



the orchard centre

The Launceston Youth Partnership Ltd
Blind Hole
Market Street
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Telephone 01566 777375

The Orchard Centre is a small charity based in Launceston. We sit on a Town Plan Group with the Town Council, supporting the community in many ways. We are an important part of the Hub Funding that is granted by the NHS via Volunteer Cornwall. We work to ensure opportunities for the community by individuals can be supported as well as other organisations. Launceston is often forgotten when it comes to new and innovative ideas but using this funding and collaborating with Elmsgrove Community Arts CIC, I am writing to express my strong support for a new free community music and singing for health initiative, designed to enhance wellbeing, social connection, and inclusion through the shared joy of music.

There is growing evidence that group singing and music, provides measurable physical and mental health benefits. It improves breathing and posture, boosts mood through endorphin release, reduces stress, and strengthens a sense of belonging. In a time when social isolation, anxiety, and low mood are increasingly common, especially among vulnerable groups, this project offers an accessible, uplifting, and proven way to support community health.

What makes this particularly valuable, is its commitment to accessibility and inclusion. By offering free sessions, the group removes financial barriers to participation. It welcomes people of all ages and abilities, including those with no previous musical experience. The focus is on enjoyment, connection, and wellbeing rather than performance or competition. This makes it especially beneficial for individuals who may feel isolated, anxious, or excluded from other community activities. The project's outcomes so far align strongly with key public health and community priorities, including:

- **Improving mental wellbeing and resilience**
- **Reducing loneliness and social isolation**
- **Encouraging active, creative participation**
- **Building stronger, more connected communities**

With further funding, Elmsgrove Community Arts CIC can deliver a sustainable, high-impact community resource that benefits participants' health and enriches local life. I am confident that this initiative represents **excellent value for money** in promoting holistic health and community wellbeing.

Pat Orridge, on behalf of the Trustees.

Registered Charity Number: 1086738

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The Orchard Centre, Market Street, Launceston, Cornwall PL15 8AU

Chairperson: Pat Orridge | Vice Chairman Margaret Young | Secretary Paula Bullen | Facilities Chris Theobald
| Deborah Dingle