



Music Therapy at the Community Centre !!

Do you have a neurological or long-term medical condition?
Do you love to sing? Are you free on a Wednesday morning?
If **Yes**, then we want to hear from **YOU!**

We are running a fun music therapy session on a Wednesday morning, running every month for now, but dependant on interest, we may be able to run fortnightly.

It will be an hour or so, and a lot of fun!

Singing all popular songs, (all ideas for songs encouraged)

All abilities welcome, we just want to have a good old sing song!

A few people have already attended and enjoyed the sessions so why not give it a go! Carers, Partners, and your Friends welcome to join too!

VENUE: *Hubberston Community Centre SA73 3PL*

TIME: *10am – 11.30am*

DAY/DATE: *Wednesday 5th March 2025.*

To know more contact Kathryn on 07816088622 / Email
Kathryn.yabsley@wales.nhs.uk

We can't wait to meet you! 😊

No need to book just turn up and enjoy a hot cuppa, good company with friendly informal tuition and guidance.