

SWANS

(Singing With A New Spirit) began in September 2015 at St Nicolas Church Nuneaton.

This is an informal singing group for people with Dementia and brain injuries but also a place where carers can find support and a friendly face.

Each session usually begins with a sung hello greeting and singing *Bring me sunshine* which lifts the mood of the group right from the start.

Simple exercises are merged with well-known songs in order to challenge coordination skills and invariably bring a smile to all participants.

The themed section always incorporates some hymns.

The favourite section is proving to be the silly sung 'rounds' which can be challenging for all, especially as the intention is to finish together; of course this is rarely achieved, so there is plenty of laughter!

All those involved with this group, both carers and supports find the sessions very uplifting and come away feeling so much better for spending this short time together.

Please do not hesitate to come along and try this for yourself, if you would like more information please contact **Sally-Anne Veasey** on 07766051987 or email saveasey@postmaster.co.uk

The Group meets every Tuesday at St Nicolas Parish church hall, from 10:00 – 11:30 a.m. starting with tea/coffee and a biscuit for the first half hour.

Cost for each session is £2 for each attendant.

Venue Details

St Nicolas Parish Church

Vicarage Street

Nuneaton

CV11 4AZ

024 76344553

For St Nicolas Church general enquires please email:

office@stnicolaschurch.org.uk

