



Songs, Stories & Smiles

Singing for the Brain is an arts and health initiative providing supportive and inclusive social music groups in the community.

Each group meets weekly and participants are welcome to share a song or simply observe.

The programme recognizes the therapeutic effects of music on the brain and body and utilizes singing as a means to stimulate memory and promote health and wellbeing.

Everyone is welcome, no singing experience necessary.

Each group is led by a musical facilitator and supported by a specially trained coordinator.

Training is provided for new Singing for the Brain Musical Facilitators and Coordinators.



For more information please contact
087 4622616 or email **singing4thebrain@gmail.com**



**Singing for the
Brain Ireland**



Songs, Stories & Smiles

Singing for the Brain Groups in Cork

"Listening to wonderful singers, the mix of old and new songs, meeting friends old and new."



"I love meeting everyone and come home feeling relaxed and happy."

We run an Online Zoom Singing for the Brain group on Tuesday afternoon

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Singing for the Brain Ireland