



## Parkinson's Singing Cafe



Fortnightly sessions, Friday 11:00am - 12:00noon

Falkland Cricket Club, Newbury RG14 6TW (during term time)

Fortnightly sessions, Friday 11:00am-12:00noon

Lynwood Village, Sunninghill. (during term time)

Strengthen your speaking voice, compliment your speech therapy, get moving and have fun. At the singing cafes, we work on gait, movement, breathing, balance, sequencing and Memory skills and well as catching up with friends.

No skills or singing experience needed.



For further details contact singingcafes@berksmusictrust.org.uk

Just come along and try a session!