

Sing with Us

An evaluation of Tenovus Cancer
Care's Sing with Us choirs

July 2019



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Headline data

- 613 choristers completed the online survey.

We sent questionnaires to members of **16 Sing with Us choirs** across Wāles



- Data was gathered from 16 Wales-based SwU choirs in 2018 - the two choirs that didn't take part this year but did in 2016 were those based in Sutton and London (Chelsea). The TCC office choir was also not evaluated.

- 41.1% of all 1491 targeted choristers took part in the research. This is lower than the 70% response rate from the previous survey which was distributed on paper.



We had **1,491** choir members in Wales at time of survey




- The demographics of respondents are broadly comparable to the overall population demographics of the choirs:


	Survey respondents	Total Choir population ¹
Average age	62	64
Male	13.1%	17.1%
Female	86.3%	82.6%
Current OR past cancer diagnosis	26.7%	27.8%

- 87.4% of choristers had not or did not use any other TCC service other than SwU.
- 94.3% of choristers would recommend SwU to others.

87% feel that th
Sing with Us choir
is a **major** part
of their **lives**



94%
of people say
they've made
friends
at choir



96%
have more **energy**
after attending choir



¹ Totals as of July 3rd, 2019.

1. Introduction

Tenovus Cancer Care (TCC) first established its SwU choirs in 2010. Since then the number and geographical spread of choirs has increased rapidly; from 1 in 2010 to 18 in 2018 (19 if the TCC office choir is included). Geographically, there are SwU choirs in North, West, Mid and South Wales, with an additional two in England (Sutton and London). There are 11 Choir Leaders who each run one or two choirs. Together they form one of the major services that TCC offers to people affected by cancer. The ethos of the choir is based on providing *support, fun, fulfilment and hope* (**More Than Singing**, TCC SwU information brochure, March 2017).

Being part of a choir not only provides singing and social opportunities but singing has proven clinical benefits as evidenced by a number of academic studies that TCC has been involved with over nearly a decade. TCC has been working with Cardiff University and the Royal College of Music, looking at various aspects of the psychological and biological effects of singing, which validate the theory that singing in a choir brings health and well-being aspects to choristers. These studies have explored:

- Quantitative data – Health-related Quality of Life study (Cardiff University, 2010). Used validated scales to measure choir members' well-being before and after 3 and 6 months of singing.²
- Qualitative data (Cardiff University, 2014). Focus groups and semi-structured interviews with choir members to pull out key themes.³
- Biological data (Royal College of Music study 2016). Testing choir members' saliva to detect levels of biomarkers related to stress and immunity.⁴

*From: **More Than Singing**, TCC SwU information brochure, March 2017.*

Indeed, a number of studies have been carried out to explore the empirical evidence for the many mental and physical health and well-being benefits being a choir member can bring. These studies explored the social, physical and psychological benefits of singing in a choir (Moss *et al.* 2018)⁵, the way in which social, emotional, physical and spiritual benefits increased through choir membership (Clift and Hancox, 2001)⁶, the synchronicity between respiration and heart rate, which was greater while singing (Muller and Lindenberger, 2011)⁷ and a study that focused on the impact of singing on those with cancer, whose qualitative data found that singing built resilience, forged social support and promoted psychological benefits (Warran *et al.*, 2019a)⁸.

² Gale, N, Enright, S, Reagon, C, Lewis, I, van Deursen, R (2010) – A pilot investigation of quality of life and lung function following choral singing in cancer survivors and their carers. *Ecancermedicalscience* 6:261

³ Reagon C, Gale, N, Dow, R, Lewis, I, van Deursen R (2014) The benefits of choir singing for both patients with cancer and non-patients, preliminary results presented at the Royal College of Music Symposium, 10th September 2014

⁴ Fancourt, D, Williamon, A, Carvalho, L, Steptoe, A, Dow, R, Lewis, I (2016) Singing modulates mood, stress, cortisol, cytokine and neuropeptide activity in cancer patients and carers, *Ecancer* 631.

⁵ Moss H, Lynch J, O'Donoghue J (2018) Exploring the perceived health benefits of singing in a choir: an international cross-sectional mixed-methods study. *Perspect Public Health*. 2018 May;138(3):160-168.

⁶ Clift, SM and Hancox, G (2001) The perceived benefits of singing: findings from preliminary surveys of a university college choral society. *The Journal of the Royal Society for the Promotion of Health*. December 2001, 121 (4) pp. 248-256

⁷ Müller V, Lindenberger U (2011) Cardiac and Respiratory Patterns Synchronize between Persons during Choir Singing. *PLoS ONE* 6(9): e24893.

⁸ Warran, K, Fancourt, D & Wiseman, T (2019a) How does the process of group singing impact on people affected by cancer? A grounded theory study. *British Medical Journal Open*. 9 (1) Article e023261. DOI:10.1136/bmjopen-2018-023261

This evaluation of the 16 TCC SwU choirs based in Wales is a continuation of previous evaluations by TCC into the SwU choirs, the most recent being in 2016. This evaluation seeks to:

- Provide a meaningful understanding of the SwU experience by learning from the choristers themselves and
- Identify how TCC can continually strive to improve the choir experience for its choristers, on an aggregate and individual choir basis, to make their experiences the best possible.

2. Methods

This evaluation entailed the distribution of an online survey to all the members of the 16 Tenovus Cancer Care choirs in Wales. Choir Leaders introduced the project to choristers during rehearsals, and explained how and why their views were being sought. The survey (see **Appendix A**) was distributed via email in and posted to the SwU Facebook pages, and choir leaders continued to provide reminders throughout the remainder of the year. It was promoted to all Sing with Us Choirs in Wales to ensure the maximum chance of collecting data from as many choristers as possible.

The survey itself included a variety of types of questions. They included demographic and choir membership information, Likert scales to rate agreement or disagreement with 14 statements about their choir, as well as questions which allowed for free text responses, such as the respondent's favourite aspect of their choir, and the one thing they would choose to improve their SwU experience.

The closed questions could be quantified and measured through finding averages across all choirs together, and five open-ended questions were analysed across, firstly, all choirs together and then individually, to provide insight into 'the best thing' and 'the one thing to improve' responses for each individual choir (see **Appendix B**). The open-ended responses were analysed using thematic analysis, and the key themes that emerged are presented in a hierarchy of theme frequency, helping to determine which issues were most prevalent. These are presented on a 'top ten' themes basis.

Where possible, a comparison with comparable questions from the 2016 TCC SwU evaluation is also presented.

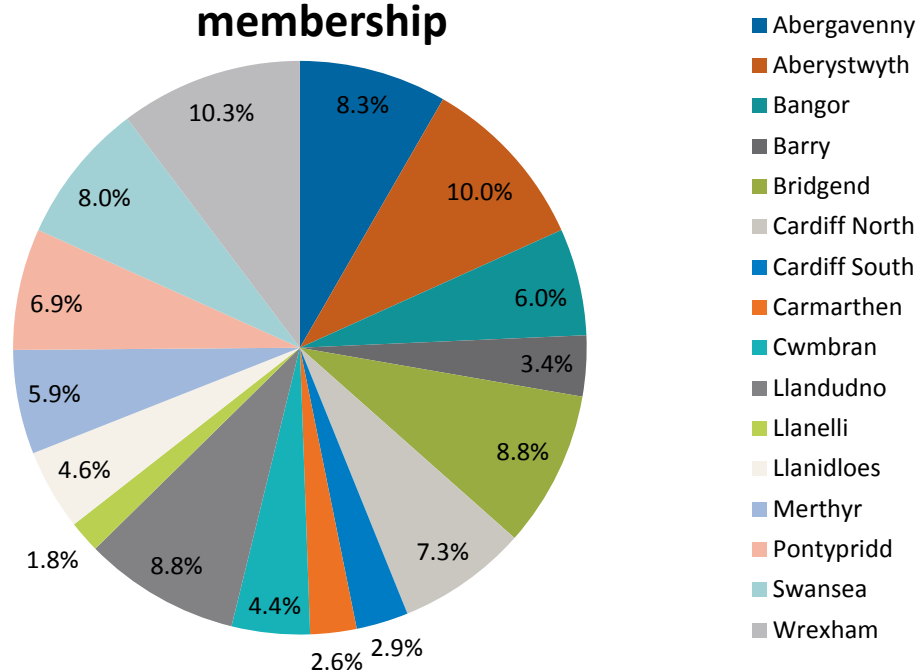
3. Findings: Demographics

At the time the survey was distributed (April 2018), there were **18** SwU choirs with a total of **1681** choristers. Sutton and London choirs did not take part in this year's evaluation due to having recently been surveyed. In this evaluation a total of **16** choirs took part, with a total of **1491** choristers; all of these choirs are based in Wales. **613** choristers participated in the evaluation, across the 16 participating choirs, a response rate of **41%**.

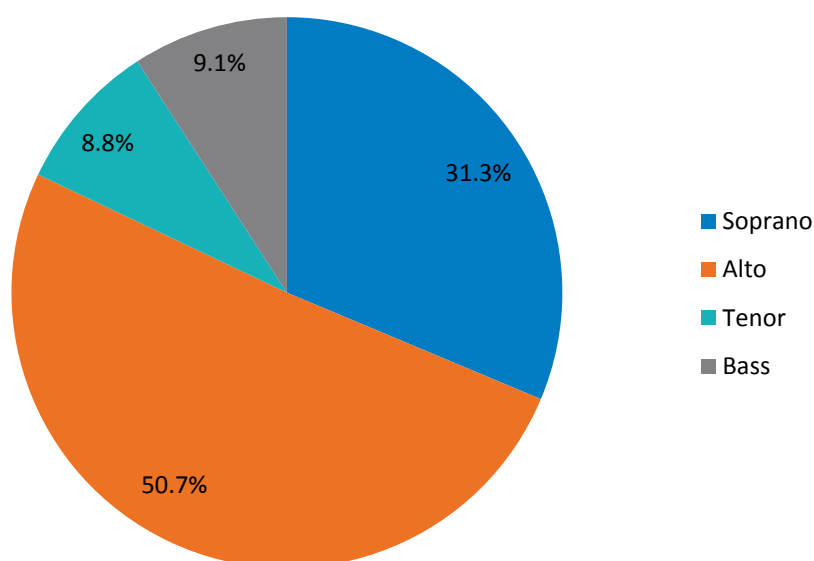
Choir	Total membership	Number of survey respondents	Response rate (percentage)	Percentage of all respondents
Abergavenny	142	51	35.9%	8.3%
Aberystwyth	69	61	88.4%	10.0%
Bangor	85	37	43.5%	6.0%
Barry	99	21	21.2%	3.4%
Bridgend	103	54	52.4%	8.8%
Cardiff North	122	45	36.9%	7.3%
Cardiff South	44	18	40.9%	2.9%
Carmarthen	44	16	36.4%	2.6%
Cwmbran	114	27	23.7%	4.4%
Llandudno	114	54	47.4%	8.8%
Llanelli	52	11	21.2%	1.8%
Llanidloes	68	28	41.2%	4.6%
Merthyr Tydfil	83	36	43.4%	5.9%
Pontypridd	91	42	46.2%	6.9%
Swansea	153	49	32.0%	8.0%
Wrexham	108	63	58.3%	10.3%
TOTALS	1491	613		100%

Response rates varied between choirs, with Aberystwyth receiving a particularly high response rate (88%) and Barry and Llanelli receiving a fairly low response rate (21% each).

Percentage of total respondents by choir membership



Choir section membership of participants

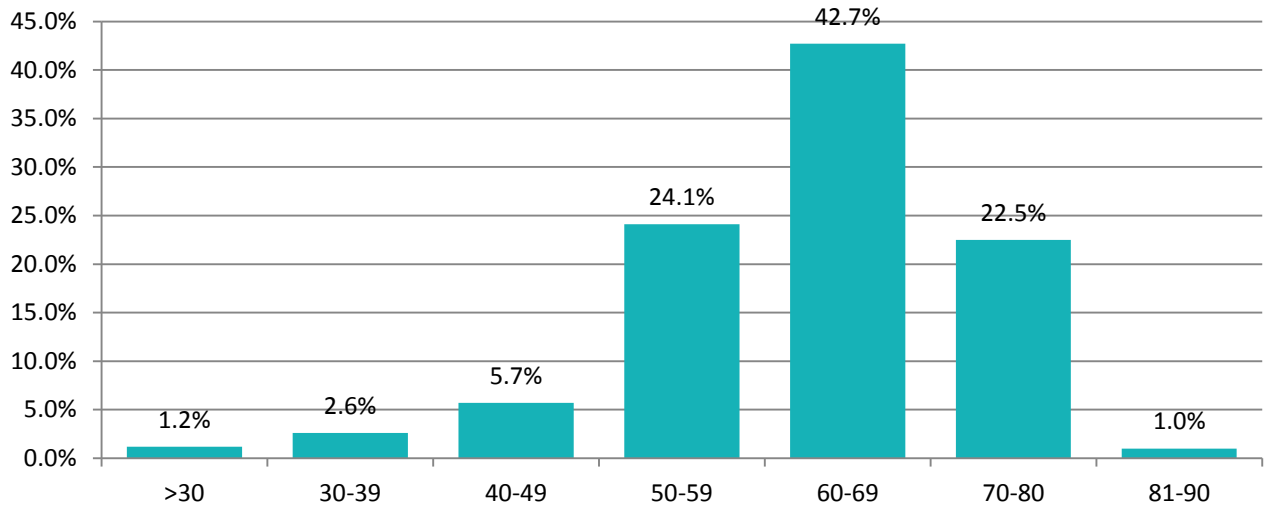


In terms of gender, the table below shows that the responding choristers were predominantly female, broadly reflecting the gender breakdown in the total choir population:

	Survey respondents		Percentage of <i>all</i> choirs members
	Percentage	Number	
Female	86.3%	529	82.6%
Male	13.1%	80	17.1%
Other	0.7%	4	0.1%

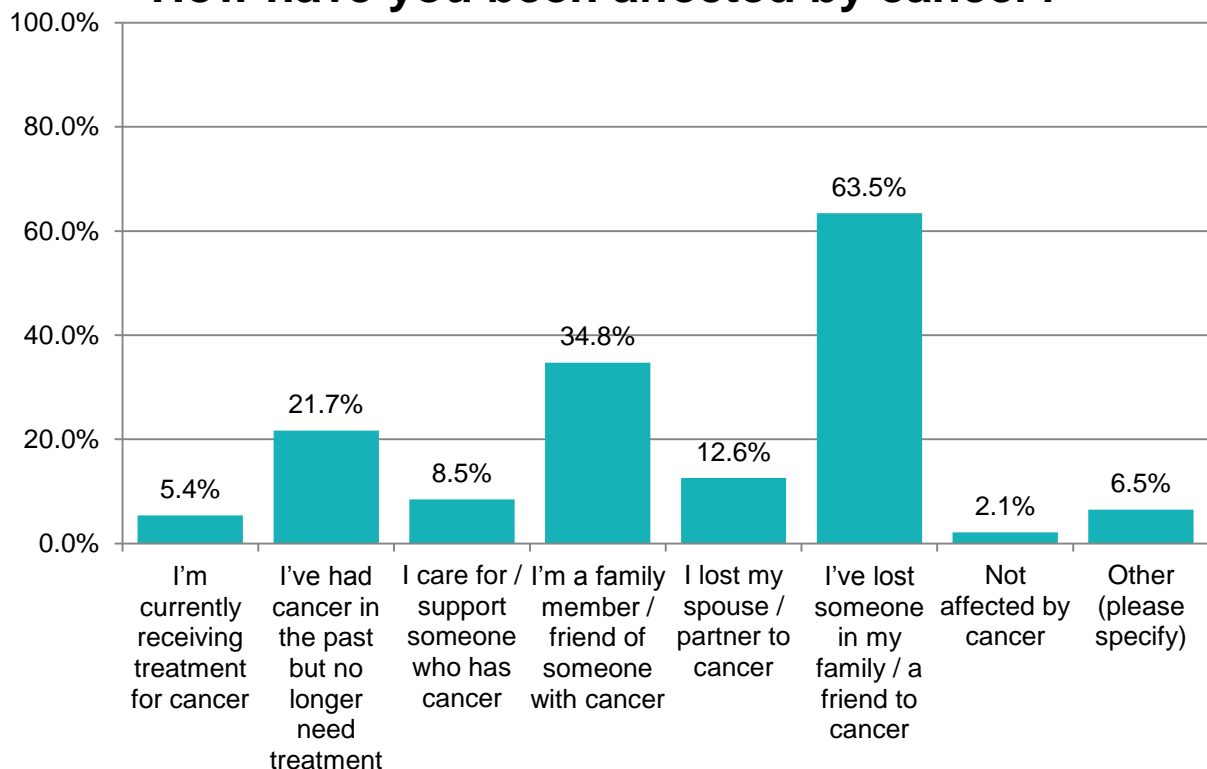
The highest proportion of responding choristers are aged 60-69 (262 out of 613). The age range of 50-80 comprises a total of 89.3% (548 out of 613), with just 10% under the age of 50.

Age groups of respondents



Choristers were asked in what way they had been affected by cancer; choristers could give more than one answer, so the graph below shows the number of choristers out of 613 who have been affected by cancer in each of the different ways. Only eight (1.3%) choristers said that they had not been affected by cancer and did not select any other options.

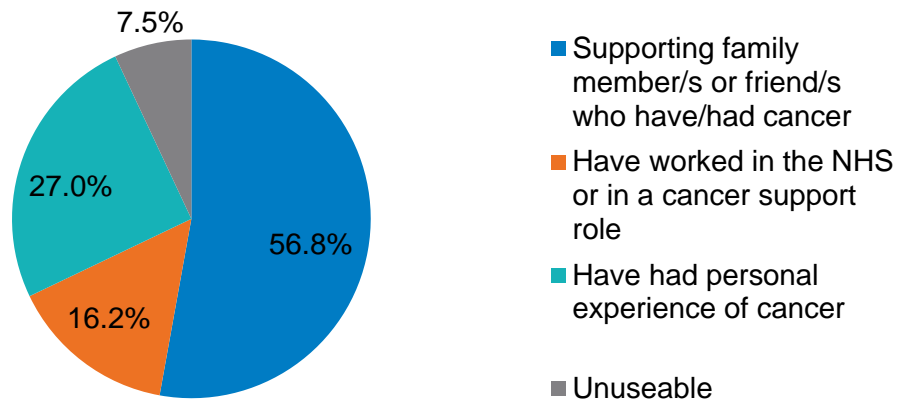
How have you been affected by cancer?



