

Music making for Emotional Health

wea.org.uk

Find your inner creativity and discover how music can improve emotional wellbeing by enrolling on this short Introduction to Music Making course. All instruments are provided, but you may bring your own if you like.

Topics include:

- Playing instruments in fun, unconventional ways
- Group improvisation with basic instruments
- Learning basic music composition

Tutor: Alex Livermore

Free of charge This course is for users of mental health services aged 19+.

Where: The Old Moat Garden Centre, Horton Lane, Epsom, KT198PQ

When: Tuesday 4th and 11th June

Time: 1.30pm – 3.30pm (2 week course)

To book please contact:

Debbie.Dibble@RichmondFellowship.org.uk

Tel: 01372 731971, 07825 054018

Book soon to avoid disappointment!



Education & Skills
Funding Agency



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The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



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