

# Singing for the Mind



**...a stimulating activity, run by a professional song leader, designed particularly for those with memory loss**

**THURSDAYS  
2.00 – 4.00PM**



**The  
Liberal Jewish  
Synagogue**

**“**  
*Highlight of my week*



**“**  
*I am a much happier man leaving that when I arrived and looking forward to next week with great joy.*

**Music and memory are powerfully connected. Singing in a group can help reduce anxiety and enhance quality of life, as well as having a positive impact on carers.**

**It also brings fun, companionship and confidence to those affected by memory problems. People greatly enjoy singing old favourites and learning new songs.**



**“**  
*Fun, enjoyable, stimulating - not just a sing-a-long.*

“

*Her son was amazed: she sang,  
'You Are My Sunshine' at home.*



The group meets every Thursday afternoon from 2 till 4pm. Tea and biscuits are served during the first half hour and singing starts at 2.30pm.

Everyone sits in a circle together - participants, volunteers, carers and other companions.

After a warm-up, the group sings a variety of well-known and new songs.

Later, there is a chance to relax and enjoy a special sense of community over more tea, coffee and biscuits.

**We suggest an optional donation of £10 for those with companions or carers and £5 for those coming alone.**



**ALL ARE WELCOME TO JOIN IN!**



**Phone**  
020 7286 5181



**Email**  
sfm@ljs.org



**Website**  
www.ljs.org

The Liberal Jewish Synagogue  
28 St John's Wood Road  
London  
NW8 7HA

Singing for the Mind is generously sponsored by  
The Ernest Hecht Charitable Foundation and  
The Liberal Jewish Synagogue

Photos: Tony Barr

Charity No 1159292

Company No 09113305