

# Covid-19 Response Grants 2021/22

## Freedom of Mind Community Choir



### Who is Freedom of Mind Community Choir?

Freedom Of Mind Community Choir is a welcoming, inclusive community choir that provides regular group singing, collaborative song writing and street drumming to anyone aged 18+, residing in the Falkirk area. Their aim is to maintain and improve members' physical and mental wellbeing, as well as their musical understanding, performance and singing skills.

FREEDOM OF MIND  
community choir

### How was the grant used?

The grant allowed the organisation to provide 11 online and 5 face-face digital skills support sessions for 16 of the choir members, who had previously been awarded an iPad through Connecting Scotland. They were also able to provide a lending service for other choir members from the digital library. This helped ensure that those who were previously digitally excluded had access to equipment, which helped build confidence and skills as a result of online participation in choir sessions. The digital skills support sessions also facilitated access to other online services including health, mental health and local authority services.

### What had to change due to Covid-19?

Freedom of Mind Community Choir now provides a weekly 30 minute YouTube singing session and social sessions on Zoom. They also recently launched a new website ([www.freedomofmindcommunitychoir.com](http://www.freedomofmindcommunitychoir.com)) which enables them to provide online content including sheet music, lyric sheets, audio recordings and a video archive for each song they have taught over the past year. With a lot of the activities moving online it was critical that choir members were able to be upskilled in an attempt to address the digital divide.



Some choir members receiving their iPads (Falkirk Herald)

## What difference has the grant made?

Members of the choir have increased confidence and ability to access choir sessions online. In addition, being able to access online services, including health, mental health and council services and to have zoom meetings and email family, has been life enhancing.

“It has given me something positive once a week to look forward to. In the current situation (the pandemic) and with being an inpatient too”.

**Choir member**

“Being dyslexic I found getting an ipad helped me with keeping in touch with friends and understand more with spelling and technology”.

**Choir member**

“Digital skill sessions have made a big difference for me especially for going on zoom. Thank you so much. Music sessions on YouTube have helped me get through my daily life”.

**Choir member**

“Thankfully the digital skills course was offered - this was the mainstay in helping reduce social isolation during the covid pandemic”.

**Choir member**

