



# CONNECTIONS

Biddulph Methodist Church  
Station Road  
Biddulph  
ST8 6BJ



Thursday 2.00pm - 3.30pm

11, 25 January  
8, 22 February  
7, 21 March  
4, 18 April  
2, 16, 30 May  
13, 27 June

11, 25 July  
8, 22 August  
5, 19 September  
3, 17, 31 October  
14, 28 November  
12 December

## WHY SING?

Research suggests that listening to or singing songs can provide emotional and behavioral benefits for people with dementia. Musical memories are often preserved in dementia because key brain areas linked to musical memory are relatively undamaged by the disease, allowing people to reconnect and enjoy these sessions.

## BENEFITS:

Music can have many benefits in the setting of dementia. It can help reduce anxiety and depression, help maintain speech and language and enhances quality of life and has a positive impact on carers too.