



SINGING CONNECTIONS

Biddulph Methodist Church
Station Road
Biddulph
ST8 6BJ



Thursday 2.00pm - 3.30pm

13 July

27 July

10 August

24 August

7 September

21 September

5 October

19 October

2 November

16 November

30 November

December TBC

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.