

Wellbeing Mission Statement/Website Wellbeing Page

At the Tallis Choral Foundation, performer and participant wellbeing sits at the heart of our work. We recognise that many of our singers are young people at the start of demanding career pathways, where opportunities can be difficult to find and where feedback on performance can feel deeply personal to give and to receive. Although we strive for excellence, we believe that making music together should be enriching, supportive and human.



We are committed to positive mental health and to cultivating a welcoming, inclusive environment where singers can develop, socialise and make music with like-minded individuals. We hope you will find that Tallis is a place to belong and be valued as a person as well as a performer.

We want every singer to feel safe to contribute, to take artistic risks, and to learn without fear of embarrassment or exclusion.

Mental Health Support: Hub of Hope

Hub of Hope is the UK's leading mental health support database. It is provided by a national mental health charity, and it brings local, national, peer, community, charity, private and NHS mental health support and services together in one place. You can search the support locally available by entering your postcode.

<https://hubofhope.co.uk/>

Download the FREE Hub of Hope app for iOS or Android

Find local services on the go using geolocation technology
Mental health support at your fingertips, wherever you go
Access urgent help fast
Find help for others wherever you are



Listening support

If you are struggling - whether connected to Tallis or not - you do not have to carry it alone.

We offer a listening route for members and performers who would value a confidential conversation. This is not a counselling service, but it is a supportive first step: a chance to talk things through, feel heard, and consider next steps.

How to access:

- Speak to a Trustee in person at a rehearsal/event, or
- Contact the Chair of Trustees (Designated Safeguarding Lead) via the contact details listed on our website.

Signposting to professional help

We can also help you access appropriate external support, depending on what you need. This may include signposting to:

- [Your GP](#)
- [Local NHS talking therapies](#)

- [Samaritans \(24/7\) including online chat](#)
- [Mind and other mental health charities](#)
- Specialist support services where relevant

If there is immediate risk of harm, always call 999, or go to your nearest A&E.

Safeguarding: keeping everyone safe

Although membership of the Tallis Choral Foundation is for adults aged 18 and over, we occasionally work with singers who are under 18 in rehearsals, performances or outreach. In these circumstances, our Safeguarding and Child Protection Policy applies in full, including chaperone requirements and clear procedures for raising concerns.

Safeguarding is not only about children. We take seriously our responsibility to create a safe environment for everyone involved in our work - members, guests, audiences, contractors and volunteers - and to respond promptly and appropriately to any concerns.

Policies and procedures that support wellbeing

Our commitment to wellbeing is supported by clear policies, including:

- Anti-Bullying and Harassment Policy
- Safeguarding and Child Protection Policy
- Code of Conduct
- Whistleblowing Policy
- Health and Safety Policy
- Media, Photography and Recording Policy

You can find these policies on our website, and we encourage all members to read them.