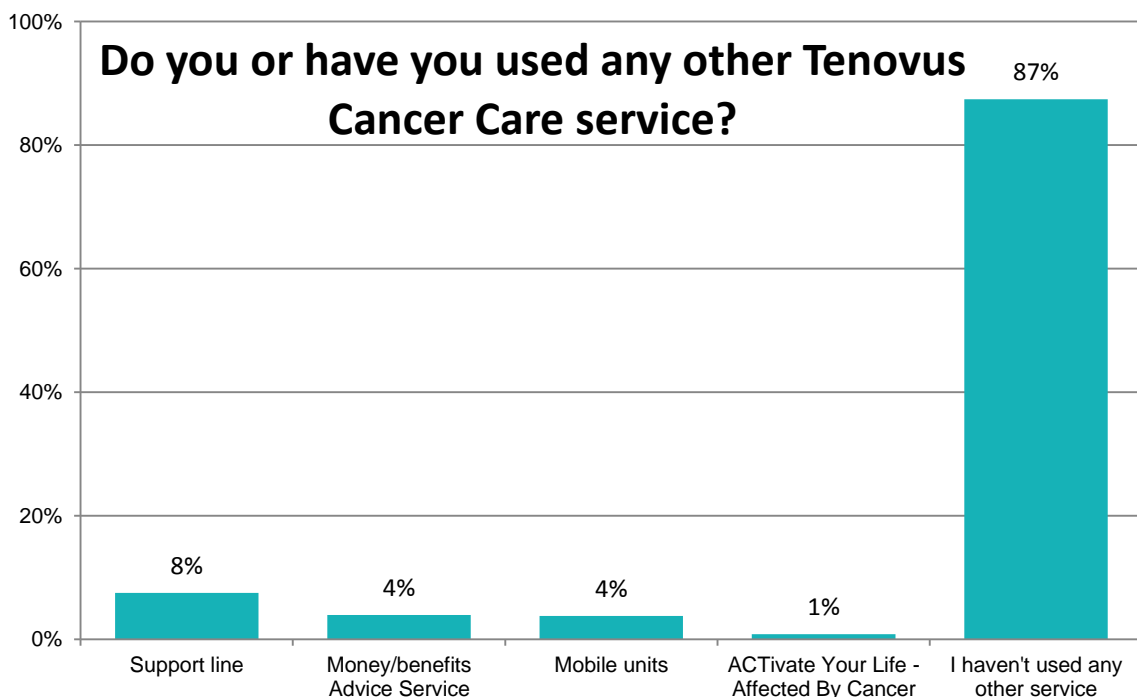
40 choristers responded 'other – please specify' to this question. A free text option allowed respondents to define their own response; there were three categories of response, two of

which interestingly would have fallen within the predefined categories above. The majority of responses related to people who were supporting family or friends who have cancer or have had it themselves in the past.

How have you been affected by cancer? Other



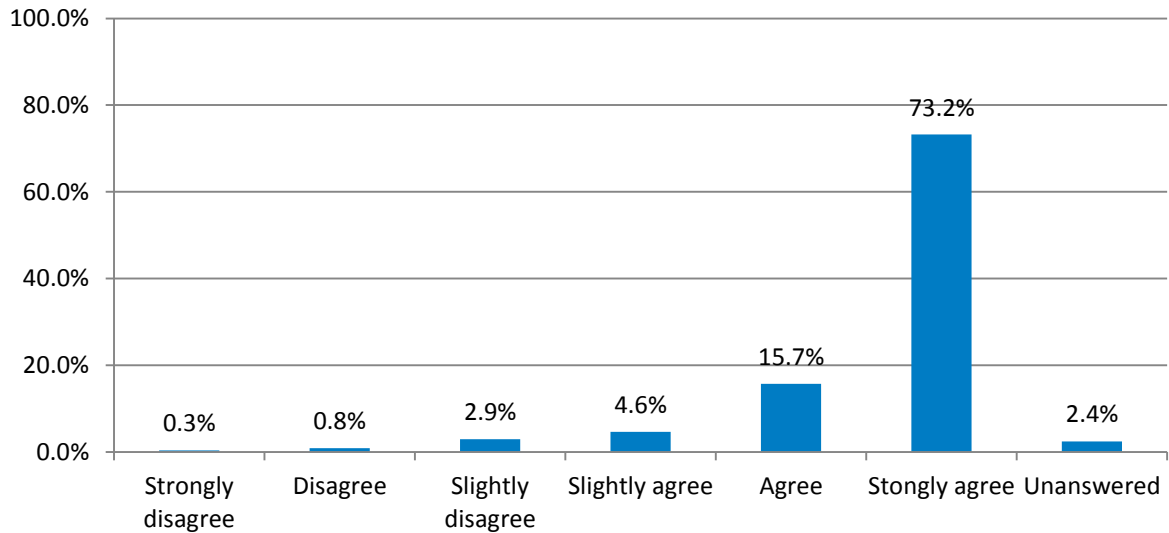
The vast majority of participants did not and had never used any other Tenovus Cancer Care services.



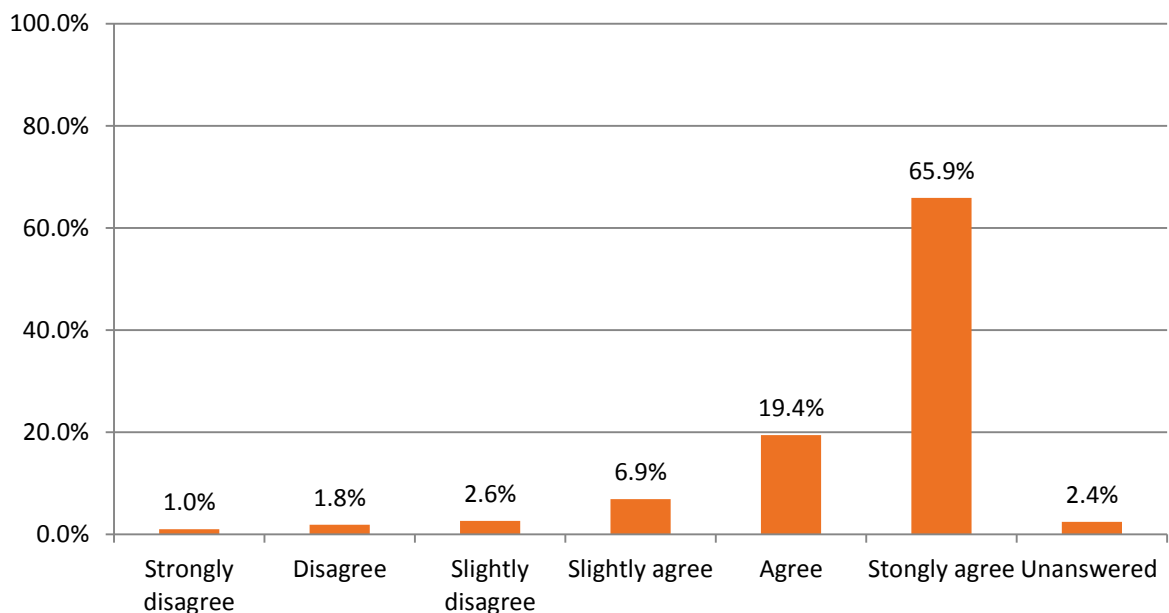
4. Findings: Chorister satisfaction

Choristers were asked to rate their agreement or disagreement with 14 statements relating to their choir experience, on a 6-point Likert scale. The analysis reflects the data from all the choirs who took part, combined.

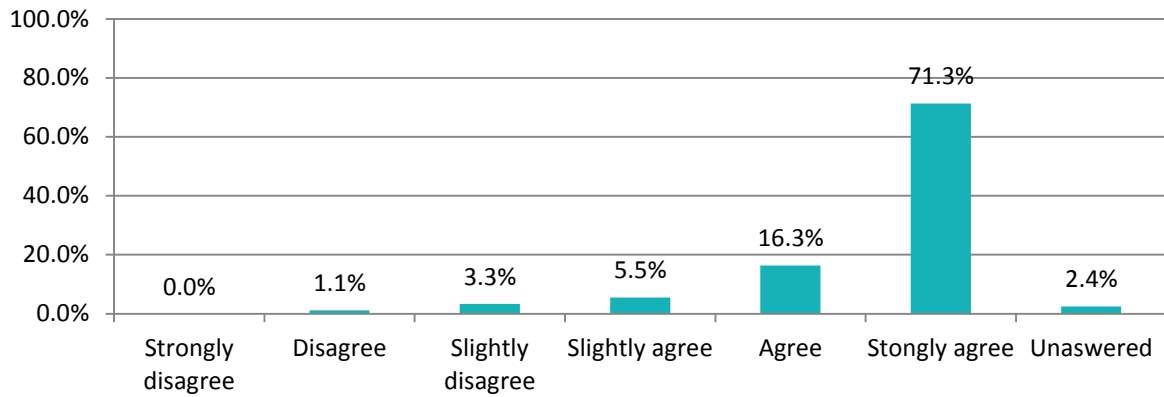
1. I find the Sing with Us staff helpful



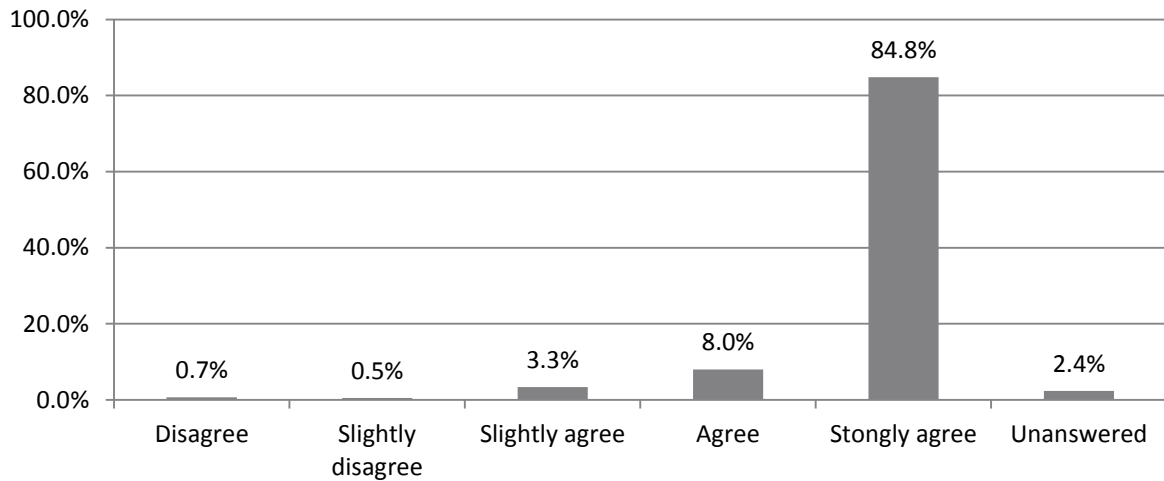
2. I feel that choir rehearsals run on time



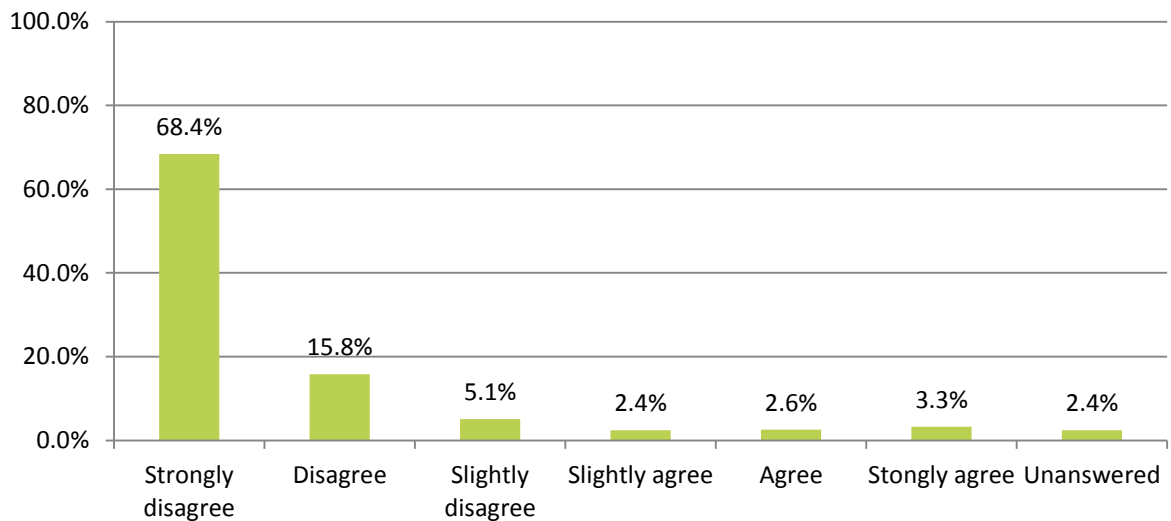
3. The instructions in rehearsals are easy to follow



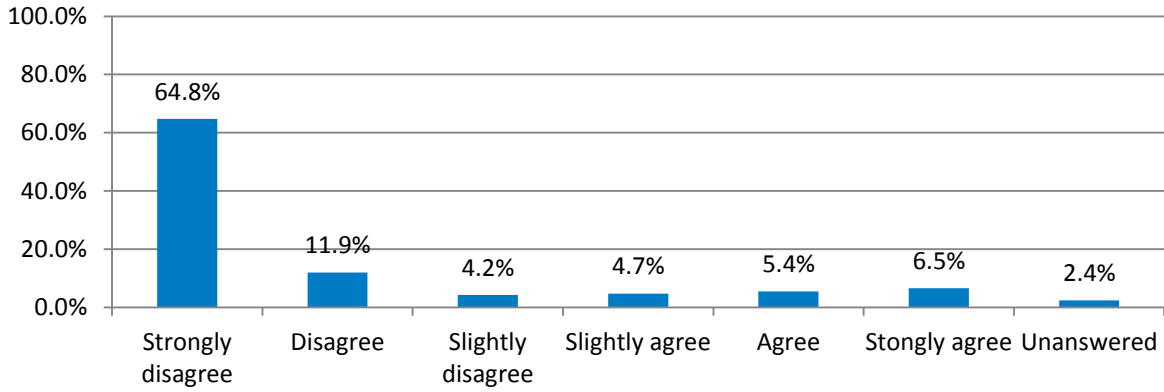
4. I enjoy attending choir



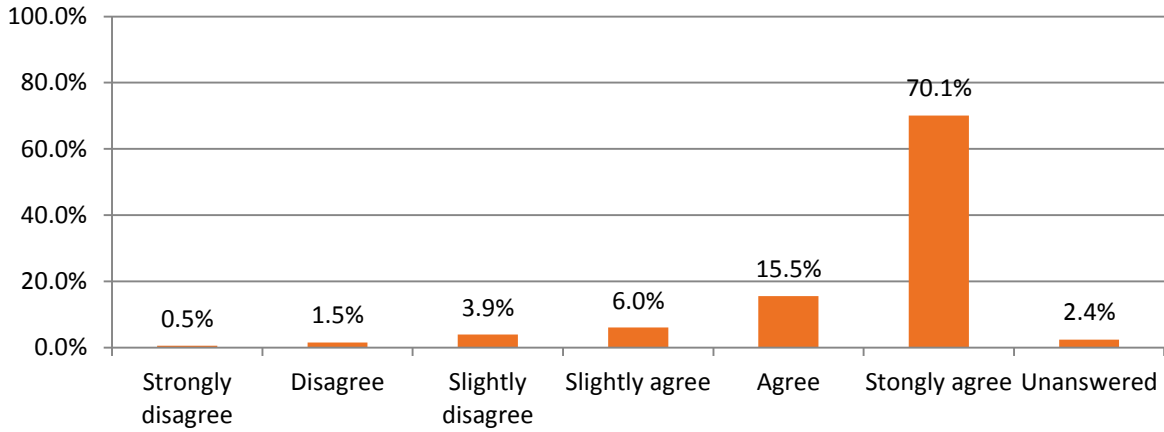
5. I worry about what is asked of me at choir



