

Music: Free - Singing for health

Singing is a great way to activate memories, form new friendships and to lift the mood.

If you are looking for a course to improve or maintain your mental health and wellbeing, why not book onto one of our courses from the Managing mental health and well-being offer?

Start Date: 03 October 2025
Start Time: 13:00
Lessons: 1
Weeks: 1
Hours: 2.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What Will I Learn On This Course?

Learners will:

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.

Whether you would like to learn new creative skills or to investigate the possibility of a new singing -based career, MAE Community Learning courses can provide you with a stepping stone to progress.

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 Else I Need To Know About This Course?

Please be aware that whilst this course is practical in nature some sessions will include theory as well as forms and paperwork.

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

Will There Be Additional Costs?

No.

What Could I Go On To Do After This Course?

Your tutor can talk to you about another subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts 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 your individual progression options.

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>

If you need further advice, please telephone 01634 338400.

What Is The Attendance Policy?

Single session-

This is one session course- please attend for the duration of the lesson. If you enrol and then cannot attend, please inform us as soon as possible on 01634 338400 so that your place can be given to someone else.

Health & Safety

Health and Safety Disclaimer

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

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

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