



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

16 April 2pm - 4pm

23 April 2pm - 4pm

30 April 2pm - 4pm

7 May 2pm - 4pm

14 May 2pm - 4pm

21 May 2pm - 4pm

BREAK

4 June 2pm - 4pm

11 June 2pm - 4pm

18 June 2pm - 4pm

25 June 2pm - 4pm

2 July 2pm - 4pm

9 July 2pm - 4pm

Woodbridge

Seckford Care, Seckford
Almshouses, Seckford Street,
IP12 4NB

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