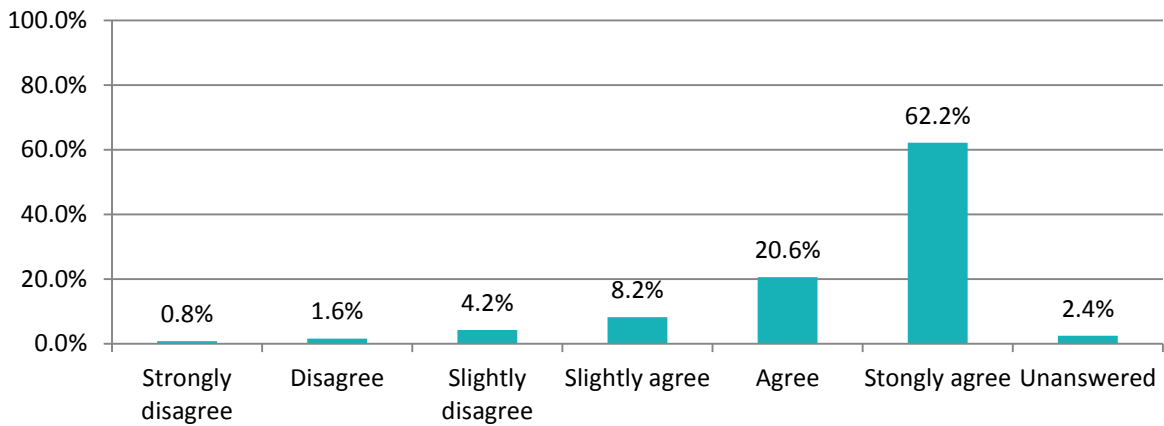
6. I can get bored at choir



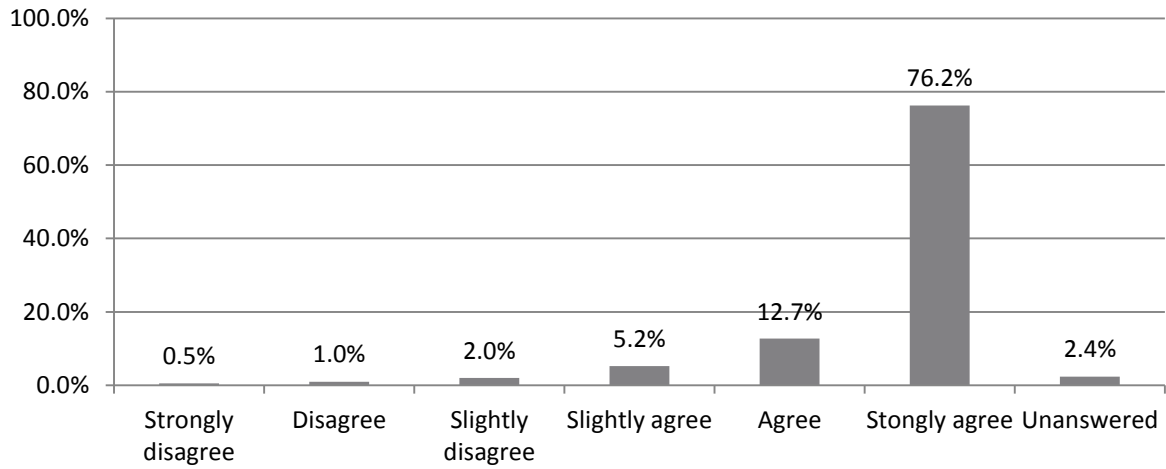
7. I have made friends at choir



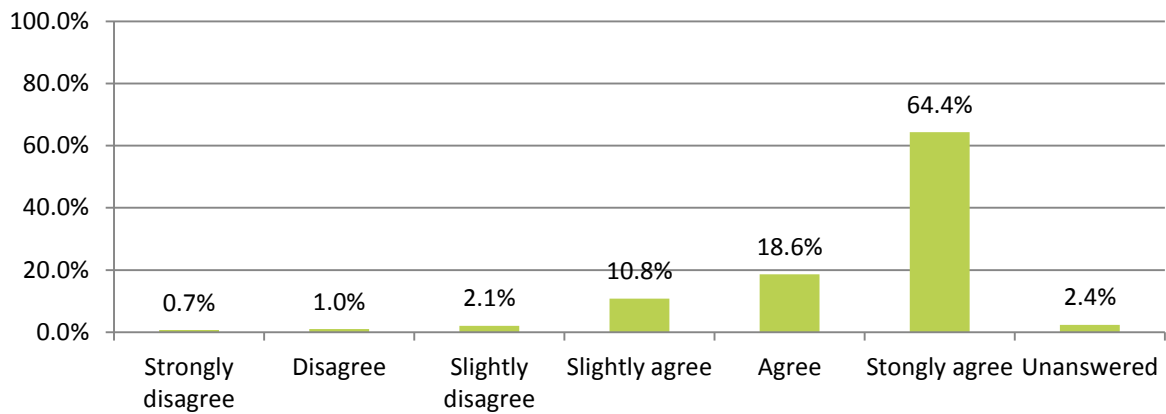
8. I feel that I get support from other choir members



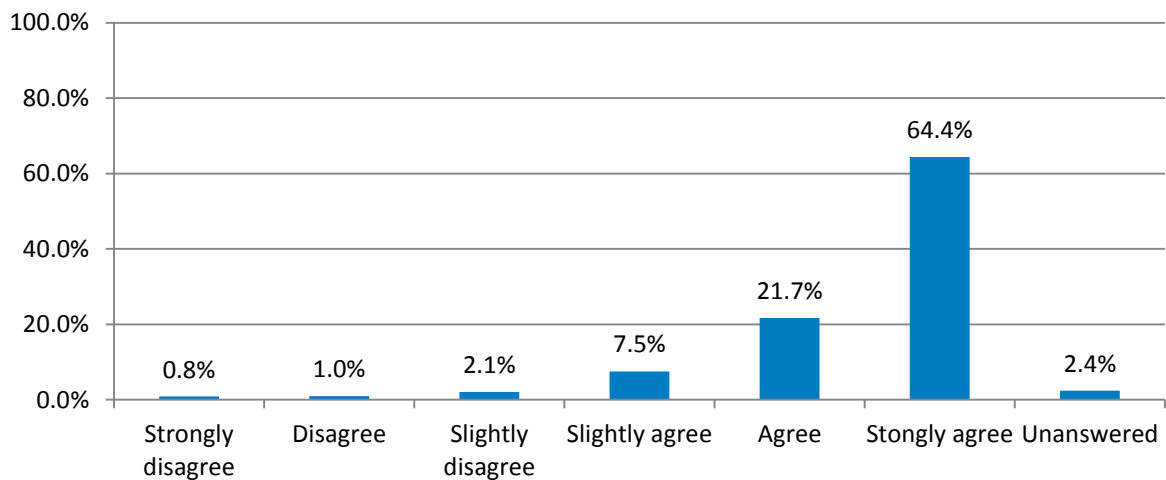
9. I feel that choir has a positive environment



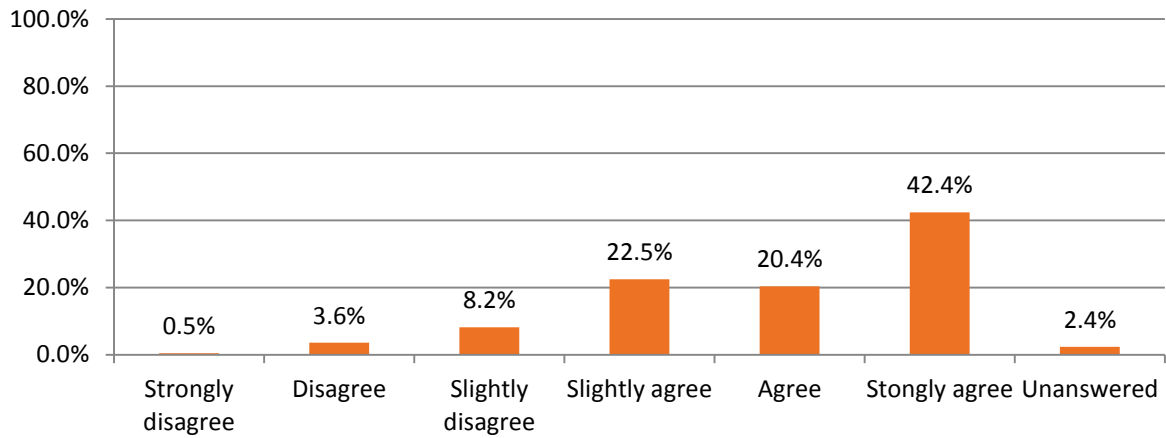
10. I feel that I have more energy after attending choir



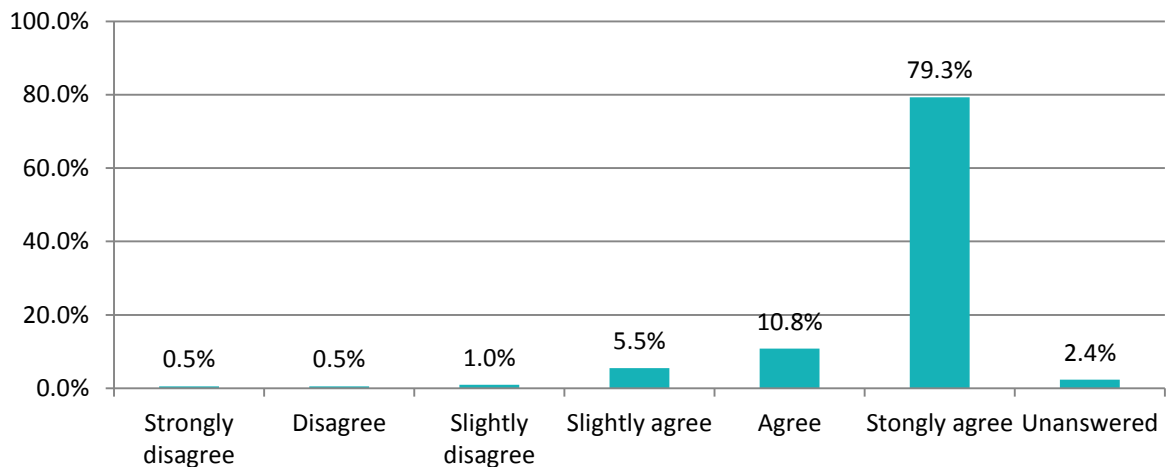
11. I feel that I can be myself at choir



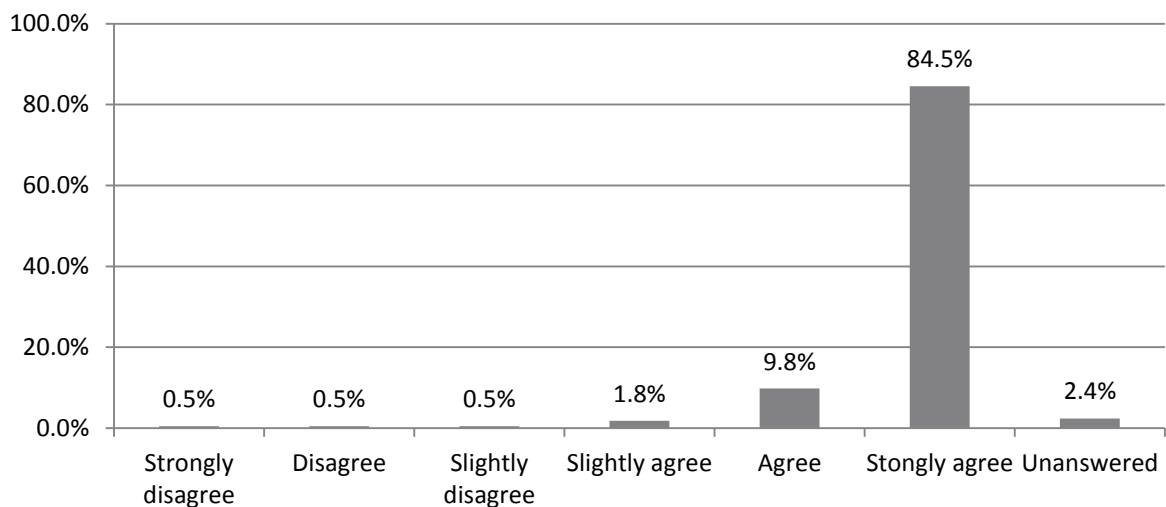
12. The Sing with Us choir is a major part of my life



13. I feel proud of being in a Sing with Us choir



14. I would recommend Sing with Us to others

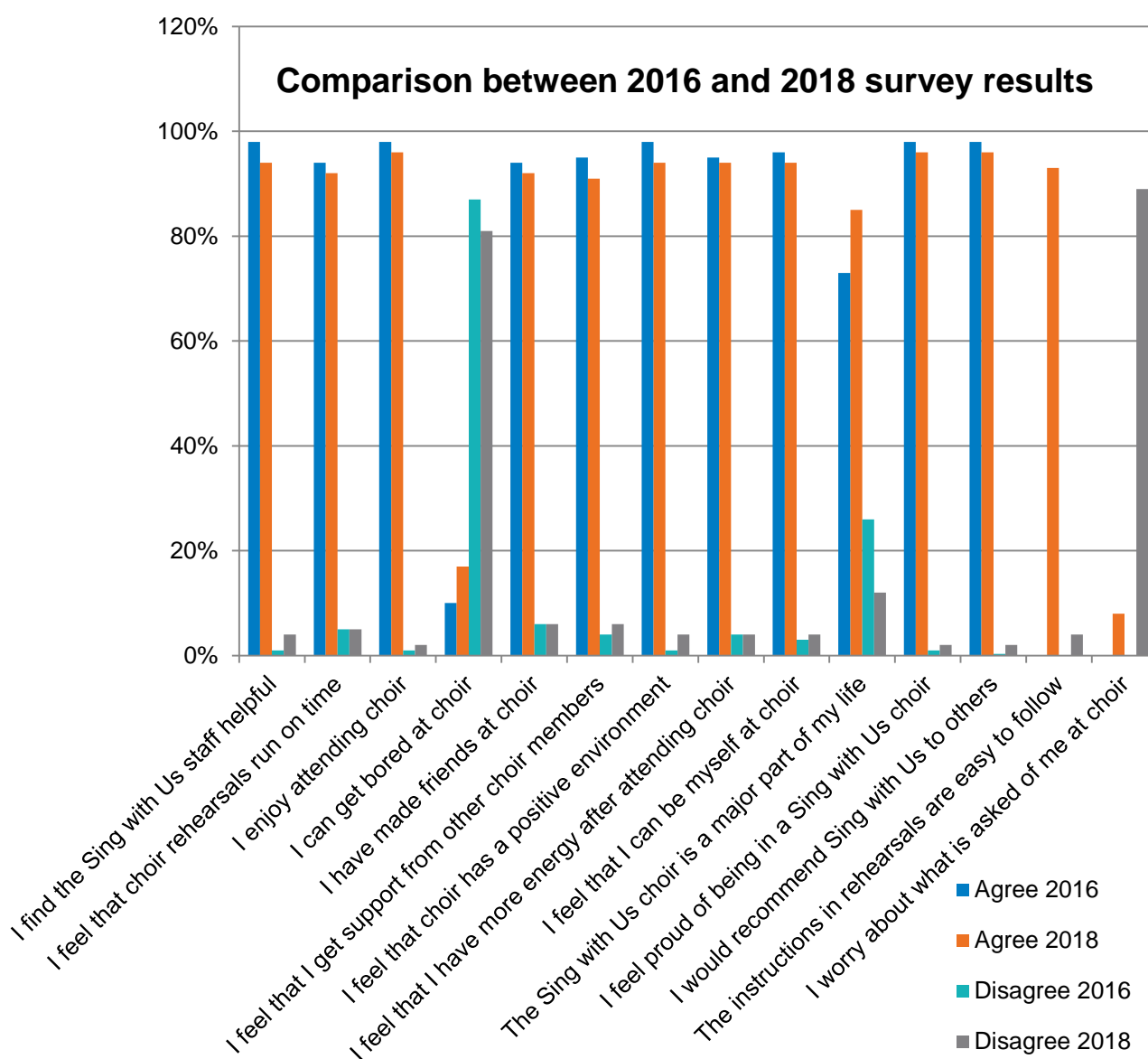


Below, responses to each statement are presented graphically. Wherever possible, comparisons are made with the 2016 data; 10 identical questions appeared in both the 2016 and 2018 evaluations. One further statement was comparable by virtue of it asking choristers about the ‘environment’ (2018) and the ‘atmosphere’ (2016) of their SwU choir⁹.

The percentages are given for:

- i) Those choristers who agreed with a statement as a whole (i.e. whether they *slightly agreed, agreed or strongly agreed* with it) and
- ii) Those choristers who disagreed with a statement as a whole (i.e. whether they *slightly disagreed, disagreed or strongly disagreed* with it).

Combined with the analysis above, this enables both a dichotomous *and* a nuanced summation of chorister responses.



For most statements, there was a very slight decrease in chorister satisfaction between 2016 and 2018, though in all but two cases, there was only between 1 and 4% difference in responses. For the two statements in which there was a greater disparity between years,

⁹ N.B. The 2016 evaluation included two additional choirs, Sutton and London.

one is broadly positive; a greater proportion of respondents said that they felt that SwU was a major part of their life in 2018 (85.3%) as compared to 2016 (72.5%). However, in 2016, the question was reversed, so it was a negatively loaded: choristers were asked to rate the statement *The Sing with us choir is not a major part of my life*. 25.8% of choristers agreed that the SwU choir was **not** a major part of their life. Conversely, 72.5% of choristers (566 out of 781) disagreed that the SwU choir was not a major part of their life i.e. by disagreeing these choristers were stating that the choir **was** a major part of their lives. The other, however, is negative, and it seems that a larger proportion of choristers can get bored at choir in 2018 (16.6%) as compared to 2016 (10.3%).

5. Findings: Qualitative responses

Choristers were asked five open-ended questions in the third part of the online survey and given space to write their response. Some answers were short, sometimes just one word, whilst others were a few sentences.

The responses for all questions were collated in aggregate and analysed for key themes; a table listing the top ten themes that emerged during analysis is given below.

The thematic analysis on an **individual choir** basis for the two questions Q10. *What is the best thing about the Sing with Us Choir?* and Q11. *If you could do one thing to improve the choir what would it be?* can be found in **Appendix B**.

