



Participate

Come and make music and explore historical objects with our friendly team of professional workshop leaders and musicians.

These sessions will bring you together with others in your local community, providing opportunity to take part in activities and connect over tea and cake. No musical experience is necessary to take part. Sessions are free to attend – just show up!

Our team are trained to ensure these workshops are suitable for those living with long term health conditions, including dementia and Parkinson's.

Participate also runs in Saxmundham, Kesgrave and Woodbridge. For further details of a session near you, or to arrange transport, please contact the Community Team on community@brittenpearsarts.org or **01728 687127**

17 April 2pm - 4pm

24 April 2pm - 4pm

1 May 2pm - 4pm

8 May 2pm - 4pm

15 May 2pm - 4pm

22 May 2pm - 4pm

BREAK

5 June 2pm - 4pm

12 June 2pm - 4pm

19 June 2pm - 4pm

26 June 2pm - 4pm

3 July 2pm - 4pm

10 July 2pm - 4pm

Leiston

Band Hall, 17 Victory Road,
Leiston, IP16 4DQ

Supported by The Vernon Ellis foundation, Connect for Health Ipswich and East Suffolk Alliance, Saxmundham Town Council, Holidaycottages.co.uk