

► our community



# Choir enriches and enhances women's lives

The lives of Women United in Voice – a Townsville Women's Centre program – have been enriched and enhanced, thanks to BHP Billiton Cannington funding the choir to the extent of \$6560.

**T**he program aims to improve the mental health and well being of women in the community by increasing social support with a sense of belonging through participation in the arts.

It is also about increasing women's access to arts participation in the community according to Women's Centre Health Promotion Worker Amanda Watson said.

"Cannington's funding helps achieve that goal in addition to contributing towards the continuation of our partnership with and employment of a professional music/singing teacher which goes back to 2011," Ms Watson said.

"Women United in Voice meets once a week for two hours and performances as they occur. The addition of guitar tuition to the programme is aimed at building sustainability in phase two and developing music skills.

"Community performances contribute to the community arts scene and social capital building as well as increasing the groups' confidence."

Ms Watson identified the Upper Ross Community Expo at which six songs were performed and the Candlelight Ceremony in May during Domestic Violence Awareness month as just two recent examples which

reinforced the centre's and choir's goals.

"On October 26, the women will perform at 'Reclaim the Night' – a local community event (also celebrated internationally) during Sexual Violence Awareness month," she said.

"The local community benefits by participation/attendance at such events and this, in turn, builds social cohesion. If it were not for sponsors such as BHP Billiton, we may not be able to offer such programmes to the community.

"Women United in Voice currently numbers about 15. However, new members are joining regularly as The Women's Centre continues to promote this highly valued group to the local community.

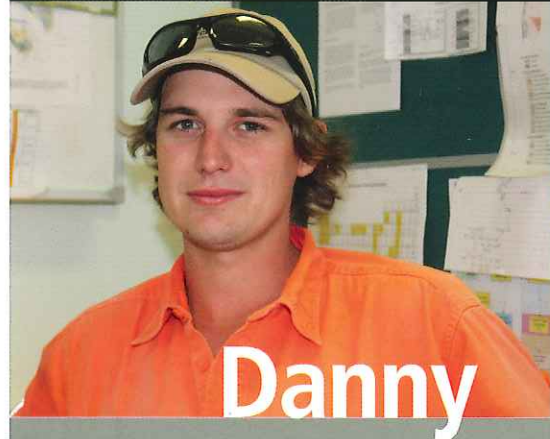
"Appreciative comments from choir members include: spiritual nourishment, social, laughter, learning new things, mixing with others, feel good, wellbeing and companionship.

"As Health Promotion Worker it has been a wonderful journey to see this group develop and grow weekly."

▲ Above ► Townsville's Women United in Voice choir

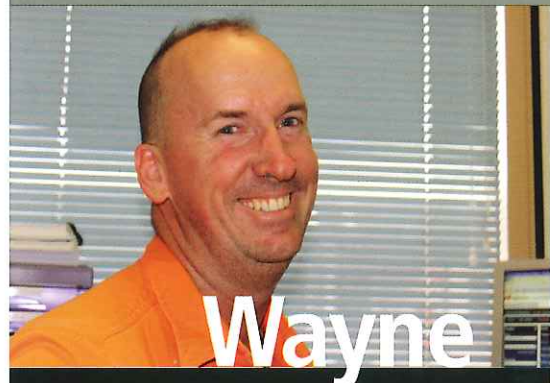
► our people

## Who's who at Cannington



# Danny

- Name** ► Danny Huisman
- Position** ► Exploration geologist
- Time with Cannington** ► 3 years
- Previous Job** ► Mine geologist at Ernest Henry
- Hobbies** ► 4wd, fishing and camping
- Favourite Sport** ► Rugby league
- Best thing about working at Cannington** ► I enjoy the exploration work



# Wayne

- Name** ► Wayne Walker
- Position** ► Field technician – Exploration
- Time with Cannington** ► 13 years
- Previous Job** ► Remote exploration at Forsyth
- Hobbies** ► Sailing around Magnetic Island
- Favourite Sport** ► Hurling – an Irish sport that is like a mix between hockey and AFL
- Best thing about working at Cannington** ► The people, all my mates are here and they can't escape