

Village Report

Launton Village Rock Chorus

The Launton Village Rock Chorus are a village based non profit group that continues to go from strength to strength and numbers around 20 members at full tilt. We perform wherever possible for charity and even occasionally for cash.

We are regular performers at the Bull Inn's Summer Music Festival and the Bicester Big Lunch and at the end of last year performed sets at both the Bicester and Kings Arms Xmas markets.

We rehearse every Tuesday in the parish hall and everyone is welcome.

Singing lowers stress levels. Making music in any form is relaxing. Singing releases stored muscle tension and decreases the levels of a stress hormone called cortisol in your blood stream. Singing improves mental alertness. Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain.

Report from Steve Webber