

# Song Writing for wellbeing



Discover the power of song writing to enhance your wellbeing. Join experienced musician Martin Riley for FREE songwriting workshops designed to help adults find creative ways to manage stress and improve mental-wellbeing.

In a supportive group setting, you'll learn to express your feelings and thoughts through music, regardless of your musical ability.

## COURSE DETAILS

### Online sessions:

Thursdays 7-8.30pm  
29 August, 19 September,  
17 October, 21 November

### In person - The Benn Partnership Centre, Railway Terrace, Rugby CV21 3H

Thursday 5 & 6 December 7-9pm

### Sharing Performance:

(Leamington venue TBC)  
Monday 9 December 7-9pm



# Feeling low?

# Put a song in your heart.

# Better still write one!



Aimed at anyone looking to find creative coping strategies to improve mental wellbeing. Suitable for people with low mood and low to moderate mental health issues.

## Learning Outcomes:

- Understand and discuss song structure and writing practices.
- Contribute to songwriting through lyrics or music, discover how to craft compelling songs.
- Explore how songwriting can enhance personal well-being.
- Learn basic computer sequencing, track layering, and rhythm selection.
- Discover ways to perform and share songs.
- Connect with others and build peer support.



Martin Riley - tutor

Part of our Inside Stories Programme



Book now at

[www.artsuplift.co.uk/creative-wellbeing-courses](http://www.artsuplift.co.uk/creative-wellbeing-courses)

For further information email Jenny

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call Jenny on 07946 585978

