

## Course/Group title: Music group

### **Description of the course (including the number of sessions):**

The music group is run in partnership with a music tutor from the WEA (Workers Educational Association) and support from an Occupational Therapist (from the Chesterfield Recovery Mental Health team).

The course is for individuals interested in music and would like the opportunity to have a go at singing, writing songs and learning how to play instruments in a friendly, unpressured and supportive setting.

### **Dates & times:**

This group runs throughout the year, having short breaks after each term time.

### **Venue:**

West Studios, Sheffield Road, Chesterfield

### **Benefits of attending the course:**

For an individual to learn how to play different instruments and to enjoy singing and writing songs within a friendly environment.

**Available to:** An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

**How to book a place:** Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Another way to book is to contact Louise Herron (Occupational Therapist) on 0300 123 3372 WEA (Workers Educational Association) on 01246 622249

Current group facilitators: Occupational Therapist and a Music Tutor from WEA

### **To be included in which section:**

Keeping Well