

**MUSIC IN OUR  
BONES**

**SING**  
It makes you  
smile!

Charity no 1166578

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

Music In Our Bones runs accessible singing groups for anyone who would like to sing in harmony with others in Ipswich, Gt Blakenham, Felixstowe, Bury, Stowmarket and Oulton Broad. No musical experience is needed, just a love of music and the desire to become more confident as a singer! Fran Flower, Jennie Fisk and Tracy Sharp are its founders.

We specialise in bringing harmony singing to Family Carers and to 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 or someone you know.

Due to covid-19 restrictions we do ask that you call us first to book to attend workshops, so that we can keep the numbers at a safe and comfortable level. Please contact Tracy on: 07757 809297 giving your name, number and a good time to call you, or email [tracy.sharp43@ntlworld.com](mailto:tracy.sharp43@ntlworld.com) . We aim to reply within a couple of days.

<b>Music in Mind</b>	A singing project with a focus on mental health. For 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! Supported by the Tudwick Foundation, and donations.	
Ipswich	Lecture Room, Ipswich County Library	<i>Mondays once a month</i>
<b>Lifting Spirits</b>	A women's well-being singing project reaching 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! Funded by a Lottery Community Fund grant from Awards for All.	
Ipswich	Castle Hill Primary School	<i>Monday evenings- once a month</i>
<b>Heartsong</b>	HeartSong is a well-being singing project for Family Carers and their partners or friends with mental or physical health issues. Bring your family member or friend with you if they too enjoy singing. Funded with support from the Suffolk Community Foundation and donations	
Ipswich Area	Rushmere Village hall	<i>2nd Friday afternoon of the month</i>
Bury St Edmunds	Bury Central Library - conference room	<i>1st Thursday morning of the month</i>
Lowestoft	St Mark's Church Hall, Bridge Rd, Oulton Broad, Lowestoft NR33 9JX	<i>2 sessions 3rd Friday morning of the month</i>
<b>Musical memories</b>	For people with memory loss and their partners, family members or close friends. Funded with support from the Suffolk Community Foundation via grants from the Suffolk Carers Fund and donations	
Ipswich	Rushmere Village Hall	<i>1st and 3rd Thursday of the month</i>
Bury St Edmunds	Moreton Hall Community Centre	<i>2nd and 4th Thursday of the month</i>
<b>Stroke Songlines</b>	Health and well-being singing sessions for stroke survivors and their partners or friends run in partnership with the Stroke Association. We are grateful for funding from the George Earle Benevolent Fund and your donations.	
Ipswich	Rushmere Village Hall	<i>1st and 3rd Wednesday afternoon of the month</i>
<b>Sing with us Online</b>	Singing for Family Carers and people managing life with memory loss, neurological issues or for those unable to join groups for whatever reason.	
Zoom Sessions Online	Contact us for the Zoom log-in details. If you require support getting online we can help.	<i>Wednesdays fortnightly at 2-3 pm</i>  <i>Dates: Weds 8th and 22nd September, the 13th and 27th October, the 10th and 24th November and the 8th December</i>