

SINGING CONNECTIONS

Haregate Community Centre

46 Queens Drive, Leek

ST13 6DJ



2023

Wednesday 2pm - 4pm

4th January

1st February

1st March

5th April

3rd May

7th June

5th July

2nd August

6th September

4th October

1st November

6th 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.