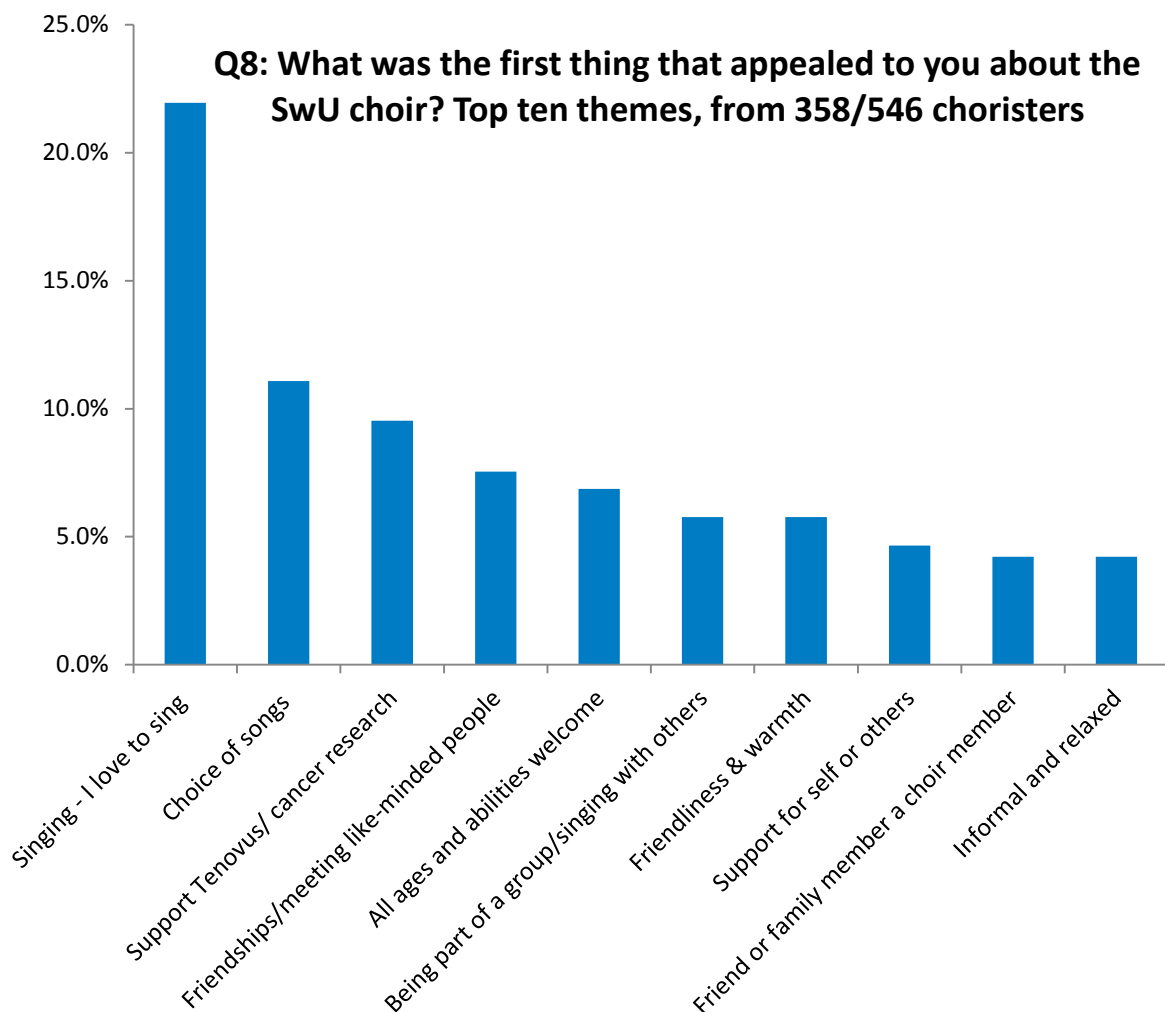
Table 2: A summary of the top ten themes from the thematic analysis of Q8, Q10, Q11 and Q12 across all choirs

Q8: What was the first thing that appealed to you about the SwU choir?	Q10: What is the best thing about the SwU choir?	Q11. If you could do one thing to improve the choir what would it be?	Q12. Do you have any further comments?
<ol style="list-style-type: none"> 1. Singing - I love to sing 2. Support Tenovus/ Cancer research 3. Choice of songs 4. Friendships/ meeting like-minded people 5. Friendliness & warmth 6. Support for self or others 7. Friend or family member a choir member 8. Informal and relaxed 9. All ages and abilities welcome 10. Belonging, camaraderie and joy 	<ol style="list-style-type: none"> 1. Singing (joy of) 2. Friendship 3. Uplifting/ rejuvenating 4. Choir leader 5. Fun and laughter 6. Support 7. Positivity, well-being and good for mental health. 8. Meeting new people 9. Gigs 10. Supporting TCC 	<ol style="list-style-type: none"> 1. Nothing 2. Can't think of anything 3. Longer rehearsals 4. Ask people to be quiet during rehearsals – it's disrespectful 5. More rehearsals 6. More gigs, especially in evening 7. More time to sing/less faffing 8. Reduce warm-up time 9. Stricter adhesion to start and finish on time 10. Less cliquey 	<ol style="list-style-type: none"> 1. Quality/skill/ commitment/ enthusiasm of Choir Leader 2. Love the choir /singing 3. Place of support and positivity 4. Thank you 5. Changed my life 6. Friendship / socialising 7. More singing time, less chatter 8. No further comments to make 9. Best medicine/health benefits 10. Always uplifted during and after

Q8: What was the first thing that appealed to you about the SwU choir?

The responses from choristers are broken down here:

- 89.1% (546 out of 613) of choristers answered this question.
- 10.9% (67 out of 613) of choristers didn't answer the question.
- 65.5% (358 of 546) of those who answered this question provided responses within the top ten for this question



In the most commonly occurring responses, clear themes emerge around friendships, the joy of singing, and the relaxed, informal and inclusive environment of the SwU choirs. The appeal of joining a SwU choir was primarily singing, but looking at the top ten themes, the choirs are perceived as providing so much more to choristers, in terms of support, friendship, mutual understanding and opportunities for friendship.

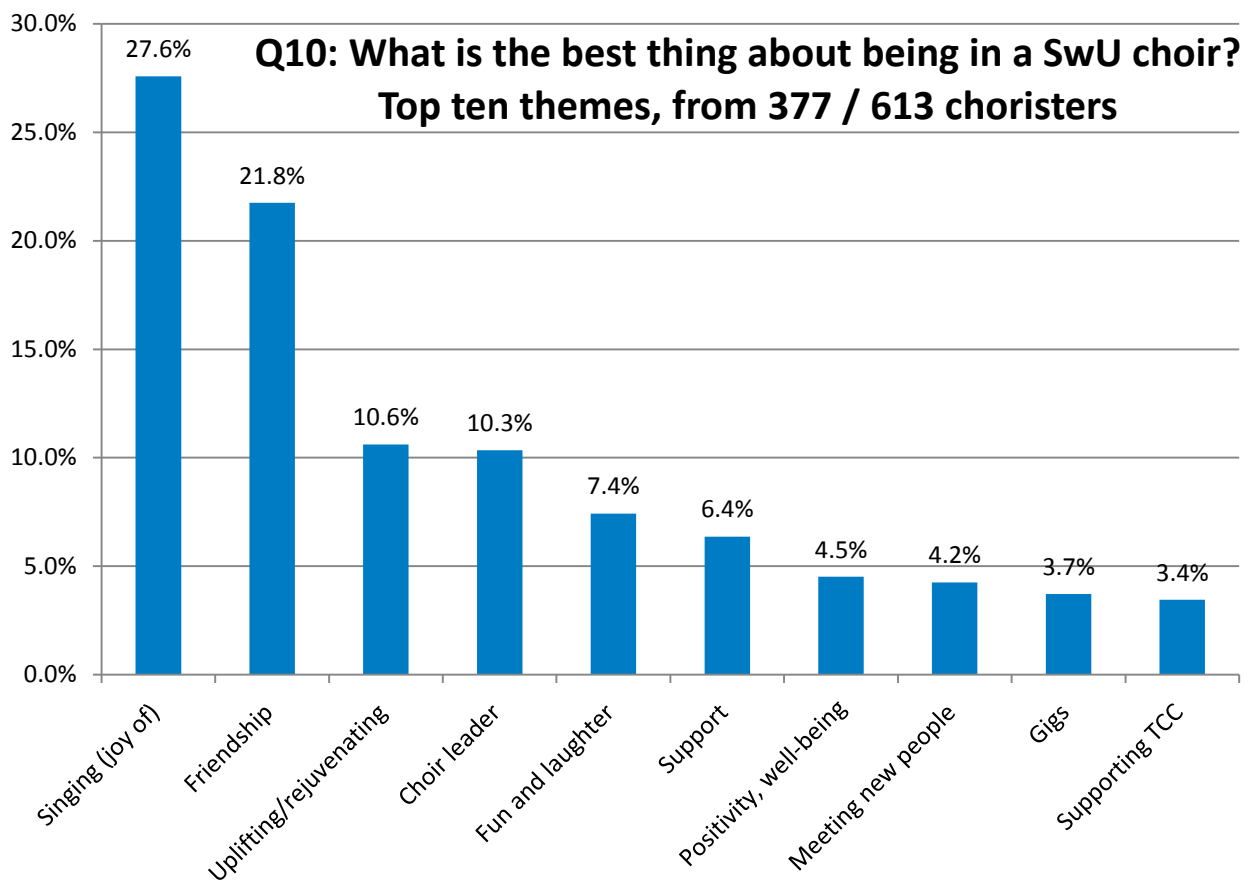
Q10: What is the best thing about the SwU choir?

The choristers' responses can be broken down as follows:

- 89.4% (548 out of 613) of choristers answered this question.
- 10.6% (65 out of 613) of choristers didn't answer this question.
- 68.8% (377 out of 548) of choristers responded within one of the top ten themes.
- The word cloud below provides a visual representation of all choristers responses to this question.



There are clear commonalities between the responses to Q8 and Q10: i.e. the initial 'appeal' to people of joining a SwU choir and the 'best thing' about the choir once they are an established chorister. Themes around friendship, the joy of singing, supporting the TCC cause and the uplifting aspect of singing emerge, and these link expectation (first appeal of joining a SwU choir) to the reality of being a chorister (the 'best thing' about being a member of their choir).



Q11. If you could do one thing to improve the choir what would it be?

There were both clear themes and conflicting responses to the 'one thing' choristers wanted to improve about their choir – many wanted longer rehearsals, with more time built in to socialise, others wanted less time 'faffing' in the beginning, less time warming up and more time singing. Some wanted the rehearsal devoted entirely to singing, while others wanted more discipline to stop choristers talking over the Choir Leader, an adherence to timings, with a much firmer start and finish time. Choir leaders were respected and loved by most choristers, although many choristers were frustrated that some choristers chatted over the Choir Leader when they gave their introductions or when other sections were practicing, but weren't disciplined for doing so.

This question elicited the following responses from choristers:

- 79.6% (488 out of 613) of choristers answered this question.
- 20.4% (125 out of 613) of choristers didn't answer the question.
- 51.6% (252 out of 488) of choristers responded within the top ten themes.

Q12. Do you have any further comments?

This question elicited a varied response from choristers, but many reflected and reiterated the themes that emerged from the Questions 8 and 10 analysis:

- 45.0% (276 out of 613) of choristers answered the question.
- 55.0% (337 out of 613) of choristers didn't answer the question.

For the most part these responses were very positive, and some contained some very useful feedback which has been passed onto individual choir leads for discussion and potential action.

Several participants used this space to offer their thanks to either Tenovus Cancer Care or specific choir leaders for their hard work. Below are a few examples:

"The choir is like one big extended family. There is always support there if needed. On a cold, dark winter's evening it's very tempting not to go, but I always feel better... (uplifted even) by the end of the rehearsal and so glad that I made the effort. Thank you."

"It has been a lovely experience just belonging to the choir. It uplifts the spirits even on dark cold evenings when it's an effort to go out. Whoever thought of forming all the choirs throughout the country had the most wonderful idea and long may it continue."

"I think sing with us choirs provide a good support network for people affected by cancer plus the health benefits are outstanding. You can turn up feeling SO low but after a good sing , a laugh and a few kind words spoken to you , you come away feeling refreshed in body and mind and feeling that whatever you are facing , you aren't doing it alone!! What a wonderful way to spend an evening once a week:)) other's help you and you help others."

"Thanks to everyone involved with Tenovus choirs. No matter what the weather, or what mood I may be in, as soon as I arrive at rehearsal I can forget everything and just SING!!! ☺"

Others used this space to reiterate suggestions made in response to Q11.

6. Summary

1. The data from the 613 completed surveys provide fascinating and very useful information for the SwU Choir Leaders about what the choirs mean to choristers, how choirs contribute to choristers' well-being, their loyalty to and pride in their choir, as well as what they'd do to improve their choir experience.
2. In terms of age, the highest contingent across all choirs is choristers who are aged 60-69 (42.7%) although when widening the age range to 50-80, the percentage increases to 89.3%.
3. In terms of gender, females outnumber males by 6.6:1.
4. In terms of choir sections, the largest is the Altos, at 50.7%. This is followed by Sopranos (31.3%), Tenors (8.8%) and Basses (9.1%). The 'one thing to improve' responses showed that choristers would like to see an overall increase of choristers in the latter two sections.
5. Some clear themes emerged from the responses to each of the open-ended questions: SwU choirs were found to be *uplifting, fun, supportive*, and a place for forming *friendships* and boosting *well-being*. *Choir leaders* were very much loved and valued, and the experience of getting together with fellow choristers provided a place to *forget every-day worries* and to *socialise*. The most prominent theme among all open-ended questions across all choirs was choristers' *joy of singing*.
6. The responses from the choristers also provided some useful pointers for how the choir experience could be improved. These have been aggregated by specific choirs and are being reviewed by choir leaders to identify potential actions.
7. Many choristers wanted to mix more with their fellow choristers and have more social interaction and events and identified things that would help them to forge friendships, such as name badges, moving the seats around, and more social activities. However, some choristers found their choirs too large to facilitate making new friends, that they lacked intimacy and that some established friendship groups were hard to penetrate.
8. Support for others was ranked 6th in the 'appeal' of joining a SwU choir, and 6th out of the 'best things' about being part of a SwU choir. This is echoed in the rating of statements section, where 91% said they agreed that they get support from other choristers
9. Feeling *uplifted* and *positive* were additional benefits that contributed to choristers' *mental health*, which ranked 7th in the top ten 'best things' about being part of a SwU choir. This echoes the academic research into the health and well-being benefits of singing in a choir detailed in **Section 1: Introduction** and is also borne out in the rating of statements, **Section 5: Statement 10**, where 93.8% of choristers agreed that they had more energy after attending choir.
10. 94.1% of choristers agree that their choir has a positive environment. This was also supported in the open text responses where choristers described the 'best thing' about their SwU choir; they used descriptors such as *enthusiasm, positivity, camaraderie* and *welcoming*. These are all characteristics of what we'd perceive of as a 'positive environment'.
11. Another major factor in the positivity of the choir environment was choristers' respect and fondness for their Choir Leaders, who motivated and enthused them. Having such a

positive environment was an important part of the purpose of the choir and, although each choir is unique, they appear to have many common elements.

12. There appears to be a consistency across choirs in their ethos, and how this is an amalgamation of Choir Leaders' attitude and what the choristers bring to the choir experience; support, friendship and fun, as well as a clear love of singing and the TCC cause. Choirs offer so much more than singing, which seems to account for their popularity, success and choristers' commitment to them.
13. Crucially, out of *all* 613 responses across *all* choirs, the top response as to what choristers would do to improve the SwU choir experience was 'nothing' or 'can't think of anything', which combined account for 19.9% of all responses
14. Out of all chorister responses across all choirs the most frequently cited ways to improve their SwU choir experience (Q11) included: a desire for *longer sessions/more time to sing, more frequent rehearsals* and *more gigs*, which rated in 3rd, 5th and 6th place. *More singing time* and *less 'faffing'* rated in 7th place. For some a more fluid structure to 'choir time' was desired, to build in that social element, while for others a stricter structure of choir practice was requested.
15. A large number of choristers across all choirs wanted more singing time and less time spent on announcements and warm-ups during the first half hour. Many pointed out that they only had an hour, if that, to actually practice singing, which was judged as too little. However, there was a conflict in the textual analysis between those wanting to catch up with friends, to have that 'chat time' and those wanting the full quota of rehearsal time to be singing time.
16. One of the top ten ways in which choristers wanted to improve their choir experience was to remove the 'cliques', which was one of the negative aspects of choir for some choristers. Unfortunately, this is human nature at play, particularly in large groups, and is something that may be difficult to control or manage. However, this is something which is more pertinent to some choirs than others and will be explored accordingly. See **Appendix B** for choristers' responses on a choir-by-choir basis.
17. However, a recurring theme in choristers' responses to how their choir experience could be improved was for choristers to be quiet when the Choir leader was talking or practicing with different sections, which was found to be distracting and disrespectful to the Choir Leader and choristers alike. This came 4th amongst choristers' top ten responses and it was requested that Choir Leaders stop this from becoming the norm.
18. For a majority of choristers, 85.3%, the SwU choir forms a major part of their lives, but the exact role it plays in their lives will be individually nuanced.
19. Finally, it is fair to say that the ethos of the choir experience, based on the principles of *support, fun, fulfilment* and *hope*, which were introduced in the **Introduction**, is matched by choristers' lived experiences of being part of a SwU choir.

7. Recommendations

- Because of the variation between choirs, each of these recommendations will apply to a greater or lesser extent dependent on which choir is in question. Full reports of responses from each choir have been provided to their choir leaders for targeted actions.
- Choristers were frequently left frustrated by a perceived lack of respect when fellow choristers talked over their Choir Leader during rehearsals. It is recommended that choir leaders seek to address this by requesting more discipline from choristers.
- Some choristers were frustrated that they could not see their Choir Leader, nor be able to follow them, as people liked to sit in the same seat every week. This also inhibits the forming of new friendships. It is recommended that this be explored by choir leaders, and in some of the larger choirs, ask that taller choristers sit towards the back of the room allowing shorter members more visibility of the choir leaders.
- There was a great desire for more gigs and concerts, and to potentially join up with other TCC SwU choirs for events. This should be explored for feasibility.
- Particularly in North Wales, there was a concern about the lack of Welsh language songs on the SwU repertoire. It is recommended that the team review this, though it is also noted that since the time of this survey, two Welsh language songs have been introduced into the repertoire.
- Choristers were also asked what one song they would like to sing in the SwU choirs. The responses to this have been sent to the choir team so they can assess the viability of the most popular suggestions.
- 87.4% of choristers had not or did not use any other TCC service other than SwU despite 97.9% of choristers having been affected by cancer in some way. It is recommended that subsequent evaluations explore this further, and that the Sing with Us team review the manner and extent to which choristers are informed of other services.
- A few choirs were criticised for the 'cliques' and how this had a negative effect on group morale and unity. Individual choir leaders should address this where relevant.
- Better communications were requested by choristers e.g. via e-mail or a Facebook page so that they could be notified regularly of updates and any schedule changes.
- The return of the welcome desk and name badges might be considered, to help choristers feel more included and welcomed, especially in larger choirs.
- Risk of boredom for choristers increased between 2016 and 2018. Choir leaders should explore the reasons for this within their own choirs, perhaps reviewing the use of warmups and length of time spent singing songs.
- Having longer sessions was a prominent request. Whilst this might not be easily achieved, a review of the proportion of time spent on different activities (warm-ups, announcements, etc. might help extend the amount of rehearsal time spent rehearsing).

