

PRESS RELEASE



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Australia & New Zealand Glow Red for World Voice Day APRIL 16, 2024

Once again, landmarks across Australia will light up red – the colour of our larynx – on World Voice Day 2024, but this year the campaign has been extended across The Tasman to our friends in New Zealand.

The goal of the global campaign is to **“Resonate. Educate & Celebrate”** the human voice, so the Australian Dysphonia Network (ADN), is using this message to bring attention to the human voice across Australia and New Zealand by **“illuminating”** historic and iconic landmarks across both countries. The organisation wants to start conversations about voice health, voice loss or voice changes; as well as to symbolise the need for us all to celebrate and value our voice in the same way we value our vision and hearing.

Why focus on ‘voice’? Because unlike vision or hearing, our voice is very often taken for granted, we open our mouths to speak and our words come out. But while most people will relate to the frustration of having lost their voice at some time, (usually after a big night out, belting out your go-to karaoke songs or cheering at a football game), for those with dysphonia, that frustration is a permanent way of life.

Chronic dysphonia can develop for a number of reasons. It can be the result of damage to the larynx; an underlying health condition; overuse or poor vocal technique, or it can be a standalone neurological disorder like Spasmodic Dysphonia. Whilst rare, spasmodic dysphonia is thought to affect 1 in every 100,000 people in Australia and New Zealand including singer Jenny Morris. Overseas celebrities like Robert F. Kennedy, Jr. and Scott Adams, the creator of “Dilbert,” have also had their lives and careers impacted by the condition.

Spasmodic dysphonia can be likened to an eye twitch caused by a spasm of the muscle around your eye. For someone with spasmodic dysphonia, they have a very similar spasm but it affects the muscle in their larynx. This causes the voice to sound gravelly, breathy, crackly, or drop out completely while speaking, making communication difficult.

Approximately 30% of occupations in our society are voice-dependent. This includes performers, teachers, salespeople, politicians and lawyers, just to name just a few; so the impact of dysphonia is life-changing for people working in these areas. It can ruin careers, relationships and lead to depression, yet it is often poorly diagnosed and frequently

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misunderstood. The Australian Dysphonia Network is using World Voice Day and its 'illumination campaign' across the two countries to shine some light on voice disorders in the hope of creating a better understanding of those affected.

Established in 2016, the Australian Dysphonia Network's (ADN) purpose is to support people impacted by a voice disorder. The Network is run by people who live with a voice disorder or have close experience supporting someone who does.

World Voice Day was founded in Brazil back in 1999 to draw attention to the science and phenomenon of voice production. It soon grew to highlight the significant role that the voice plays in every aspect of our daily lives. World Voice Day has gained momentum globally, and currently over 50 countries join the annual celebration.

Visit www.adn.org.au for more information. Donations for the ADN, a not-for-profit charity, can be made securely **via the website**.

For further information or interview enquiries, please contact:

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ATTACHMENT

List of light-up locations

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All sites will light up on 16th April - unless other dates indicated

WESTERN AUSTRALIA

The Bell Tower, Perth
Mount Street Bridge, Perth
Sky Ribbon Bridge, Perth
Northbridge Tunnel, Perth
Eastern Goldfields Community Centre, Kalgoorlie
William Grundt Memorial Library, Kalgoorlie
Matagarup Bridge
Joondalup Drive Bridge
Koombana Footbridge
Foreshore, Bunbury
Marlston Hill Lookout
Marlston Waterfront
Guppy Park
The Navigators & Koombana Drive Roundabouts
Richmond Reserve & Historic Arrol Crane at Jetty Rd
Koolambidi Woola (Bunbury's youth precinct)
Elizabeth Quay
Yagan Square
Brockman Street, Manjimup
Rockingham Foreshore
Mandurah Bridge, Mandurah
Alison Hartman Gardens
Town Square Albany
Trafalgar Bridge
Council House, Perth
Optus Stadium (15th April)

VICTORIA

AAMI Park, Melbourne
Centenary Lights Geelong (Cnr Moorabool & Malop Streets)
Wodonga Water Tower, Wodonga
Mooroopna Water Tower, Shepparton
Riverlinks Eastbank
MCG (TBC)
Victoria Park Lake
Monash Park Tree
Federation Square
Light Cube & Town Hall Broadmeadows
Catenary lights – Geelong
Drum Theatre Building – Dandenong
Bolte Bridge (CityLink - Melb)

NEW SOUTH WALES

Goulburn Visitors Centre
Newcastle Clock Tower
Multi-Arts-Pavillion Lake Macquarie.
Glass House Port Macquarie
The Big Banana Coffs Harbour

TASMANIA

Town Hall, Launceston **16th-17th**
Cardinal Lights (Mawson Pl) Hobart **15th-17th**
Doone Kennedy Aquatic Centre **15th-17th**
Elizabeth Mall Hobart **15th-17th**
Franklin Square Fountain Hobart **15th-17th**
Rose Garden Bridge Hobart **15th-17th**
Tasman Bridge **16th**

QUEENSLAND

Suncorp Stadium
Telfer Street Tower, Brisbane
Jacaranda Tower, Underwood
Wineglass Water Tower, Underwood
Story Bridge/Kangaroo Point, Brisbane
Wickham Terrace Car Park Wall
Breakfast Creek Bridge Newstead
Victoria Street Bridge Toowoomba
Kurilpa Bridge, Brisbane
Avenue of Figtrees Seafront Oval
Hervey Bay Esplanade Trees
Cairns Council Court House Gallery
Rockhampton City Council Heritage Facade
Nth Queensland Football Stadium

SOUTH AUSTRALIA

Adelaide Riverbank Footbridge
Adelaide Oval, Adelaide

NORTHERN TERRITORY

Palmerston Water Tower
Palmerston - Francis Drive Light Pole
Palmerston Recreation Centre
Memorial Park Lightpole Palmerston

AUSTRALIAN CAPITAL TERRITORY

Telstra Tower, ACT
QUESTACON
Treasury Building
John Gorton Building
Old Parliament House

NEW ZEALAND

Maritime Museum - Auckland
Hāwera Water Tower Hāwera
Christchurch Art Gallery
Te Puna o Waiwhetu - Christchurch

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