

Where and When....

The Singing Course has a 2 hour weekly session and runs for 10 weeks at the Newport Mind Office.

This course is run by a local singing teacher and is for people looking to develop their singing, learn new skills in music and improve their mental wellbeing

We ask for a contribution of 50p per person per session to attend our singing course, this includes a free tea/coffee.

How to find out more...

Contact Newport Mind for more details of the singing group and how to enrol on a 10 week course.

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.



Where We Are

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Singing Course

A 10 week course for people to learn new skills and develop support networks



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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



Singing Group

Newport Mind Singing Group aims to build confidence. Through singing, people are able to **TAKE NOTICE** to express themselves and use their creativity to communicate with others and make music. The emphasis is on group singing which helps with the recovery process by building skills, peer support and creative expression.

The group provides a chance to **GIVE**, by meeting others with similar problems, making friends, taking up opportunities outside the group and contributing to fundraising. It helps people to **CONNECT** which is one of the five ways to wellbeing, it also helps people to **KEEP LEARNING** as it introduces new skills, through singing and playing musical instruments.

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 your level of mobility and fitness.

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.