

Song Writing for wellbeing



Support your mental health with a
FREE in person songwriting course

Thursdays 7.15 - 8.45pm
10 weekly sessions
starting 15 January 2026



Feeling heavy? Lighten it with a lyric. Write your own!



Join experienced musician Martin Riley and guests for a series of uplifting, creative sessions designed to help you manage stress and support your mental wellbeing – no musical experience required.

These friendly workshops offer a relaxed, supportive space for adults looking to explore creative coping tools, especially those experiencing low mood or mild mental health challenges.

In these sessions, you'll discover:

- How songwriting can boost wellbeing and emotional expression
- Ways to contribute to songs through lyrics, melody, and ideas
- Key elements of song structure and effective writing techniques
- Skills for crafting meaningful, engaging songs
- Basics of computer sequencing, track layering, and rhythm creation
- Ways to perform and share your songs

Starts January – Every Thursday!

A 10-session course running weekly at **The Benn Partnership, Railway Terrace, Rugby CV21 3HR**

7.15pm-8.45pm

15, 22, 29 January

5, 12, 19, 26 February

5, 12, 19 March 2026



Book Now:
www.artsuplift.co.uk/creative-wellbeing-courses

For further information email
info@artsuplift.co.uk
or call **01926 504212**

