



## PRESS RELEASE – 20<sup>th</sup> April 2026

### CAN'T SING FOR TOFFEE? DIFFERENT VOICES. ONE SONG WANTS YOU ANYWAY

'Rome wasn't built in a day' — and neither are projects with the power to change lives. That is exactly where *Different Voices. One Song* begins: not with perfection, but with purpose — and with a belief that when neurodivergent people come together, their collective voice can be something truly powerful.



**Sheila Manzano, Meaningful Experiences Creator *Different Voices. One Song* Colosseum Rome, Italy**

A new neurodivergent choir is set to launch in Cheshire with its creator calling for volunteer voices to join a powerful one-off recording project (May-August 2026) designed to celebrate collective strength, challenge stigma and give neurodivergent people the chance to be heard — together.

Created by Sheila Manzano, late-diagnosed ADHD, the project will bring together neurodivergent people from across the region for a limited series of rehearsals in Sandbach and Crewe, Cheshire, followed by a full-day studio recording on Saturday 15

August 2026. The song title remains under wraps, with the finished track intended for release around World Mental Health Day in October 2026.

The choir is open to people with a wide range of neurodivergent profiles, including ADHD, autism, dyslexia, dyspraxia, dyscalculia, Tourette's, OCD, bipolar, sensory processing differences and other neurodivergent profiles.

At the heart of the project is the belief that no one should have to feel singled out in order to be heard. The emphasis is firmly on the power of the collective voice, although there will be opportunities for solo parts for anyone who would enjoy them.

Participation is completely voluntary, and no professional singing experience is required.

For Sheila, the idea is rooted in lived experience. Being late diagnosed with ADHD, she says the greatest challenges have not come from the condition itself, but from the prejudice, misunderstanding and bias that can follow once people know.

Sheila Manzano said:

*"This project is for neurodivergent people who may have spent years feeling misunderstood, misread or judged once a label is attached to them. I lived with ADHD all my life without knowing, and the hardest part has not been the condition itself, but the prejudice, lack of understanding and bias that can come once people know. I wanted to create something where nobody must stand alone to be heard. This choir is about the power of the collective voice. It is about unity, visibility and creating something beautiful together."*

She added:

*"I can't sing for toffee, so please don't worry if you think you're tone deaf — everyone is welcome. This is not about perfection. It's about people coming together, being part of something special and feeling safe in the strength of a shared voice."*

The project is being set up as a one-off creative collaboration, with twelve rehearsals prior to recording the final track: starting from Tuesday 26<sup>th</sup> May.

Nobody is expected to make every rehearsal, because we know real life does not always run to plan. However, participants should aim to attend at least 50 per cent of sessions and must be available for the full-day studio recording on Saturday 15 August 2026, as that will be the key session where the final track is created.

As this is a public-facing recording project, anyone taking part must also be comfortable being part of the wider story. Participants will be asked to agree in advance that involvement may include audio recording, filming and photography, and that the finished work may be shared publicly and attract regional, national and potentially international attention around World Mental Health Day.

Alongside the call for singers, Sheila is also keen to hear from recording studios, , ideally in Cheshire, Staffordshire or elsewhere in the North West, able to host the project for one full day.

**People interested in joining the choir, finding out more, or offering suitable rehearsal space and recording studio for the master recording, are invited to get in touch.**

**To register interest or request more information, contact:**

Sheila Manzano - [differentvoicesonesong@hotmail.com](mailto:differentvoicesonesong@hotmail.com)

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**ENDS**

## Notes to Editors:

- Project name: Different Voices. One Song
- Meaningful Experiences Creator: Sheila Manzano
- Project type: One-off voluntary neurodivergent choir and recording project
- Location: Rehearsals in the Sandbach and Crewe area, Cheshire
- Session length: Approximately one hour
- Expected rehearsal start time: 7.30pm

## Images: <https://we.tl/t-tPy4gpFfNhafuJuT>

Please download immediately due to expiration 21 April 2026 OR request via email for images to be resent by [clicking this link](#)

## Rehearsal dates:

- Tuesday 26 May 2026
- Tuesday 2 June 2026
- Tuesday 9 June 2026
- Tuesday 16 June 2026
- Tuesday 23 June 2026
- Tuesday 30 June 2026
- Tuesday 7 July 2026
- Tuesday 14 July 2026
- Tuesday 21 July 2026
- Tuesday 28 July 2026
- Tuesday 4 August 2026
- Tuesday 11 August 2026

## Studio recording date:

- Saturday 15 August 2026 (TBC)
- Participation is voluntary.
- No professional singing experience is required.
- Participants do not need to attend every rehearsal, but around 50 per cent attendance is encouraged.
- Participants must be available for the full-day studio recording on Saturday 15 August 2026.
- The song title is not being released at this stage.
- Participants will be made aware in advance that the project may involve audio recording, photography and filming, and that the finished work may receive regional, national and potentially international attention.
- The project aims to release the final recording around World Mental Health Day in October 2026.

## About Different Voices. One Song

Different Voices. One Song is a one-off voluntary choir project bringing neurodivergent people together to create a collective recording for public release. Built around the idea that nobody should have to stand alone to be heard, the project celebrates shared voice, visibility, inclusion and creativity. Through a limited run of rehearsals and a professional studio recording, it aims to challenge stigma and show the power of collective expression.

**About Sheila Manzano** Sheila Manzano is the creator of Different Voices. One Song and presenter of Wired Differently: The Neurodiverse Hour on The Cat Radion 107.9FM. She is also an Ambassador and committee member of Cheshire Neurodivergent Community. A late-diagnosed ADHD woman, Sheila has built a career in PR and communications, combining creativity, leadership and storytelling across the travel, lifestyle and

communications sectors. She is a mum of two, a global wanderer, and a passionate advocate for neurodivergent visibility, inclusion and understanding.