

“Singing is a basic,
human activity as
fundamental to our well-
being as, say, laughter.”

Howard Goodall

Ambassador for Singing, 2007.

Physical benefits

- boosts immune system
- strengthens heart and muscles
- reduces blood pressure
- helps breathing (beneficial to asthma sufferers)
- therapeutic for speech difficulties (e.g. stammers)
- releases endorphins that make you feel better
- produces relaxation and release as laughter does
- improves posture

Mental benefits

- stimulates higher levels of concentration & focus
- accelerates memory and speed of recall
- improves self-esteem and confidence
- improves behaviour in a group
- enhances ability to work with others
- teaches performance skills
- works as an anti-depressant

Social benefits

- connects you effectively to others
- provides social reassurance and support
- gives coherent community activity in non-competitive way
- is a powerful and creative form of self-expression

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things in your
memory.”

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