



Sing for Victory

WORKSHOPS

Look back at life in the past and sing-along to songs from the 1940s with live piano by Music Therapist **Karen Diamond**. Singing can improve brain activity, wellbeing and mood and can be beneficial for people living with dementia. Music has the power to unlock memories and participants are encouraged to reminisce as they sing the songs.

Our **Sing for Victory Workshops** use a songbook featuring wartime artists including Vera Lynn, the Andrews Sisters, George Formby, and Glenn Miller. Care Home residents can use the songbook to request songs which mean something to them.



BOOKING REQUIRED

To find out more or book a FREE

Sing for Victory Workshop please email

outreach@niwarmemorial.org

or telephone **028 9032 0392 Option 3**

