

## Music: Free – Singing for Health

Singing is a great way to activate memories, form new friendships and to lift the mood. Suitable for all age groups, all abilities and disabilities.

Start Date: 06 June 2025  
Start Time: 13:00  
Lessons: 7  
Weeks: 7  
Hours: 10.50

### **Venue**

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### **What will I learn on this course?**

Learners will Learn:

1. How to use singing to lift your mood.
2. How to breathe to aid your singing.
3. How to relax and de-stress with song.

### **Is this course suitable for me?**

This course is an excellent starting point for beginners who want to explore singing for health or those with more confidence.

### **Is there anything I need to know about the course?**

This free course is designed to use singing to improve health and to lift the mood.

### **What could I go on to do after this course?**

Medway Adult Education has a wide range of creative courses and works with many partners locally such as Mid Kent Medway School of Art and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions, and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through with your individual progression options.

Your tutor will be happy to advise you about progression courses, including those offered by other providers.

If you wish to explore your learning, work, or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk/f> you need further advice, please telephone 01634 338400.

### **Attendance Policy**

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 85%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

### **Health and Safety**

By participating in a music class, you accept that you understand that music potentially involves activities that can carry the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.