Lucy Adams and Professor Chris Hardacre

Chemical Engineering and Analytical Science Choir and Wellbeing Initiative

Lucy and Chris deserve recognition for establishing the Chemical Engineering and Analytical Science (CEAS) choir and their commitment to wellbeing in CEAS. The choir is jointly run by Chris and Lucy and was established in April 2017. Since then the choir has grown in numbers to approximately 20 members and has taken part in several performances including the CEAS BBQ 2017, CEAS BBQ 2018, Faculty Christmas Party, Wellbeing Week, the Faculty Better World Awards and the University Wellbeing Fair. The choir welcomes all abilities and involves weekly lunchtime rehearsals in which Lucy and Chris both organise. Thanks to the choir, all members have benefited from being part of this initiative. Singing in a choir has been scientifically proven to be good for your health from getting more oxygen into the blood and improving mental health. The choir rehearses at lunchtimes, allowing staff to improve their wellbeing and enjoy an hour of activity that is different from their typical day of work. There are also social benefits of joining a choir including making new friends and meeting others with an interest in music. Overall the choir is a wonderful initiative that has impacted wellbeing in the School and beyond.

How Lucy and Chris have made a difference

The formation of the CEAS choir by Lucy and Chris has made a difference by providing an opportunity for staff to learn and develop a new skill whilst making friendships in the workplace. Singing has also been scientifically proven to have positive affects for health and wellbeing. Lucy and Chris have driven this initiative from the beginning with great passion and enthusiasm, encouraging others to enjoy the benefits of music. They organise for the choir to perform at staff and University events inside and outside the School, aiming to inspire others to explore new ways of achieving wellbeing.