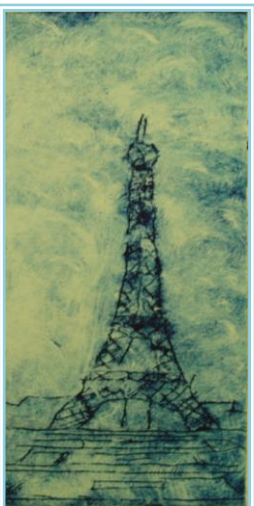


Tayside Healthcare Arts Trust  
 Ardler Clinic  
 Turnberry Avenue  
 DUNDEE  
 DD2 3TP 01382 835509



## A bit of THAT singing ! For People living with MS in Dundee and surrounding area

Tayside Healthcare Arts Trust (THAT) works in the community and inpatient settings across Tayside delivering creative engagement programmes for people living with Long Term Health Conditions. We look to break down barriers to access to the arts and promote the positive health improvements that participating in the arts can bring.

THAT and MS Society Dundee Group are looking to provide a singing programme opportunity for people with MS living in Dundee and the surrounding area. This programme is designed to provide you with an enjoyable and sociable singing experience.

The 8 weekly sessions will be held on Wednesday afternoons from 2.30 - 4.30 starting Wednesday 7<sup>th</sup> February to Wednesday 28<sup>th</sup> March 2018. This opportunity is supported by MS Society Dundee Group, who are working with Tayside Healthcare Arts Trust to deliver a therapeutic engagement for positive wellbeing and enjoyment!

Lead Artist Alice Marra an experienced singing coach/musician who has previously worked with THAT will encourage people to explore their vocal ability through a range of warm up techniques and a variety of song. **No previous experience is necessary.**

Previous Participants comments “ I feel so much better in my mood and my breathing is so much better! Great fun! “Just a joy to come each week”

Sessions will be held in The Wighton Heritage, Upper Foyer Central Library The Wellgate Dundee. We hope to accommodate everyone who is interested, carers or family and friend and ask you to register your interest as there will be a maximum number for this group.

Please complete your details below and return this part of the form by January 19<sup>th</sup> 2018 to: THAT office Ardler Clinic Turnberry Avenue Dundee DD2 3TP and we will confirm your place prior to the start of the programme.

For further information please contact: Karine Neill, Development Officer THAT Tel No: 01382 835509. Email: [Kneill@nhs.net](mailto:Kneill@nhs.net)

Name(s) ..... MS Dundee Singing 2018.

Address .....

Tel ..... Email .....

