

Sing!

Free fun singing sessions

Singing can:

- help improve mental alertness, memory and concentration.
- benefit our lungs and help us breathe better
- promote relaxation, release anxiety and boost our mood
- create connections with others
- be engaging and fun



Great news! It doesn't matter whether you can sing in tune or not: the health benefits will still be the same!

Who is this for? Adults of all ages, no experience necessary, just come along and have some fun singing with others.

When: Wednesdays 3.30pm to 5pm until the end of October 2023. Come to as many sessions as you like, join in on any days you choose - no booking necessary.

Where: The Ballroom, Fenton Town Hall, ST4 3AF

Sessions will be led by Paul Rogerson the inspirational conductor of Restoke Town Choir and Up Men Choir

This project is part of a collaboration between four local charities - the Beth Johnson Foundation, Father Hudson's Care, MHA Communities North Staffordshire and North Midlands LGBT Older People's Group. Funded by Creative Lives. To contact the organiser of this event – Email: olgbt2009@gmail.com or Tel: 07757 750255



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**ARTS COUNCIL
ENGLAND**



Collaboration, Connections, Communication and Creativity. (The four c's project)

Creative Lives have funded a unique opportunity for four local charities to work together to develop a creative programme to benefit diverse marginalised older populations. This includes: isolated older people who live alone; intergenerational groups; people from deprived areas; LGBTQ groups; people from ethnically diverse communities; people with poor mental health; and people from low-income households. **Any beneficiary of the four charities can join in any of the four different activities.**

This project aims to reduce loneliness and strengthen resilience and wellbeing in ageing communities by deliberately connecting people to places and spaces; enabling older people to play a full, active role in their community; promoting self-worth and independence. The four organisations working together on this project are:

The Beth Johnson Foundation (BJF) is a local charity with a national presence dedicated to making '...a future for all ages'. Our focus is on pottery, and we are offering 8 half-day workshops for 12 participants to create variations of pottery (plant pots, small plates, polymer figures etc.); reducing social isolation and enhancing engagement for local older communities and young students from St Johns Primary school. These will be delivered at Parkfield House by local ceramicists.

Father Hudson's Care was established in 1902. As part of this creative programme, 10 Intergenerational Cookery sessions for up to 30 participants of all ages, involving the community and a local school have been planned. Using the waste food from the Co-op, all will be encouraged to share their experiences and creative ideas guided by a qualified food tech teacher to make the decisions on what meal will be cooked given the food provided.

MHA Communities North Staffs aims to reduce loneliness and isolation in older people by helping them live life well. We've provided services and activities to connect communities through social interaction for over 30 years. As part of this programme, 5 sessions for 8 people to learn Indian cooking techniques with a local Indian chef have been arranged.

The North Midlands LGBT Older Peoples Group was formed in 2009. It's a grass-roots organisation, run by it's members. The group aims to combat loneliness and isolation for older LGBT+ people. For this creative programme, 8 polyphonic singing workshops are being organised which focus on positive mental health and togetherness.

