome inquiries and visits from individuals and organisations. Anyone with communication difficulties through an acquired neurological condition is eligible to join. Carers and family members are also welcome to attend and volunteer. Applications are welcome. Please contact us to arrange your first visit.

When and where does the Choir meet?

Contact us for confirmed dates and holidays. We hold a weekly session lasting 2.5 hours. We give occasional (optional) off-site performances and workshops.

Contact us:

Email: cbrchoir@auckland.ac.nz
Phone: 09 923 8866
www.facebook.com/CeleBRationChoirNZ
www.cbr.auckland.ac.nz

Celebration Choir
New Zealand
Centre for Brain Research
University of Auckland
Tāmaki Innovation Campus
Building 730 Room 220
Morrin Road, Glen Innes
Auckland 1010

2020: Mondays 1.45-3.15pm
Contact us for confirmed dates and holidays.
2020: Times and location to be advised.

Celebration Choir NZ
The Celebration Choir is a therapeutic community singing group which aims to help people with communication difficulties related to a neurological condition and to research the benefits of singing. It is an initiative of The University of Auckland’s Centre for Brain Research and started in 2009.

What does research about singing say?

International research and our own studies show that community singing or joining a choir can improve people’s quality of life, lift their mood and help them make friends. Research also suggests that singing might help people who experience problems with their voice, speech, language or memory because of a neurological condition.

Research at the University of Auckland includes the SPICCATO feasibility study (Stroke and Parkinson’s: Investigating Community Choirs and Therapeutic Outcomes, 2010), doctoral research and other postgraduate student projects. Research at the University of Auckland includes research on individual voice, speech, language and memory goals, singing may also help to ‘rewire’ the brain after brain injury, and so could help with language problems like aphasia.

Who leads the Choir?

The Celebration Choir is led by Registered Music Therapists. A Music Therapist is a trained professional who uses music within a therapeutic relationship and environment. The therapist works collaboratively to create a programme to address the client’s goals. A music therapist is trained in music therapy and has a master’s degree in music therapy.

All our Music Therapists hold a Master of Music Therapy and are registered with Music Therapy New Zealand. For more information, please visit: www.musictherapy.org.nz/registration.

What does the choir sing?

We include warm-ups, breathing and vocal exercises, and songs for enjoyment and to work on our individual voice, speech, language and memory goals. Singing may also help to ‘rewire’ the brain after brain injury, and so could help with language problems like aphasia.

We sing a wide variety of familiar and new songs, including traditional folk songs and songs from the 1950s on. Volunteer inquiries welcome.

Volunteer inquiries welcome.

Our Supporters

The Celebration Choir has also received support from the following organisations:

www.musictherapy.org.nz/registration

In 2009, Auckland’s Centre for Brain Research and Stroke Research New Zealand joined forces to create a programme to research the benefits of singing and speech for people with neurological conditions.