- Some choristers noted a shortage of men in the choirs, and others wanted a larger proportion of tenor and bass singers; sections largely populated by male choristers. It is recommended that recruitment practices targeted towards male choristers be explored to address this.
- The data described herein is largely very positive, albeit marginally less so than comparative data reported in 2016. It is recommended that any changes to the choirs resulting from this report are recorded, and the choir experience is re-evaluated in 2 years' time to assess impact.

Appendix A: Sing With Us online survey, April 2018

All about YOU

This survey is completely anonymous. So that we can make sure our results are representative of the choirs as a whole, please provide a bit of information about yourself below.

* 1. How old are you?

* 2. What is your gender?

Female Male

Other (please specify)

* 3. How have you been affected by cancer? Please select all that apply.

- I'm currently receiving treatment for cancer I lost my spouse / partner to cancer
- I've had cancer in the past but no longer need treatment I've lost someone in my family / a friend to cancer
- I care for / support someone who has cancer Not affected by cancer
- I'm a family member / friend of someone with cancer
- Other (please specify)

* 4. Do you or have you used any other Tenovus Cancer Care service?

- Support line ACTivate Your Life - Affected By Cancer
- Money/benefits Advice Service I haven't used any other service
- Mobile units

* 5. Which Sing With Us choir do you attend?

* 6. Which section are you in?

- Soprano Tenor
- Alto Bass

How you feel about Sing with Us choirs

* 7. Please read the statements below **carefully**.

Use the scale from 1 to 6 to let us know the extent to which you agree with the statements, with 1 being strongly disagree and 6 being strongly agree

	1 Strongly disagree	2	3	4	5	6 Strongly agree
I find the Sing with Us staff helpful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that choir rehearsals run on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The instructions in rehearsals are easy to follow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy attending choir	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about what is asked of me at choir	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can get bored at choir	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have made friends at choir	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I get support from other choir members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that choir has a positive environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have more energy after attending choir	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I can be myself at choir	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The Sing with Us choir is a major part of my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel proud of being in a Sing with Us choir	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would recommend Sing with Us to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. What first appealed to you about the choir?

9. If you could sing **one** song with Sing with Us, what would it be?

(Please be aware, we can't make any promises to include this, due to copyright and arrangement issues!)

10. What is the best thing about the Sing with Us choir for you?

11. If you could do one thing to improve the choir what would it be?

12. Please use this space for any further comments

13. We might like to use some of your comments to promote Tenovus Cancer Care and our services.

Would this be acceptable to you?

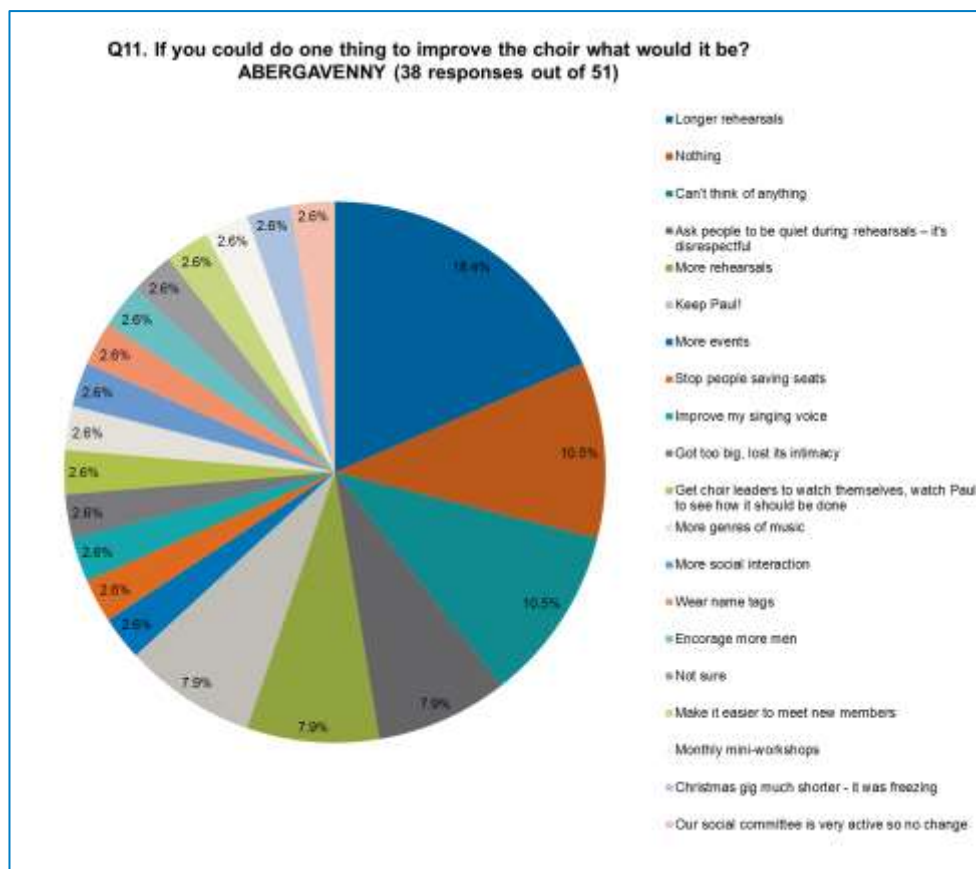
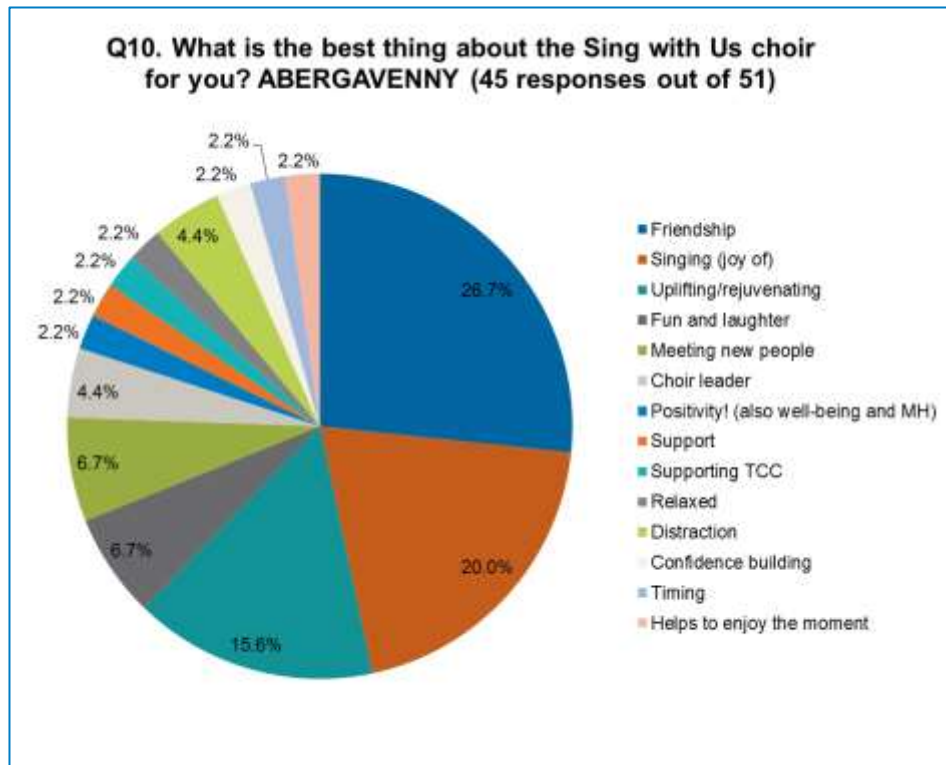
Yes

No

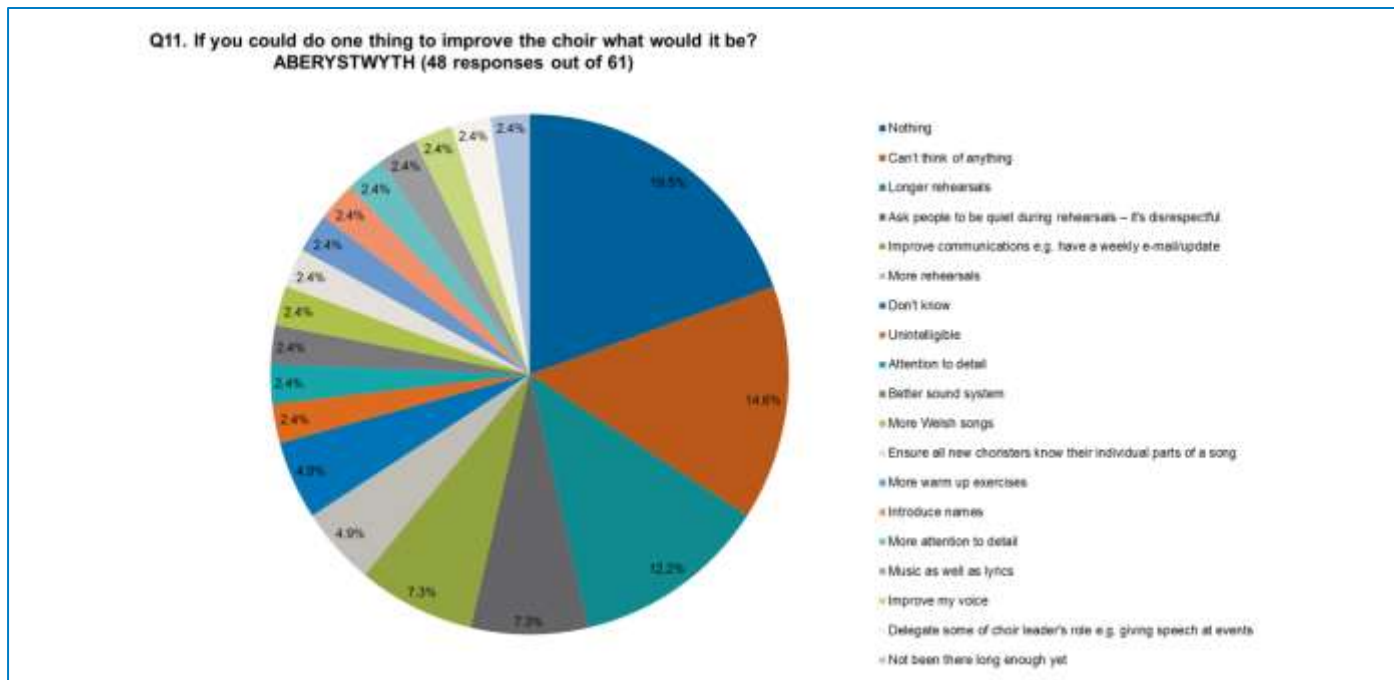
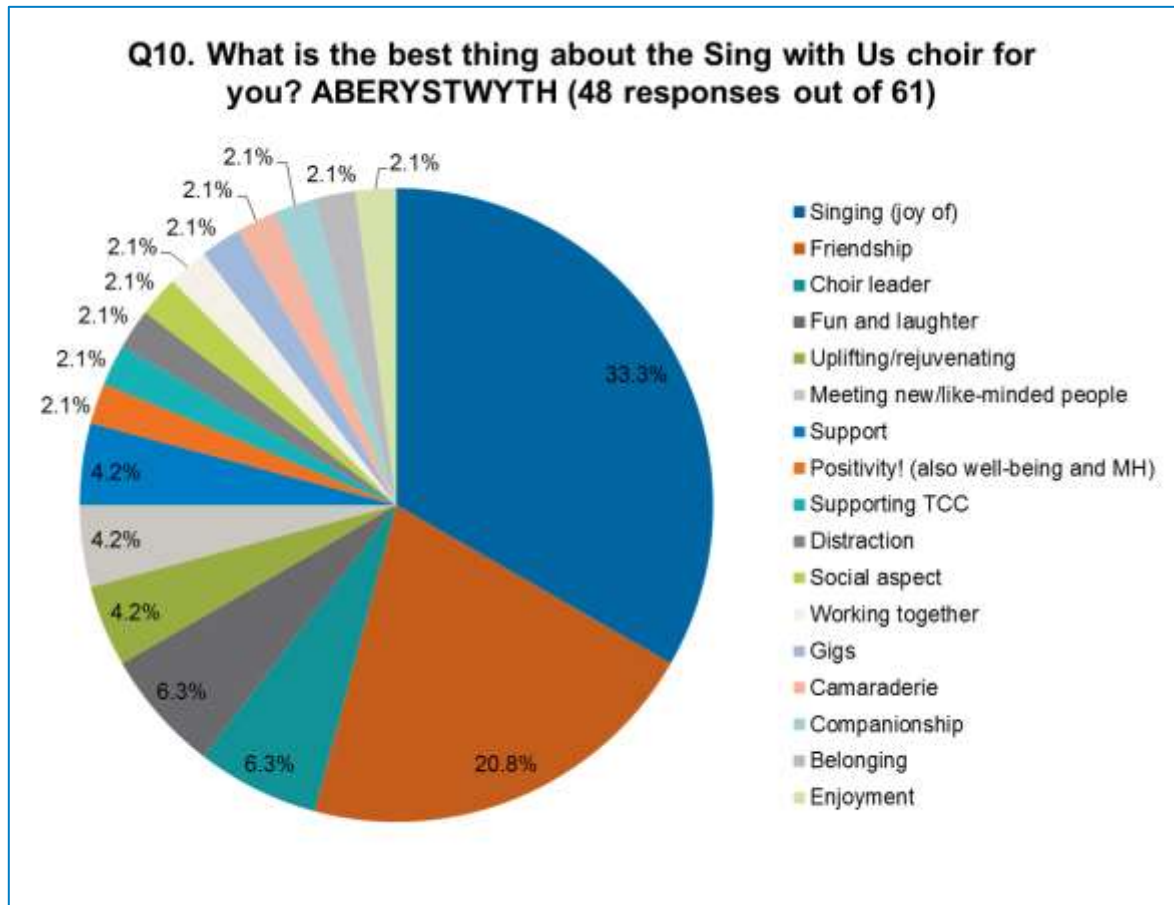
Appendix B: The 'best thing' and 'one thing to improve' by individual choir

The following charts show all of the themes that emerged from the thematic analysis of responses to Q10 and Q11 on a choir-by-choir basis. No comment has been made on the findings because the information presented can be best interpreted and used by the Choir Leaders and the SwU Lead. The numbers in the title of each chart show the number of choristers who answered this question out of the total number of choristers who responded to survey per choir.

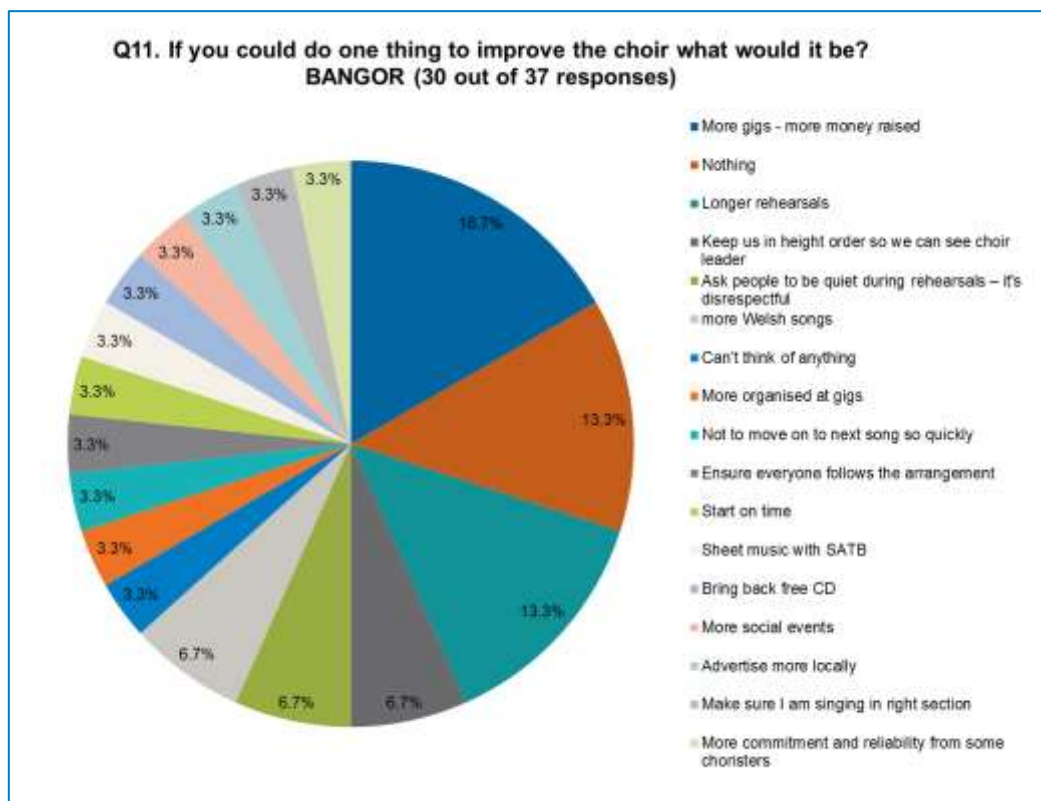
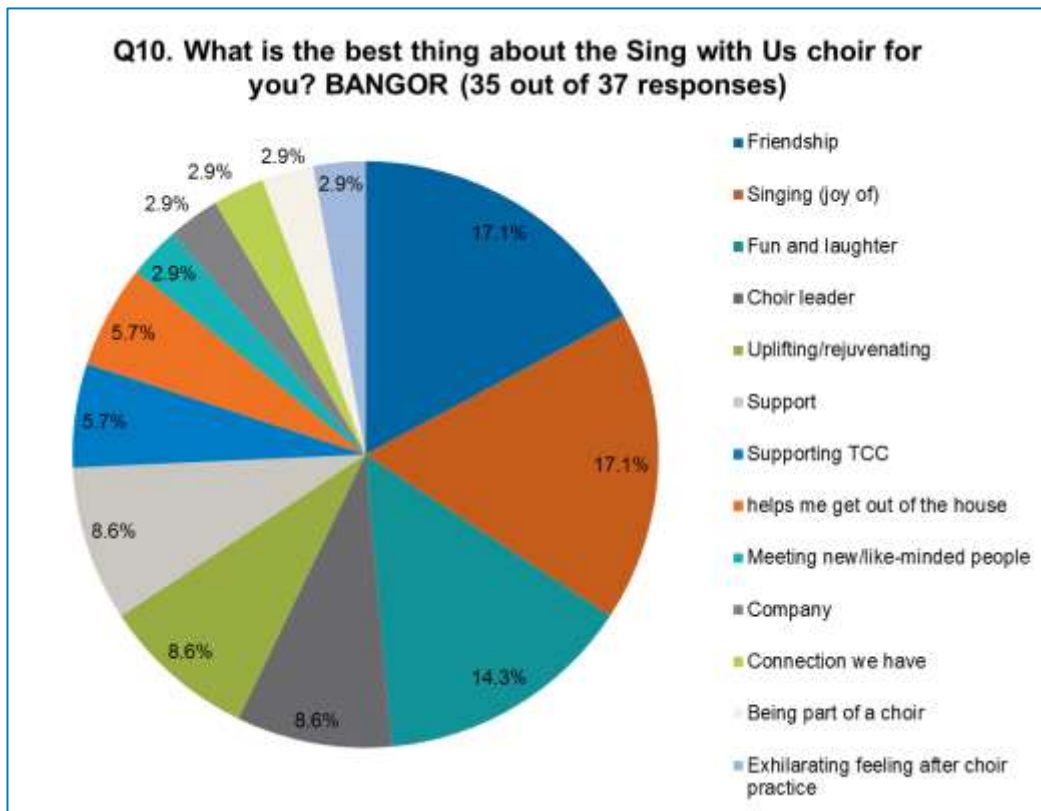
Abergavenny – best thing and ‘to improve’



