

Media Release

IMMEDIATE RELEASE
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Paul to lead Sing for Joy choir

He's young, he's a talented musician, and he's excited to be selected by the members of ACH Group's Sing for Joy choirs as their new director.

At the age of 25, Paul Sinkinson already has an impressive musical career as a composer, accompanist and musical director.

He's just graduated with a Master of Teaching from University of South Australia, but after filling in as accompanist for ACH Group's four choirs – whose members range in age from 65 to 98 – he opted to apply for a more permanent role.

"I had spent a few months getting to know the choirs as accompanist, and it was such an enjoyable experience," Paul says. "When they advertised the position I thought, why not? I want to keep interacting with these lovely people, and my skills in teaching and music performance are transferrable."

Paul was invited to run a mock rehearsal as part of a selection process in which choir members helped draft selection criteria for the position and were asked to provide feedback on candidates. Each week Paul travels across SA to rehearse with choirs based at Wynn Vale, Campbell Town, Glenelg South and Seaford.

Paul says he loves his new role and is passionate about the social, physical and emotional benefits that choirs deliver to older people.

"As soon as we start singing, people start smiling and laughing, and you can feel any tension disappear," he says. "When a harmony works, it's so uplifting. People leave feeling good and it gets them through the week."

Paul graduated with a Master of Teaching from the University of South Australia in 2017 and has a range of experience working as a composer, accompanist and musical director.

During his career, he has worked as Accompanist for GreenRoom Speakeasy at The Adelaide Cabaret Festival, Musical Director for Mary Poppins and Wicked, Choir Accompanist for Cabra Dominican College, and Keyboard player for The Sound of Music and Singin' in the Rain. Founded in 2010, ACH Group choirs are supported by the ACH Group Foundation for Older Australians. The choirs provide a vehicle for people to come together irrespective of ability to learn, enjoy music and feel the benefits of being included in their community.

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About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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