

SINGING CONNECTIONS

Dougie Mac Hospice,
The Wellbeing Centre
Barlaston Road, Blurton,
Stoke on Trent ST3 3NZ

2024

Wednesday 2pm - 4pm



17th January
21st February
20th March
17th April
15th May
19th June

17th July
21st August
18th September
16th October
20th November
18th 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.