



Media release

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EMBARGOED UNTIL 10AM 8 SEPTEMBER 2022

Choir of Hard Knocks Make Every Moment Matter for RUOK Day

The [Choir of Hard Knocks](#) have made a return to performing after two years of lockdowns and have collaborated with composer [Aislinn Sharp](#) to record a video of her powerful and moving song 'Matter', which will be launched on RUOK Day 8th September 2022.

Brisbane based Aislinn who is an RUOK ambassador created The Matter Project, to help inspire people to have conversations about mental health. Her vision was to have the song 'Matter' recorded by The Choir of Hard Knocks for RUOK day 2020, however it took over two years for that to happen.

The weekly in person rehearsals for the Choir of Hard Knocks (the Choir) stopped in March 2020 and while efforts were made to move them online, this was difficult for many of the choir members who don't own a computer or have access to a computer.

Fast forward to 2022, under the guidance of Artistic Directors, Adam Przewlocki and Danielle Matthews, the Choir were back in rehearsals together and were presented with the beautiful lyric to learn. Before long they were ready to record the song and video. The Matter Project played an important role in reuniting the choir members and establishing a sense of purpose after a difficult and long-time apart.

The result is a moving rendition of a powerful song, performed by choir members who themselves have experienced mental illness, depression and homelessness. Aislinn wrote the song during a difficult time in her life, in the hope it would help others.

The video recording of the song was captured over a three-week period with most members of the Choir taking their turn in front of the camera to record their part. Footage was captured in such a way to ensure the end result would sound as if the Choir were singing together in the same room. The video is available to stream from [You Tube](#).

The Choir gained notoriety over 15 years ago with their Logie Award winning ABC documentary under the leadership of founding artistic director, Jonathon Welch AM, and continues to inspire and entertain with their repertoire of songs including the much-loved Hallelujah and now, this heart-warming version of 'Matter'.

Weekly rehearsals have seen the Choir bounce back to the quality, tone and sound they had achieved prior to the pandemic. The Choir's first public concert since covid lockdowns will be held in Docklands (Melbourne) on Sunday 23rd October 2022 at 3pm with guest performance by Rainbow Voices Community Choir. Tickets will be available from the website.

Be inspired and moved by [listening to The Choir of Hard Knocks](#) singing Matter by Aislinn Sharp.

Quote attributable to Aislinn Sharp, songwriter



It's been an absolute privilege to have the Choir of Hard Knocks record my song and create a video that can be viewed, shared and enjoyed. I wrote the song to help others dealing with tough times and mental illness. Hearing the song is one thing but seeing them all on screen singing it with so much heart just blew me away. I loved the way the choir made the song their own, particularly the way the male members sung the lyrics with such conviction. Mental health matters more especially in a lockdown so having the Choir of Hard Knocks be a part of The Matter Project, meant a great deal.

Quote attributable to Adam Przewlocki, Artistic Director Choir of Hard Knocks

It has been exciting to be involved with composer Aislinn Sharp in the creation of a virtual video performance with the Choir of Hard Knocks performing her song Matter. Seeing the way The Matter Project bonded and inspired the members of the choir as one of our first songs to learn after lockdown was truly heart-warming.

Quote attributable to Stephen Blackburn

I was blown away at the quality of the audio files I received to develop the audio mix - especially when they were recorded on a mobile phone. It's testament to technology today, and also the quality of the Choir. Taking individual sound grabs and video shots of each member and then pulling it all together to create a virtual choir can be challenging. But as they say necessity is the mother of invention and we'll certainly use these skills to create more virtual performances from the choir to be shared online – and enjoyed worldwide.

For more information contact

Jan Hamilton, Manager, Choir of Hard Knocks

p: 0419 337283

E: info@choirofhardknocks.org.au

W: <https://choirofhardknocks.org.au/>