



MUSICAL HERTS

HODDESDON



Working with People with Dementia in Hertfordshire

MUSICAL HERTS IS A NEW SERVICE COMING TO HERTFORDSHIRE THAT AIMS TO ENGAGE WITH PEOPLE WITH A DIAGNOSIS OF DEMENTIA AND THEIR CARERS.

The weekly sessions will offer an opportunity for people to make music in a friendly and welcoming environment and explore their creativity.

Activities will include: singing and improvising with a range of musical instruments (rhythmic/percussive and melodic), song-writing, dancing to and singing familiar songs. The music activities may also hold an element of relaxation, reflection and reminiscence.

Participants do not need to have any prior musical experience, just a love of music and willingness to engage with others. Carers will be offered an opportunity to use the time as respite or to engage in making music with their loved one, or a mixture of the two.

Light refreshments will be provided and we ask that participants consider a voluntary contribution of £3.00 per session.

For more information call Teela on 07521 248091 or visit www.musicalherts.org.uk

HODDESDON

Mayhem Theatre,
Brewery Road,
Hoddesdon,
EN11 8HF



Mayhem Theatre, Hoddesdon

**Every Friday Morning
10.00 - 11.30 am.**



VOLUNTEERS NEEDED

Volunteering with Music24 is highly rewarding! We are looking for fun and enthusiastic people to join our team, no musical experience is necessary (but an added bonus), just a willingness to take part and help others to engage in the activities is required.

If you are interested in volunteering with one of these groups then please email info@music24.org.uk and we will send you an application pack.