



Sing Healthy, Play Happy

An introductory training session for carers, to making music with people living with Dementia.

Vicars' Hall, Chichester Cathedral, Wednesday 22nd March, 2-3.30pm

This is an introduction to running dementia-friendly inclusive music sessions, suitable for carers, staff in residential settings and health professionals. In this 90-minute session we'll explore songs, sound-making and rhythm as well as practical considerations when delivering your own workshops. To book a free place contact Vicky in Education on 01243 812986 or email education@chichestercathedral.org.uk.



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