

Singing is clinically

proven to improve your

wellbeing so why not

come along and join in

the fun?

Founded in 2016 to help people living with Parkinson’s, Stroke, MS and depression by singing and music making. Pop in for a session of fun, light-hearted songs and singing exercises followed by chat and refreshments.

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| *EVERY THURSDAY 11:00am - 12:30pm*    *EMMANUEL CHURCH HALL*  *HADLOW ROAD*  *SIDCUP*  *DA14 4DR*  *£4pp, carers £2*  *www.redrobinsclub.com* *07900 205 862* |