

ALIVE AND SINGING

Whether at home alone, or in a group, singing is good for you. The health benefits of singing are endorsed by doctors and medical researchers, as is the fact that they're enhanced when singing in a group. Witness the uplifting impact of Gareth Malone's "Army Wives Choir", and actress Vicky McClure's "My Dementia Choir" on singers and TV viewers alike.

Rotherham u3a choir, aptly named "Alive and Singing" was founded in 2013. The group meets between 10 am and 12 pm each Wednesday at St James' Church Hall, Cambridge Street, Clifton. It's a lively, friendly group with a large and varied songbook, ranging from pop and rock classics, past and present, songs from musicals and films to church and classical music, all sung in four-part harmony (soprano, alto, tenor and bass).

Under the baton of musical director, Graham, and with the twinkling fingers of accompanist, Catherine, the choir is currently rehearsing prospective numbers for their Summer Concert, scheduled for the first week in July. A Beatles medley, "Super Trouper", "Catch a Falling Star", "Autumn Leaves", Sun and Moon, and "Jesu Joy of Man's Desiring" are high on the list of programme contenders.

Why not try-out the Choir before deciding whether to join? There's no audition, no requirement to read music. Everyone is assured of a warm welcome and, if uncertain of the pitch of their voice, will soon find their comfortable spot. As in many choirs, there's a need for more male voices, so here's an invitation for the "sing in the shower" men to come out into the open. All that's needed is a love of singing.

Contact Julie Thorp 0773 3262 080 or visit u3asites.org.uk/rotherham

