

# Singing for Fun



Do you enjoy singing?

Would you like to do more singing?

Do you sometimes say '*I'm tone deaf*' or '*I can't sing*'?

Would you like the opportunity to meet new people?

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*Singing for Fun* is a singing session covering a wide range of well-known and new songs, in a variety of styles. A relaxed, happy and light-hearted approach is taken to the singing and the focus is on having fun. Sessions can be set up on a weekly or fortnightly basis.

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Benefits of *Singing for Fun* sessions:

- Social interaction
  - Deeper breathing
  - Increased circulation
  - Sense of achievement
  - Relaxation and release of tension
  - Improves co-ordination
  - Opportunity for creative self-expression
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## **Rachel M Smith**

Rachel is a community musician based in Oxford, specialising in singing for wellbeing. You can contact her on **07709 302038** or email:

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