

# SINGING CONNECTIONS



**Dougie Mac Hospice,  
Barlaston Road, Blurton,  
Stoke on Trent ST3 3NZ**

**2023**

**Wednesday 2pm - 4pm**

**18th January**

**15th February**

**15th March**

**19th April**

**17th May**

**21st June**

**19th July**

**16th August**

**20th September**

**18th October**

**15th November**

**20th 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.