

Speak Out East have linked in with Belltree Music. Belltree are running a Musical Pathways project to support people with their emotional wellbeing. This is to help people feel better if they have had a difficult time coping with the pandemic

You do not need to have any experience with music.

You can explore your feelings through music, playing instruments and using your voice.

You will be supported by a music therapist in a music studio. Or you can do it on Zoom.

A support worker, family member or friend can go with you

You will get four free music therapy sessions with a trained musical therapist. If you want, you can also join small group sessions.

You can find out more by emailing catherinem@belltree.org.uk. You can do this yourself or get help from someone else.

If you want more information, you can also email Sarah Coombes at Speak Out. sarahcoombes@bhspeakout.org.uk.

There will be limited places so you should apply soon if you are interested. Good luck and enjoy!