

SINGING FOR HEALTH & HAPPINESS

Did you know that singing brings many health benefits both physical and mental? It can help your breathing, slow the deterioration of muscles, sharpen up your mind and lift your mood.

Come and join our fortnightly drop-in sessions, usually on the 2nd & 4th Fridays of each month, 10:30-12:00, at St Martin's Church Hall, Ross Road, Hereford, HR2 7RJ, or contact Roger on 07974 834072. Below are dates for future sessions

25th August 2017

8th & 22nd September 2017

13th & 27th October 2017

3rd & 10th November 2017

1st & 22nd December 2017

(PTO for further details)

So, who is this aimed at?	Any adult who wants to sing
But I'm tone deaf!	Who cares! Come along anyway - you'll be in good company
I can't read music!	Don't worry, you don't need to
I don't know the words!	The words will be up on a screen for all to see
I'll be the only male there!	No you won't – the session leader's a bloke
I haven't got much of a voice these days	Doesn't matter. Who knows, these sessions might help you find your lost voice!
Can I come by myself?	Yes of course! This is a chance to meet people and make new friends

Each session begins with a nice cuppa and chat, then we sing for an hour or so. We start with fun and therapeutic warm-up exercises then sing songs from the shows, classic pop songs, standards, folksongs, rounds, jazz and even a bit of classical. Some songs target specific health issues, such as breathing and speech difficulties. It's all about the enjoyment of singing together in a relaxed, sociable atmosphere.

Sessions are led by Roger Langford, who has a huge amount of experience as a professional singer, conductor and vocal health workshop leader.

Cost is £3 per session, payable on the door. For further information call or text Roger on 07974 834072 or email singing4handh@gmail.com.