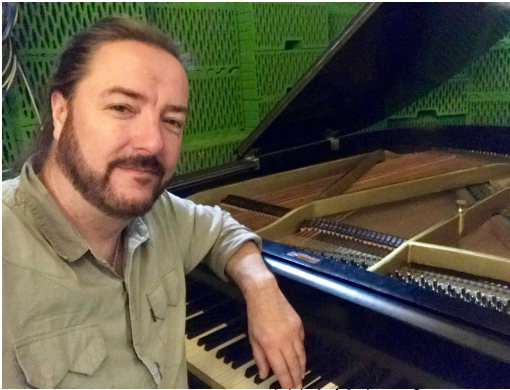


NEW Inside Stories course:

Song-Writing For Well-Being



For Adults looking to find creative coping strategies to improve mental well-being



**FREE FACE-TO-FACE
10-WEEK COURSE!**

Join Martin Riley, a professional musician and our course tutor, in writing and producing a song. Any style of music!

Thursdays 7-8.30 PM

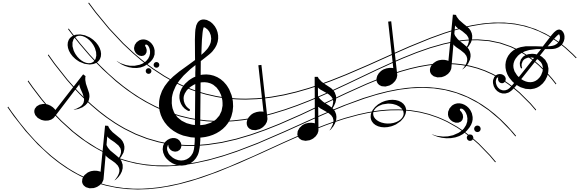
The Benn Partnership Centre, Rugby, CV21 3HR

7,14,21,28 March, break, 11,18,25 April 2,9,16 May 2024

William A Cadbury
Charitable Trust



Song-Writing For Well-Being



"I really enjoyed the sessions. I was really inspired afterwards and uplifted"

"I've found writing down my thoughts and feelings in a 'song' very useful in coping with day-to-day life."

Learn:

- **how to use song-writing to improve your well-being**
- **how to construct a good song using basic computer sequencing skills**
- **how to express your feelings and thoughts through working in a small group to create a song**
- **how we perform and share songs**
- **improve your confidence**
- **meet new people and get peer to peer support**

No previous musical experience necessary, just have a willingness to give it your best shot

To book www.recoveryandwellbeing.co.uk/Enrolment

**More information www.artsuplift.co.uk/inside-stories-4
jenny@artsuplift.co.uk 07946 585978**



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