Aberystwyth - best thing and 'to improve'

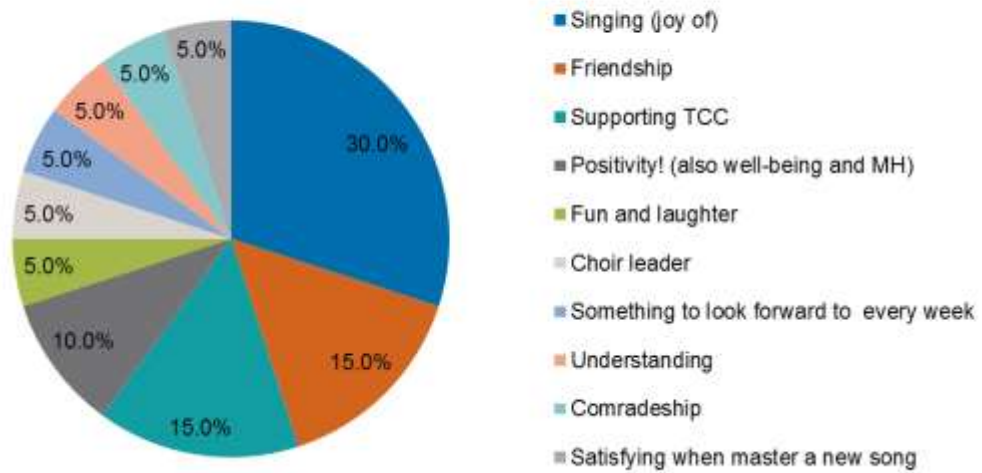


Bangor - best thing and 'to improve'

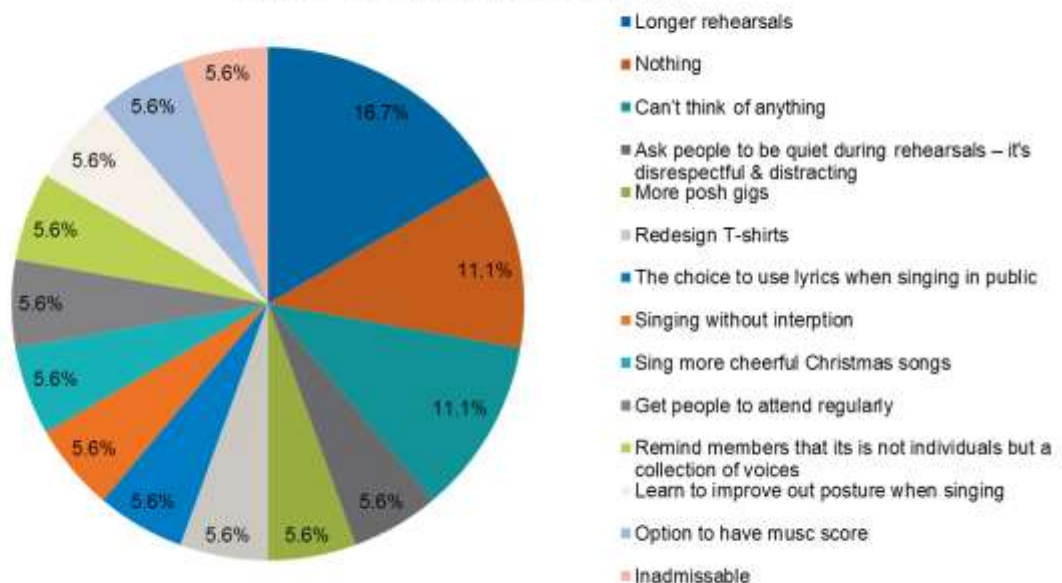


Barry - best thing and 'to improve'

Q10. What is the best thing about the Sing with Us choir for you? BARRY (20 out of 21 responses)

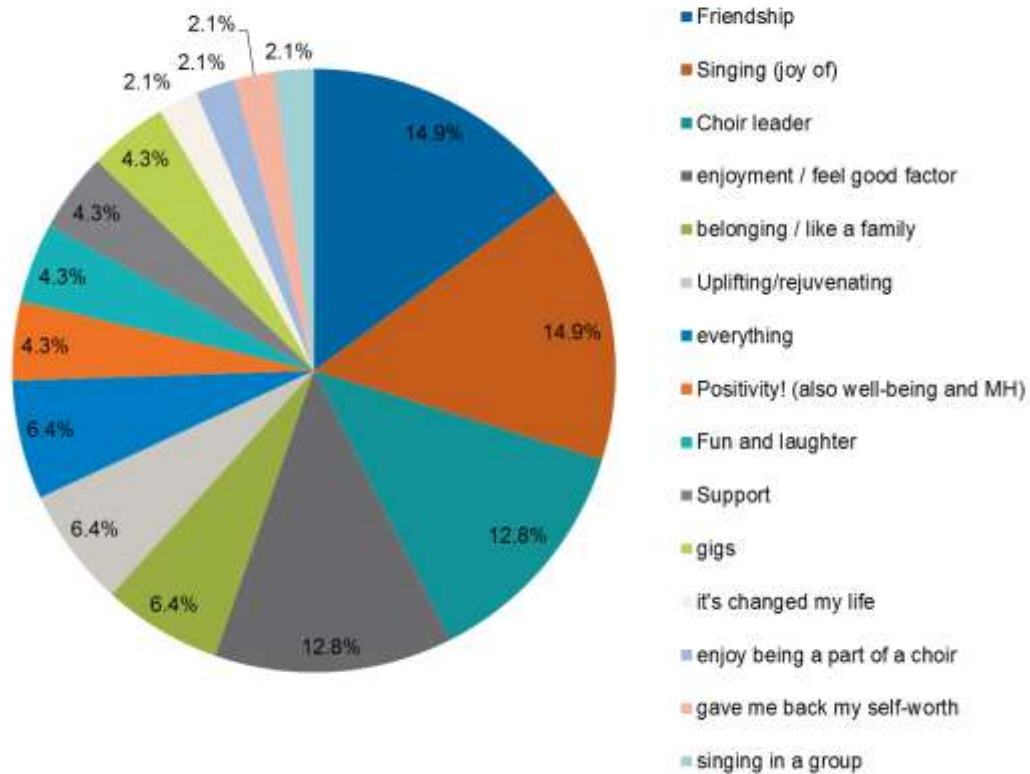


Q11. If you could do one thing to improve the choir what would it be? BARRY (18 out of 21 responses)

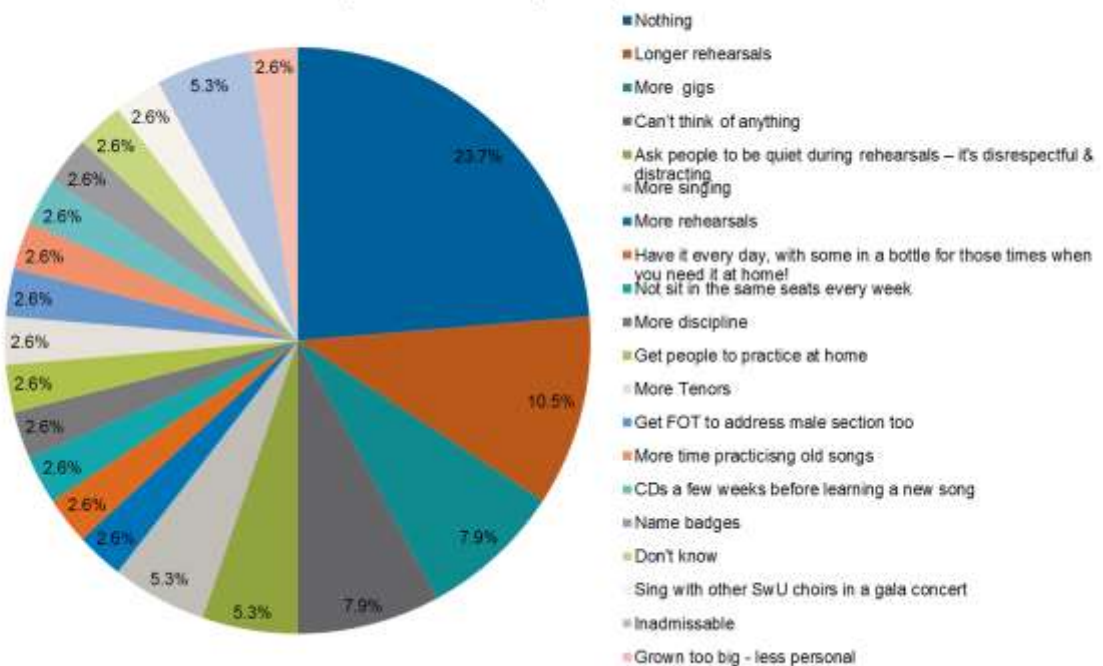


Bridgend - best thing and 'to improve'

Q10. What is the best thing about the Sing with Us choir for you? BRIDGEND (47 out of 53 responses)

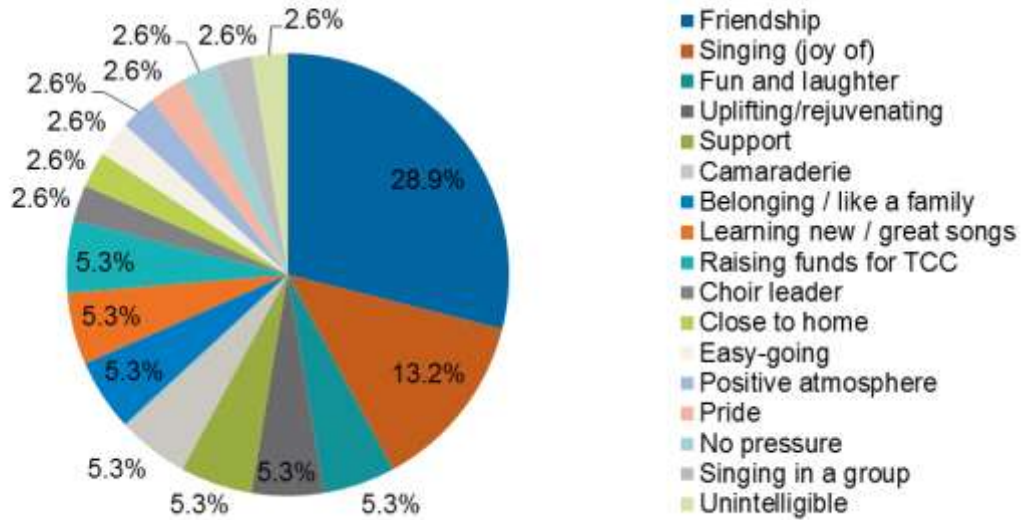


Q11. If you could do one thing to improve the choir what would it be? BRIDGEND (38 out of 53 responses)

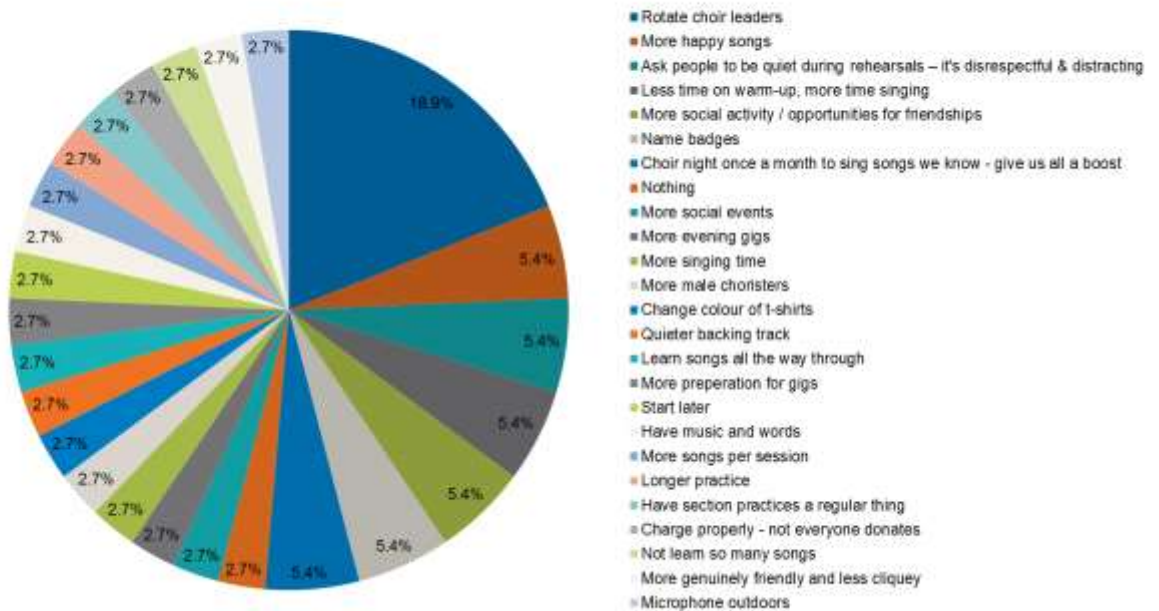


Cardiff North - best thing and 'to improve'

Q10. What is the best thing about the Sing with Us choir for you? CARDIFF NORTH (38 out of 45 responses)

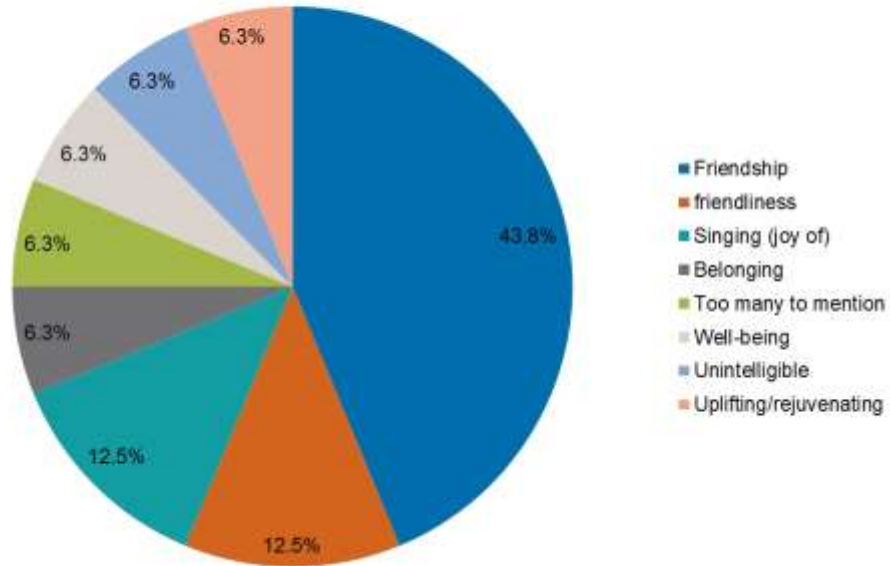


Q11. If you could do one thing to improve the choir what would it be? CARDIFF NORTH (37 out of 45 responses)

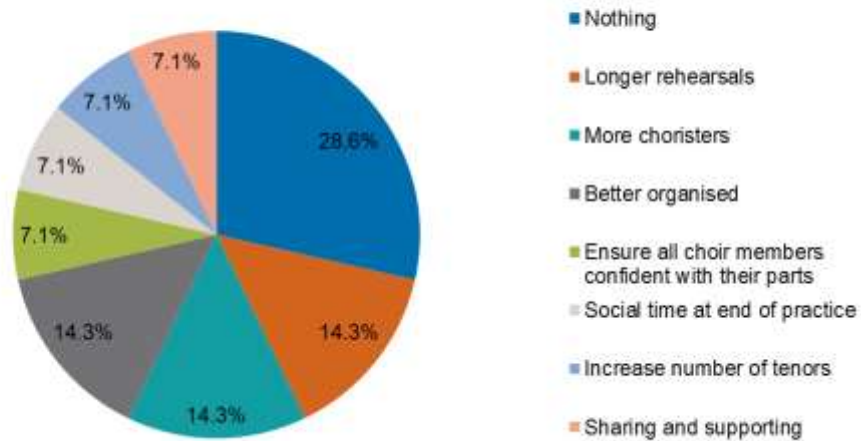


Cardiff South - best thing and 'to improve'

Q10. What is the best thing about the Sing with Us choir for you? CARDIFF SOUTH (16 out of 18 responses)

