



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 Leiston, 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 10am - 12pm

24 April 10am - 12pm

1 May 10am - 12pm

8 May 10am - 12pm

15 May 10am - 12pm

22 May 10am - 12pm

BREAK

5 June 10am - 12pm

12 June 10am - 12pm

19 June 10am - 12pm

26 June 10am - 12pm

3 July 10am - 12pm

10 July 10am - 12pm

Saxmundham

The Market Hall, High Street,
Saxmundham, IP17 1AB

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