

FREE TRAINING

Join us for a fun and interactive day exploring how music can be used as part of care

Music Care is for everyone

You don't need to have musical or singing talent, just the interest and openness to find new ways to connect and communicate.

Promoting health and wellbeing

Find out how the mind and body benefit from participating in music-making.



Book to secure your free place

contact@opusmusic.org Registration deadline is 14 January 2024

6 Feb 2024 – Assembly Rooms **Bolsover**

10am–3pm

7 Feb 2024 – Community Hub Idlewells Shopping Centre **Sutton-in-Ashfield**

9 Feb 2024 – Radford Care Group **Nottingham**

Visit www.opusmusic.org

  @Music_Health  @opusmusic.org



Funded by
UK Government



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

FREE
Music Care
Training

Gain new skills and confidence!

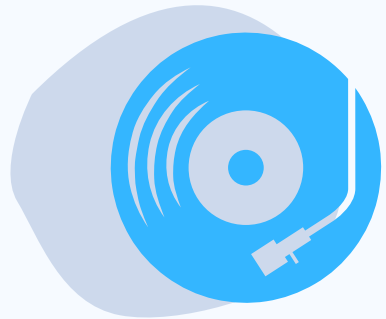
From the training we hope you gain new skills, ideas and confidence to use music in your care role. We understand that music-making can feel daunting but we offer a supportive environment where you can feel supported to give it a go.

Some of the things we'll cover...



Learn to use everyday objects, instruments and the voice as tools

Find out how well known music and playlists can help support care tasks



Learn more about what support is available in the community to help with Music Care

Music Care training is delivered by OPUS Music CIC in partnership with Room 217 Foundation