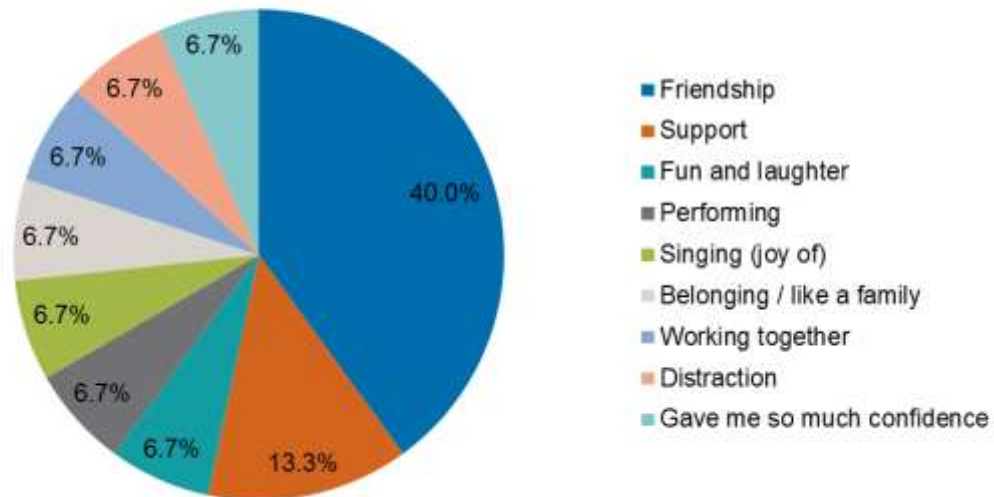


Q11. If you could do one thing to improve the choir what would it be? CARDIFF SOUTH (14 out of 18 responses)

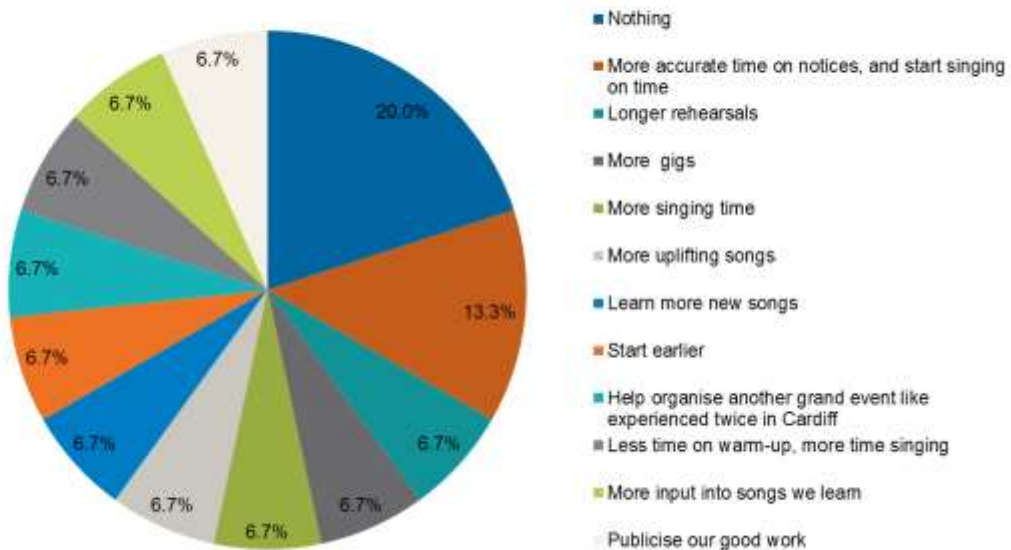


Carmarthen - best thing and 'to improve'

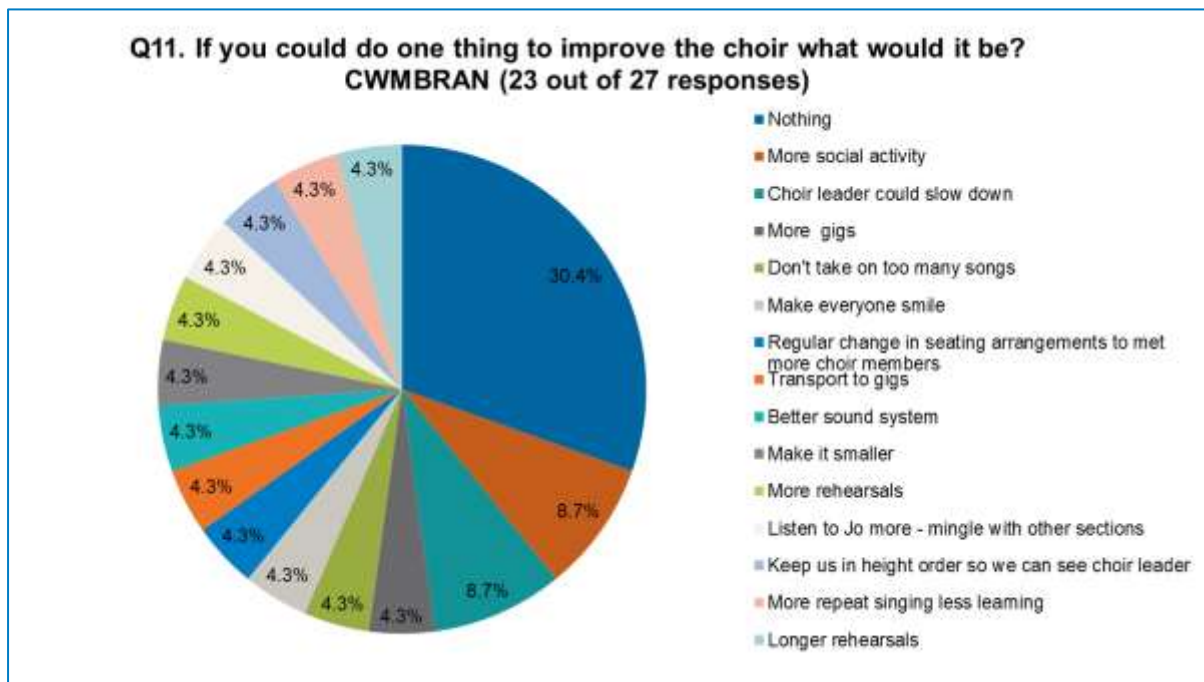
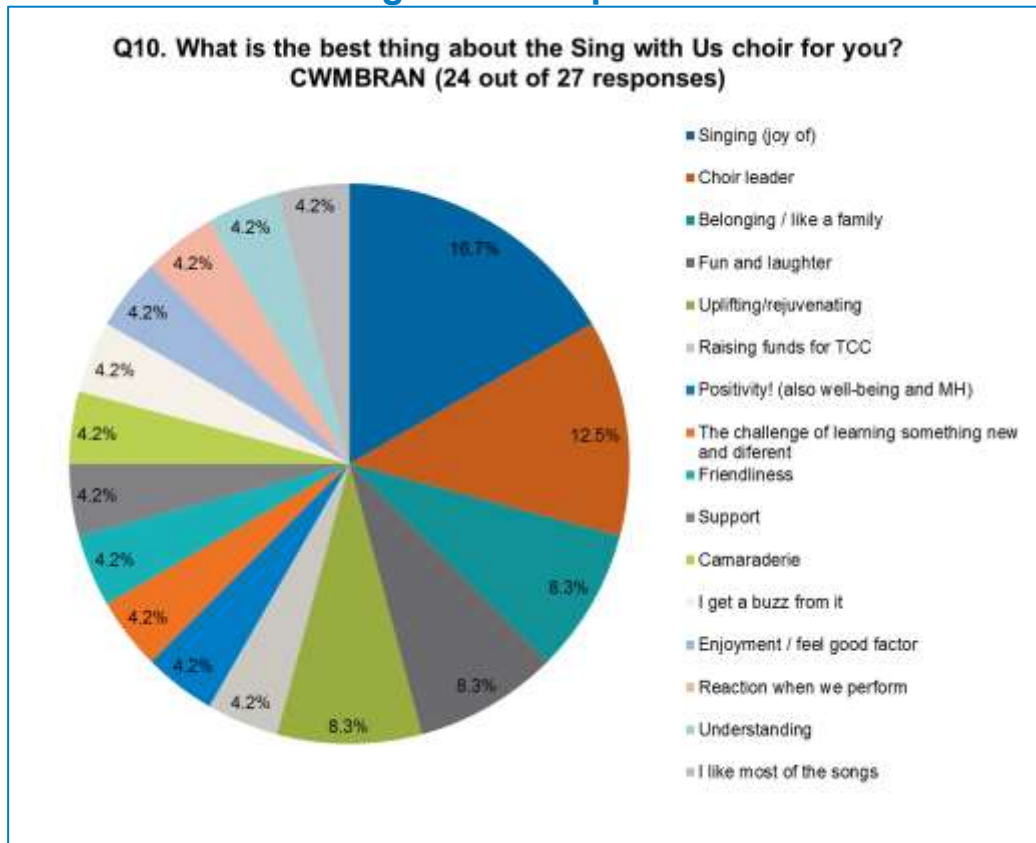
Q10. What is the best thing about the Sing with Us choir for you? CARMARTHEN (15 out of 16 responses)



Q11. If you could do one thing to improve the choir what would it be? CARMARTHEN (15 out of 16 responses)

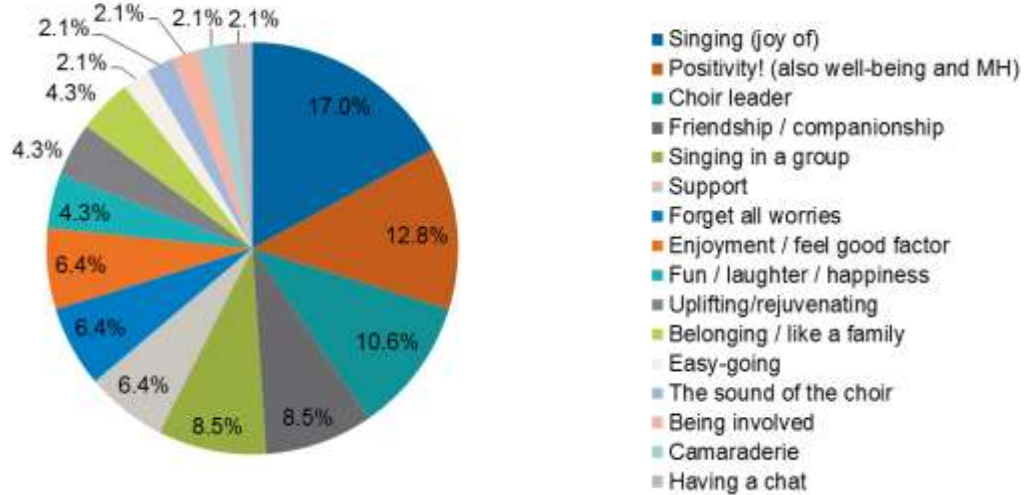


Cwmbran - best thing and 'to improve'

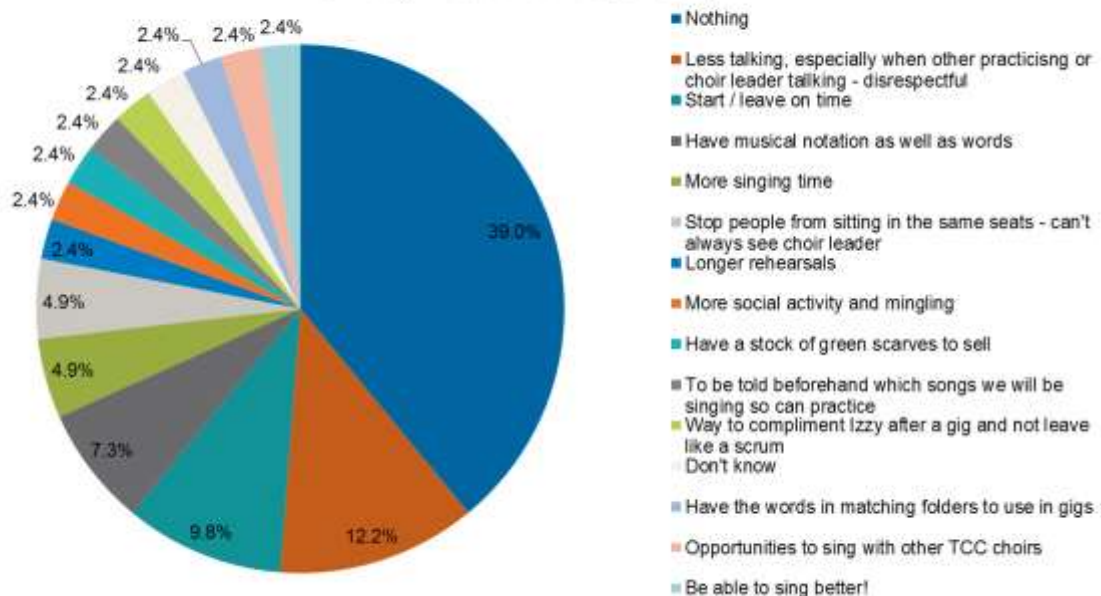


Llandudno - best thing and 'to improve'

Q10. What is the best thing about the Sing with Us choir for you? LLANDUDNO (47 out of 54 responses)

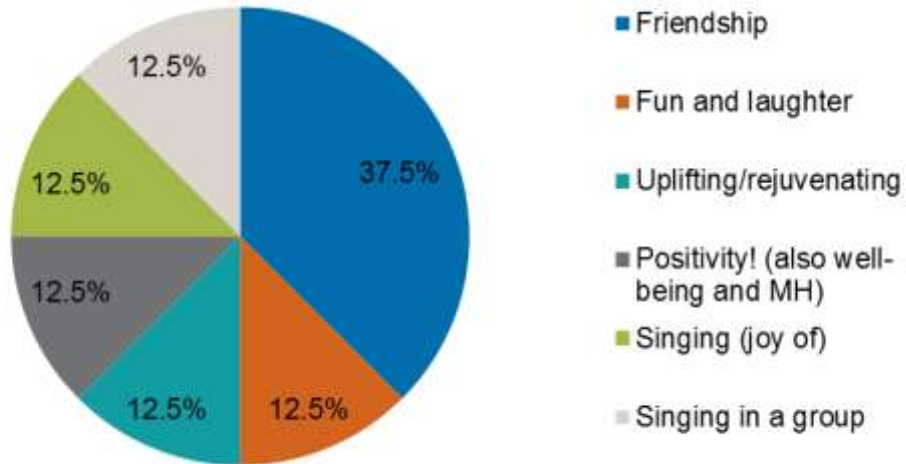


Q11. If you could do one thing to improve the choir what would it be? LLANDUDNO (41 out of 54 responses)

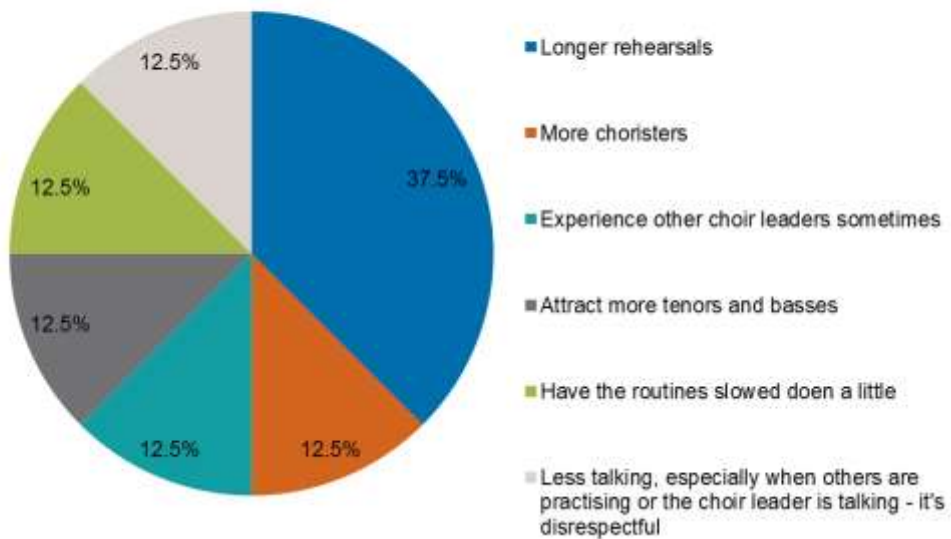


Llanelli - best thing and 'to improve'

Q10. What is the best thing about the Sing with Us choir for you? LLANELLI (8 out of 11 responses)

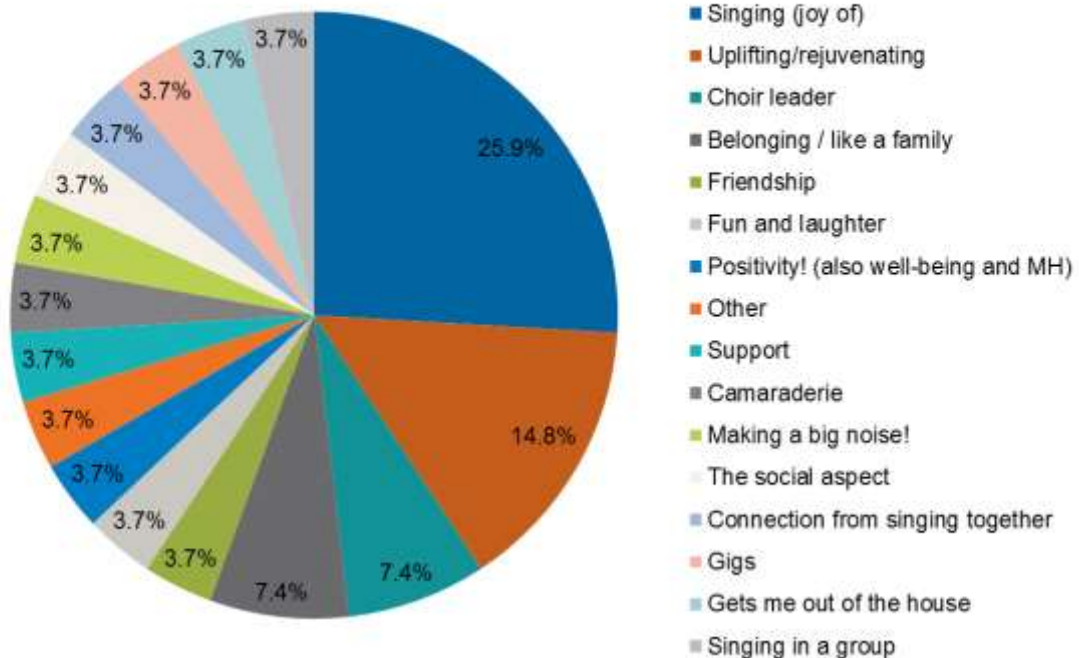


Q11. If you could do one thing to improve the choir what would it be? LLANELLI (8 out of 11 responses)

