

# Safe & Sound

Community <<



The Chiltern Music Therapy team are delighted to announce the launch of two new music groups in the community.

These exciting new projects offer those with special needs including dementia, Alzheimer's, learning disabilities and autism the opportunity to have a go at song-writing or singing as part of a choir in supportive, fully inclusive environments.

Both groups allow visitors to expand social networks and make friends, while connecting with others through music. Chiltern Music Therapy's Community Choir in High Wycombe has been a great success, and Sing Your Song is set to follow in its footsteps. The team also run a choir for adults with learning disabilities on Wednesdays evenings, funded through their own fundraising events.

Sing Your Song is a group where visitors can use music technology to write, create and record their own songs. Silver Singers is a choir group aimed at older adults who may feel isolated and the team reach out to those suffering from age-related illnesses such as Alzheimer's

and dementia. Both groups are part-subsidised by Prevention Matters, an organisation which unites the county council, the NHS, district councils and the voluntary sector to help people stay independent and active. They provide support to those recovering from an illness and those who are unable to get out and about. Chiltern Music Therapy's director of services, Rebecca Pryce, says: "Our new community music groups aim to encourage socialisation, integration and community networking. We hope the joint collaboration with Prevention Matters will allow these valuable services to benefit the community on a long-term basis."

Groups take place at Soundstudio in St Mary's Street, (HP11 2HE) every Tuesday, 10-11am for Sing Your Song and 11am-12pm Silver Singers. The cost is £3.50 each week. To refer yourself or someone you know, call Rebecca on **01442 780541 / 07805 465650** or email [rebecca@chilternmusictherapy.co.uk](mailto:rebecca@chilternmusictherapy.co.uk)

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