



Music In Our Bones overcomes isolation by uniting people in joyful song across Suffolk

Music In Our Bones has created 9 health and well-being singing communities in Ipswich, Bury and Lowestoft and sings with two on-line communities that meet regularly.

We use singing as a way of creating rich musical communities for Family Carers and people managing the physical and mental health issues which can affect us all. Our groups reach people managing life with Parkinsons', Stroke, MS, dementia, anxiety, depression, bereavement and recovery from enduring mental health issues.

Please see the attached schedule of workshops and singing groups, have a look and see if any of our groups would suit you. Due to Covid please encourage anyone interested to book in and phone ahead of a first visit.

Contact Tracy Sharp on 07757809297 giving your name, number and a good time to call you, or email musicinourbones@gmail.com. We aim to reply within a couple of days.

Music in Mind		A well-being singing project for Family Carers & people managing long-term mental or physical health issues, or for anyone who believes that singing with others might add to their quality of life!	
Ipswich	Ipswich Quaker Meeting House 39 Fonnereau Road, Ipswich IP1 3JH	MONDAY AFTERNOONS 2-3:30PM Oct 28, Nov 11 & 25, Dec 9 Jan 6 & 20	Free taster then donations encouraged

Lifting Spirits		A well-being singing project for women only: Family Carers and people managing long-term mental or physical health issues, or for anyone who believes that singing with others might add to their quality of life!	
Ipswich	Castle Hill Primary School, Dryden road, Ipswich IP16QD (free onsite parking).	MONDAY EVENINGS 7-8:30PM Nov 4 & 18, Dec 2 & 16 Jan 13 & 27	Free taster then donations encouraged
Heartsong		HeartSong is a well-being singing project for Family Carers and their partners or friends with mental or physical health issues, or for anyone who believes that singing with others might add to their quality of life!	
Ipswich Area	Rushmere Village Hall, Humberdoucy Lane, Rushmere St Andrew, Ipswich IP4 3PD	2ND FRIDAYS 1:30-3PM Nov 8, Dec 13 Jan 10	Free taster then donations encouraged Please feel free to bring along a friend or family member.
Bury Area	Quaker Meeting House, St John's street, Bury St Edmunds (Building on the left of the Library- best accessed from St Andrew's Street North.)	MONTHLY THURSDAYS 10:30AM-12PM Nov 14, Dec 12 Jan 16	Free taster then donations encouraged Please feel free to bring along a friend or family member.
Waveney Area	St Mark's Church Hall, Bridge Rd, Oulton Broad, Lowestoft NR33 9JX	4TH FRIDAYS 10:30AM-12PM Nov 22. Jan 24	Free taster then donations encouraged Please feel free to bring along a friend or family member.

Musical memories		For people with memory loss and their partners, family members or close friends.	
Ipswich	Rushmere Village Hall, Humberdoucy Lane, Rushmere St Andrew, Ipswich IP4 3PD	1ST AND 3RD THURSDAYS 2-3:30PM Nov 7 & 21, Dec 5 & 19 Jan 16	Free taster then donations encouraged
Bury	Moreton Hall Community Centre, Symonds Rd, Bury St Edmunds, IP32 7EE	2ND AND 4TH THURSDAYS 2-3:30PM Nov 14 & 28, Dec 12 Jan 9 & 23	Free taster then donations encouraged
Online Musical Memories (formally known as Singing for the Brain)		Singing for Family Carers and people managing life with memory loss, neurological issues or for those unable to join groups for whatever reason. We will be finding songs which we know and love and sharing them.	
Online	Zoom	WEDNESDAYS FORTNIGHTLY 2-3PM Nov 13 & 27, Dec 11 Jan TBC	Free taster then donations encouraged
Stroke Songlines		Health and well-being singing sessions for stroke survivors and their partners or friends run in partnership with the Stroke Association.	
Ipswich	Rushmere Village Hall, Humberdoucy Lane, Rushmere St Andrew, Ipswich IP4 3PD	1ST AND 3RD WEDNESDAYS 2.30-4PM Nov 6 & 20, Dec 4 & 18 Jan 15	Free taster then donations encouraged

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.”

- Plato