

Where and When....

Our music appreciation group will meet for 2 hours every week on a Wednesday between 3pm-5pm at the Newport Mind Office.

This group is for people who want to share their enjoyment of music with others, regardless of your preferred genre.

There will be a charge of 50p per person per session for refreshments.

How to find out more...

Contact Newport Mind for more details on to find out how to sign up.

Newport Mind is committed to providing a quality, customer based service which has strong consistent values, has high standards of service delivery, is run in a robust way in line with the needs of the community and adheres to Mind's Quality Management in Mind Standards. We are committed to achieving equal opportunities in the services we provide.



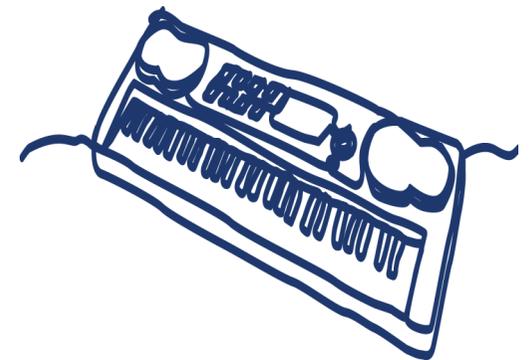
Music Appreciation Group

Where We Are

Newport Mind
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Newport
NP20 1LU



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Guarantee.

About Us

Newport Mind is a mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now.

Whether you're stressed, depressed or in crisis. We'll listen, give support and advice, and fight your corner.

We provide support to empower anyone experiencing a mental health problem. People who use our service are encouraged to be involved in planning and their feedback helps to develop the service.

For more information about how we can support you please contact Newport Mind



Music Appreciation Group

Newport Mind Activity Groups are underpinned by the *Five Ways to Well Being* and the *Recovery* process.

The sessions help people to **KEEP LEARNING** as it introduces new skills, through using different media.

The creative processes allow people to **TAKE NOTICE**. The music sessions also help people to **CONNECT** and build confidence. Through music people are able to express themselves and use their creativity to communicate with others.

Participants will have the opportunity to share their love of music with others as well as listen to musicians perform live. They will also have a chance to make their own music alongside others in the group .

Five Ways to Wellbeing

CONNECT

Connect with the people around you, with family, friends, colleagues, neighbours. At work, home, school or in your local community. Building these connections will support and enrich your life everyday.

BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy and suits you.

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Whether walking to work, talking to friends, or eating lunch, be aware of the world around you, reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING

Try something new, rediscover an old interest. Sign up for a course, fix a bike, learn to play an instrument, or cook your favourite meal. Learning new things will make you more confident.

GIVE

Do something nice for a friend or a stranger, thank someone, smile, volunteer our time, join a group, look out as well as in. Being linked to the wider community can be rewarding and creates connections with the people around you.