

## Herefordshire Headway Choir



The choir at Herefordshire Headway provides an opportunity to get together and **SING!**

We meet every week on Wednesday at 11.30 at Headway House, Trenchard Avenue, Credenhill.

The group is run by our music therapist and offers a chance to enjoy making music in a relaxed and friendly environment - being good at singing or able to read music is not a requirement!

We choose most of our songs as a group and our repertoire includes sea shanties, songs from the musicals, traditional songs and pop songs ranging from the Beatles to Meatloaf.

Making music in this way can be helpful for many aspects of a brain injury. It provides the opportunity to be part of a social group; helps communication - it is often easier to sing than to speak after a head injury; supports good posture and breathing and helps with attention and memory problems.

Contact Herefordshire Headway (01432 761000) if you would like to join the choir, or find out more about what we do.