

## Music: Free - Singing for Health

Singing is a great way to activate memories, form new friendships and to lift the mood.

If you are looking for a course to improve or maintain your mental health and wellbeing, why not book onto one of our courses from the Managing mental health and well-being offer?

Start Date: 05 June 2026  
Start Time: 13:00  
Lessons: 7  
Weeks: 7  
Hours: 14.00

### **Venue**

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### **What Will I Learn On This Course?**

Learners will:

1. How to use singing to lift your mood
2. How to breathe to aid your singing and to take into day-to-day life
3. How to relax and de-stress with song

Whether you would like to learn new creative skills or to investigate the possibility of a new singing -based career, MAE Community Learning courses can provide you with a stepping stone to progress.

### **Is This Course Suitable For Me?**

This course is an excellent starting point for beginners who want to explore singing for health or those with more confidence and who want to explore more repertoire.

### **Is There Anything Else I Need To Know About This Course?**

Please be aware that whilst this course is practical in nature some sessions will include theory as well as forms and paperwork.

This free course is designed to use singing to improve health, to lift the mood and have fun learning a new skill or improving that skill.

### **Will There Be Additional Costs?**

No.

### **What Could I Go On To Do After This Course?**

Your tutor can talk to you about another subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice, please telephone 01634 338400.

### **What Is The Attendance Policy?**

### Multiple sessions-

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed.

## **Health & Safety**

### Health and Safety Disclaimer

By participating in the live class, you accept that you understand that singing involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a singing activity and you will need to be suitably dressed.

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