



Lyris for Women – empowering wellbeing through the joy of music



Based in Carlisle, Lyris for Women is dedicated to empowering women to find their voices through connection, support, and shared experiences.

Recognising the challenges of isolation, mental health stigma, and limited access to local resources, Lyris leverages online connectivity to create safe spaces where women can thrive emotionally, mentally, and physically.

Many women experience isolation due to life transitions, caregiving responsibilities, or lack of supportive networks. Lyris for Women uses digital platforms to overcome these challenges. Lyris for Women - a choir and a voice, takes a hybrid approach, combining an in-person choir based in Carlisle with online vocal coaching and technique lessons. The online technique sessions are run completely separately from the choir and provide an opportunity for women to find their voices through accessible vocal technique and song. These online sessions give women the opportunity to share experiences and offer mutual support whilst participating in an activity they love.

We caught up with Charlotte Jackson who runs Lyris for Women to talk about how online connectivity is supporting what she does.

Charlotte said “At Lyris, we believe music has the power to unite people, no matter where they are. Our online singing technique and song lessons create a space where voices come together, friendships blossom, and isolation fades. In a world that can feel disconnected, we offer a forum for individuals to pursue their passion, boost confidence, and nurture both mental and physical well-being. The choir brings a together individuals who are passionate about singing and who have a shared commitment to achieving the highest musical standards. Singing in tune and a high level of commitment are the only prerequisites for joining. Reading music is an advantage but for those who don’t, recordings of the vocal parts are all recorded and shared on an app called ChoirMate. The only prerequisite for Lyris for Women - simply a voice online (our online lessons) is a love of singing!”.

“What makes what we do even more special is how it brings people together from different parts of the county and beyond. Singing is for everyone, young and old, and provides moments of pure pleasure that lift the spirit and brighten the day. Whether you join us in person or online, you’ll find a welcoming group of women ready to share in the joy of music”.



“Our interactive sessions, delivered via video conferencing tools, ensure accessibility regardless of location. It is amazing to see what happens when the talented women who participate in these sessions come together.”

Whether online or in-person, Lyris for Women works to reduce isolation, improve the mental health and enhance the physical wellbeing of those who participate.

Charlotte went on “digital tools allow Lyris to reach women who might otherwise remain disconnected due to geography, mobility issues, or time constraints. By creating these virtual sessions, Lyris ensures that support is inclusive, accessible, and continuous”.

With the support of her broadband service, Charlotte hopes to build on the success of Lyris for Women and would urge residents and businesses across Cumbria to check the services available to them “Lyris for Women demonstrates how online connectivity can transform lives by bringing talented people together, breaking down barriers, and promoting wellbeing. Through our use of digital platforms, we empower women to connect, share, and grow, proving that technology can be a powerful tool for human connection and resilience. Improved access across Cumbria is so important for our county and for those who live, work and visit here”.

Charlotte set out her current offers as below:

“Try Lyris for Women - simply a voice online (online lessons) for £22.50 for the first month (£45 monthly thereafter if you choose to continue, which I am sure you will!)”. Follow the link here: <https://bit.ly/3Kj55Ur>

“If you would like to join Lyris for Women - a choir and a voice, (the in-person choir with online lessons) the first month’s trial is half price at £31 and I am also offering a free singing lesson (worth £50) to everyone who joins in January”. Follow the link here <https://bit.ly/4rwtjLx>

To find out more about Lyris for Women, visit their Facebook page [here](#) or contact Charlotte directly with any queries or enquiries on 07990797479 or director@lyris.uk.

If you would like to find out more about online connectivity in your area, please contact the team at info@connectingcumbria.org.uk