



Join the SHSCT Artscare Choir

New Members Always Welcome

- Current/past members of staff
- Service users



To find out about joining contact:

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By joining you'll get a chance to:

- sing different kinds of music
- be around others who share your interest in music
- make new friends & attend interesting events

Discover some of the benefits you gain from singing with a choir:

- **how to listen carefully & how to monitor your sound based on how it feels**
- **get an opportunity to work on your ear**
- **widen your social network & develop a greater sense of belonging & achievement.**
- **reduce any performance anxiety by singing with a group.**
- **entertain & bring joy to others.**

Singing is a great release and a wonderful way to express your thoughts and feelings.