

Music Making with A4D and Ashford Place

Join our free programme for people with early-stage dementia, mild cognitive impairment and their companions.

This 8-week programme is a chance for participants to create their own music with musicians Alex D Great and Kate Millet in a Calypso and Irish Folk song fusion.

Each session will focus on a different theme, inspiring the music for that day. Participants will experiment with different sounds, instruments and memories to form their own songs. Expect discussion, participation and even some singing and dancing!

At the end of the session there will be a chance to socialise and reflect with light refreshments. No previous experience is needed. It is all about giving it a go!

- Enjoy weekly creativity
- Make new social connections
- Develop new skills
- Combat memory worries



When: 13 October - 1 December,
Every Thursday, 2pm - 3:30pm

Where: Ashford Place,
60 Ashford Road, London, NW2 6TU

To register contact:
emily@arts4dementia.org.uk

020 3633 5401
arts4dementia.org.uk