Singing For Health Rochester Term 2

Medway Adult Education

R264151A

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: 06 November 2026
Start Time: 13:00
Lessons: 7
Weeks: 7
Hours: 14.00

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 and to take into day-to-day life
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 in an excellent starting point for beginners who want to explore singing for health or those with more confidence and who want to explore more repertoire.

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, to lift the mood and have fun learning a new skill or improving that skill.

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

Multiple sessions-
To get the most out of the course:

- Try to attend at least 85% of sessions
- Let your tutor know if you will miss a class
- If you are ill or absent, contact: 01634 338400

HEALTH & SAFETY

Health and Safety Disclaimer
By taking part in this course, you understand that Art involves use of tools, materials and equipment and carries some risk.
You agree that:

- Singing activities can involve some risks
- Work at a level that suits your ability
- Agree to the ground rules and follow safety guidance from your tutor
- Medway Adult Education is not responsible for personal injury or damage to personal property.
- By attending the course, you confirm that you have read and understood this information.