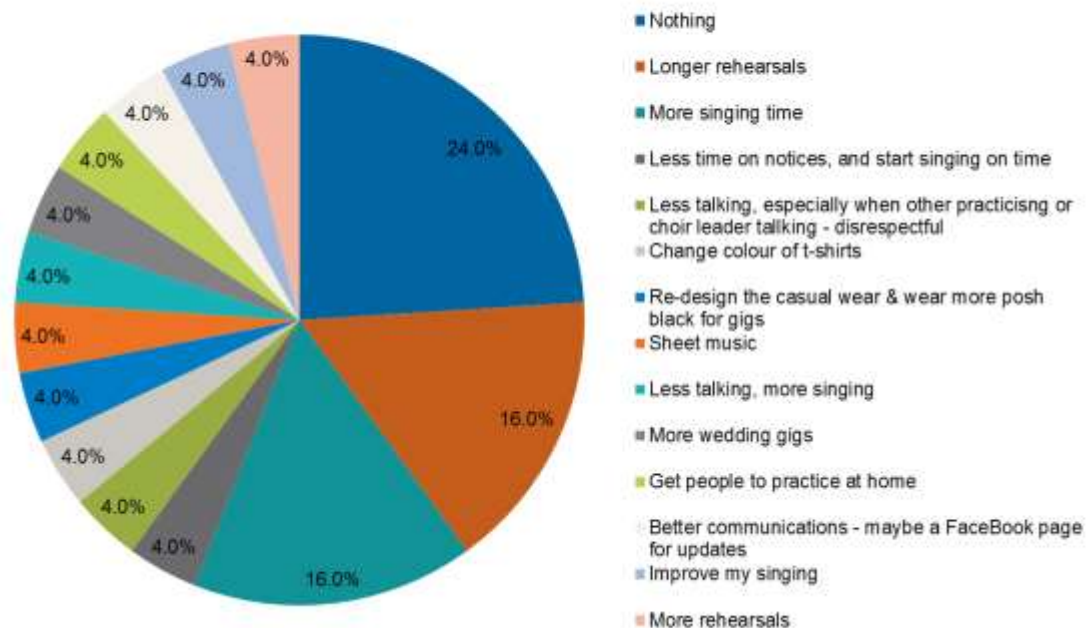


Llanidloes - best thing and 'to improve'

Q10. What is the best thing about the Sing with Us choir for you? LLANIDLOES (27 out of 29 responses)

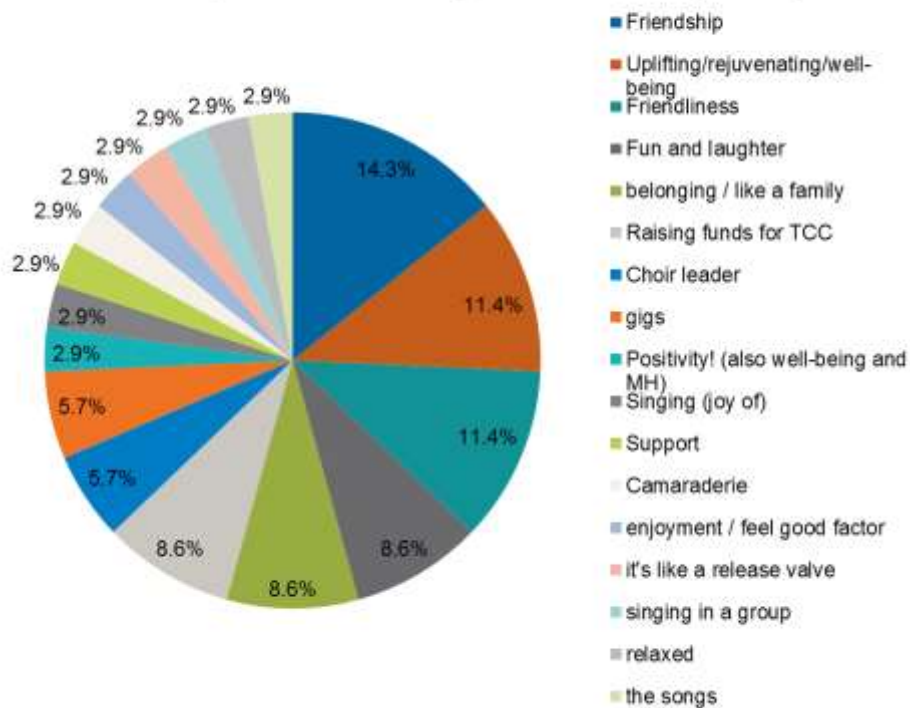


Q11. If you could do one thing to improve the choir what would it be? LLANIDLOES (25 out of 29 responses)

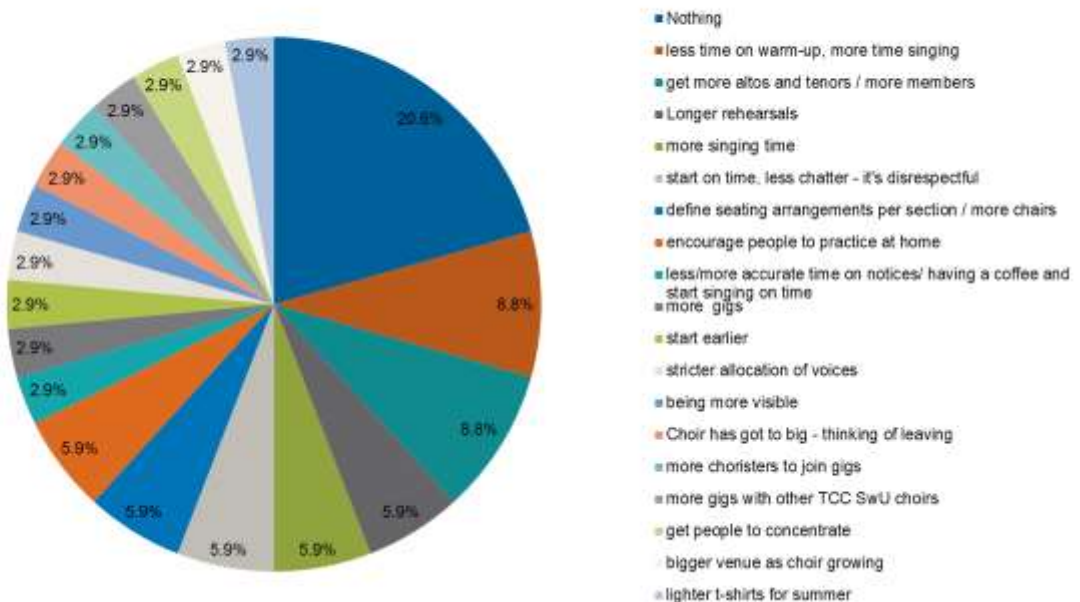


Merthyr Tydfil - best thing and 'to improve'

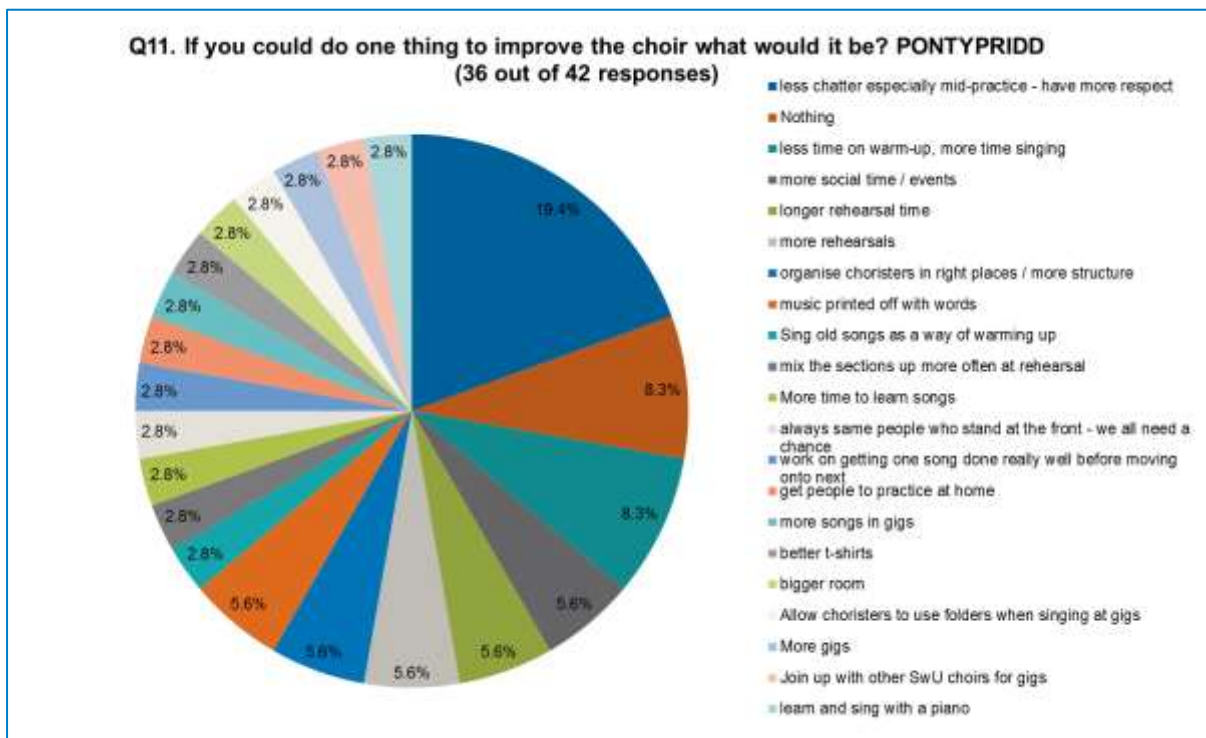
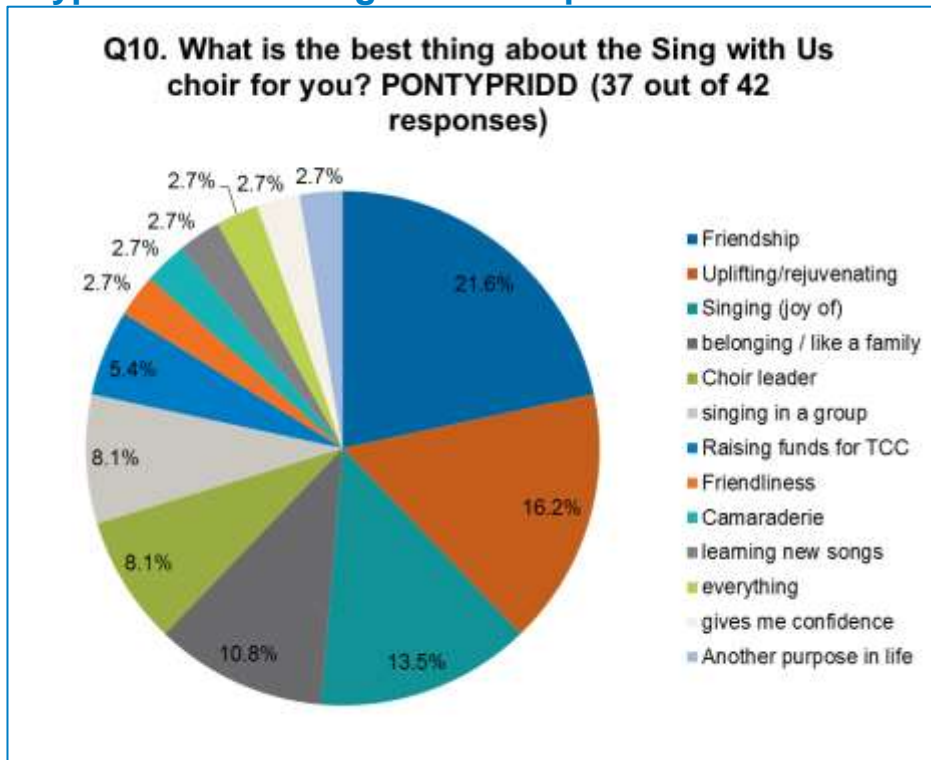
Q10. What is the best thing about the Sing with Us choir for you? MERTHYR (35 out of 36 responses)



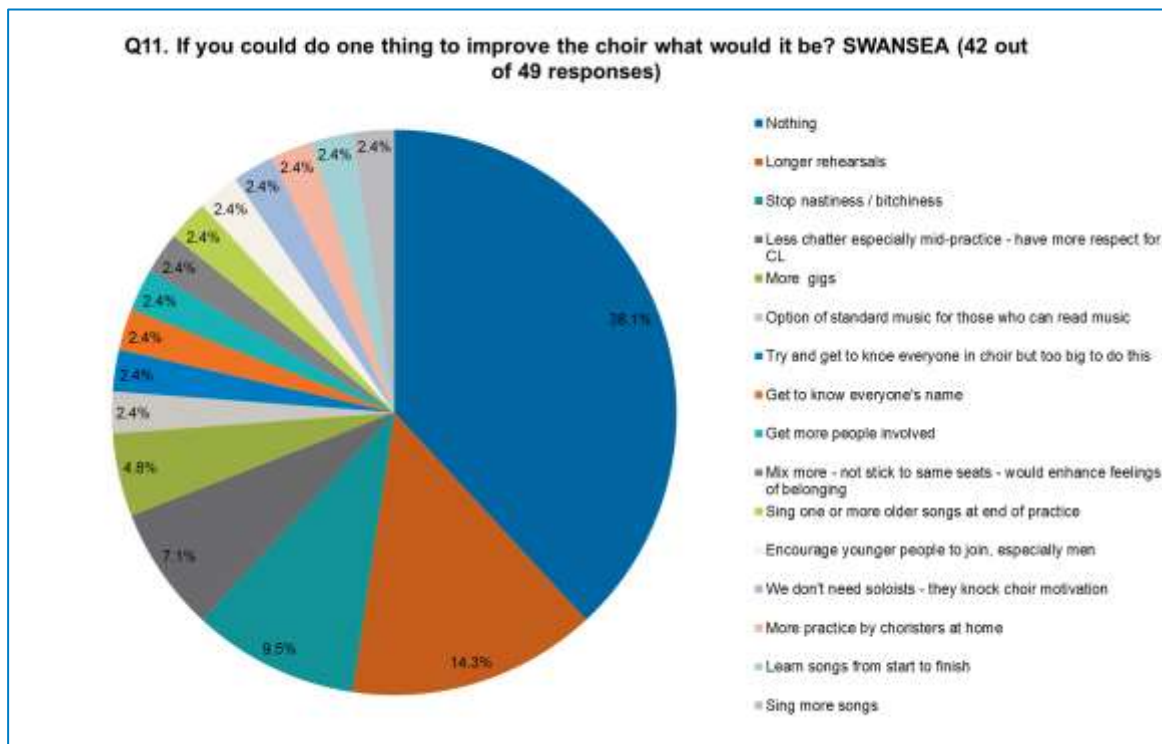
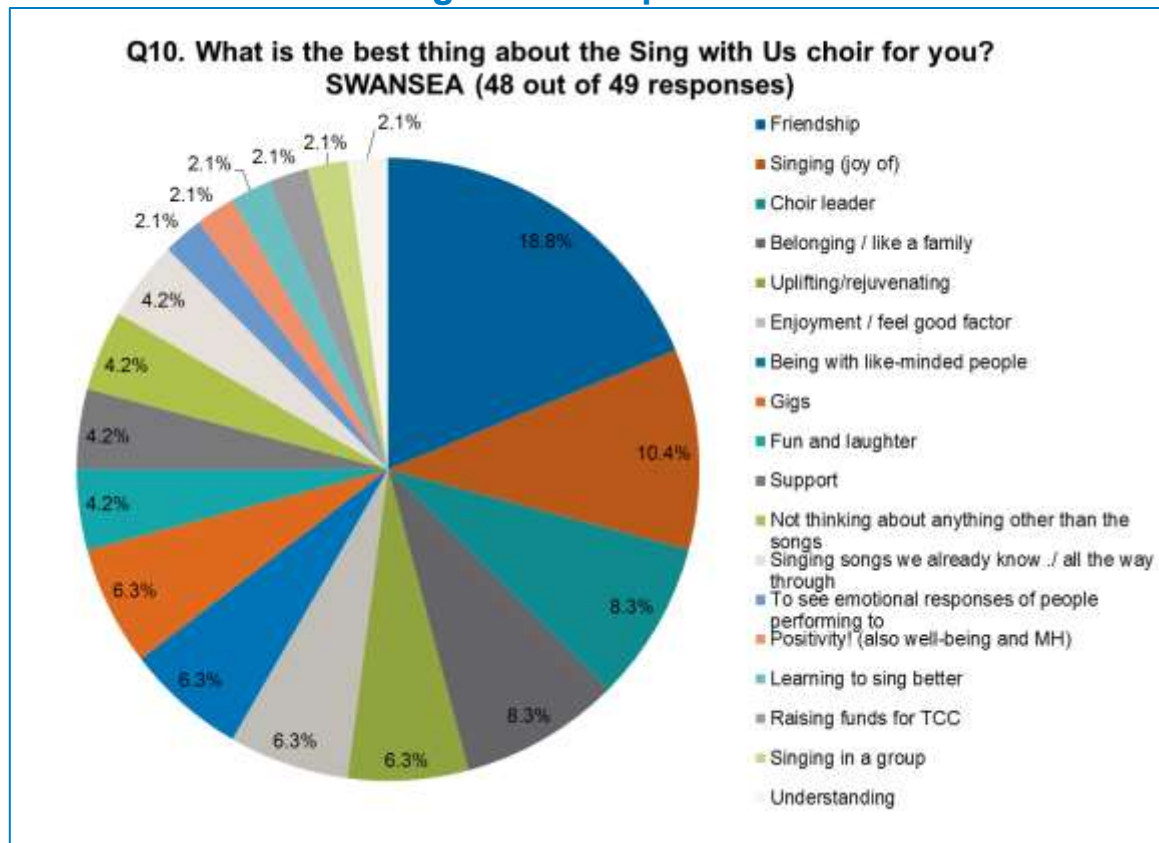
Q11. If you could do one thing to improve the choir what would it be? MERTHYR (34 out of 36 responses)



Pontypridd - best thing and 'to improve'



Swansea - best thing and 'to improve'



Wrexham - best thing and 'to improve'

