



Lynn Holland and Sue Healey with people taking part in the session (K3E6622)

Creative music project celebrates anniversary

A COMMUNITY-based music project that helps people through the power of music has celebrated its first anniversary.

One Voice, based at the Friends Meeting House, Hemnall Street, Epping, is an interactive voice and sound performance workshop led by local jazz singer Lynn Holland.

The aim of the workshop is to encourage creativity and self-expression through sound work, group singing and percussion.

Each monthly session has a

theme based on both traditional and contemporary music from across the world to encourage cross-cultural awareness. Participants are encouraged to explore the use of improvisation, harmony, rhythm, breathing and sound healing techniques.

Ms Holland, a singer and songwriter, said: "One Voice is not about performance, rather our aims are directed at freedom of self-expression, confidence building and self-esteem. Therefore it is suitable for people who have had

no previous experience of singing or voice work as well as those who have."

Ms Holland has been using her voice as a healing tool for several years, a skill she first developed during a trip to Romania ten years ago. During her trip she sang at a hospital where she met a terminally ill little girl who was extremely quiet and withdrawn, but slowly began to open up after being sung to.

Ms Holland said: "In Romania I recognised the power of music

and voice as a healing tool and my journey into this work began. I qualified as a counsellor and studied healing with voice and sound. My work now is in supporting people to achieve their full potential through creative self-expression."

● *One Voice meets on the second Wednesday of each month at the Friends Meeting House, from 7.30pm to 9.30pm. Admission is £5. For more details, ring 01992 573526 or e-mail onevoice2003@hotmail.com*