

Do you know someone living with dementia who enjoys singing?



**Join us at
Singing for the Brain
for a friendly, fun, and social time of singing and interaction.**

Singing can improve your brain activity, wellbeing, and mood. There's no audition; and you don't need to be a good singer to benefit. Join us for fun vocal warm-ups and sing a wide variety of familiar and new songs.

The group is hosted by our skilled, compassionate, and experienced Group Co-ordinator, and led by our engaging and professional Singing Leader and supported by our dedicated Alzheimer's Society volunteers.

The group is available for anyone living with dementia and their carer.

We currently run four Singing for the Brain groups, as detailed below:

Singing for the Brain Virtually online via the video conference facility Zoom, is available on Friday morning at 10.45 am – 11.45 am.

Lichfield Face to Face Singing for the Brain Group – available on Friday afternoon, 1.15 pm – 2.45 pm

Wombourne Face to Face Singing for the Brain Group – available on Monday morning, 10.45 am – 12 noon.

Cheadle Face to Face Singing for the Brain Group – available on Monday afternoon 1.30 pm – 3.00 pm.

Further information and to book a place please email staffordshire@alzheimers.org.uk or phone 01543 573936

**Participants describe Singing for the Brain as the “highlight of the week”
join us to find out why.**