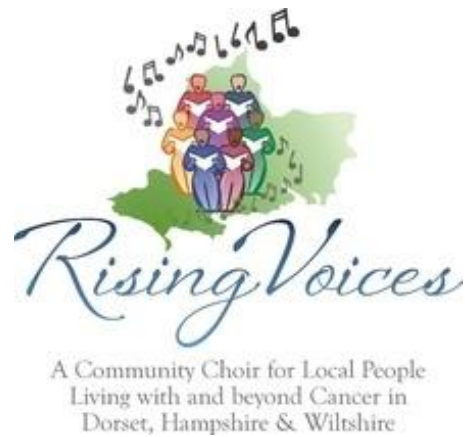


# WE WORK TOGETHER

WE ARE  
MACMILLAN.  
CANCER SUPPORT

## Rising Voices Choir

Dr Simon Pennell, Macmillan GP



*Rising Voices Wessex* started with a supporting grant provided by Dorset Cancer Network Rehabilitation Group to aid recovery and support patients with cancer and their carers through singing, to encourage confidence and social interaction, and also promote wellbeing.

[www.risingvoices.org.uk](http://www.risingvoices.org.uk)

It works as a partnership between Dorset Cancer Network, Macmillan Cancer Support and Lewis Manning Hospice.

The project started in January 2013 with the initial aim to review after one year. Recruitment process for Choir Leader. A focus on recovery, health and wellbeing and measuring experience and outcomes.

### Key information:

Set up costs and initial running costs provided by Grant from Dorset Cancer Network - but the aim is to make the choir self sufficient

Steering committee to oversee development and running of choir

Choir members represented on Trustee group/Stand alone Community Bank account with HSBC

Looking at applying for Macmillan grant to support ongoing choir activity

Held once a week 6-8pm, including refreshment break. 20-40 members with a ranging repertoire.

Already several outside singing engagements:  
live on Radio Solent/Poole, and Cherbourg twinning event in France

Positive outcomes from pilot project, benefits so far include:

- People feeling empowered
- Using the choir to transition to a 'new normal'
- Public performances help confidence and self-esteem
- Choir members provide a good source of support for one another