



Belt It Oot!

Does your group/organisation connect and support people who experience health inequalities in North West Glasgow?

Would you like to offer an additional health and well being activity in your programme ?

Have you thought about singing?

Singing a great tool for

- increasing confidence,
- getting people working together
- improving health and well being generally

Through the “Belt it Oot !” programme for 2016/17, funded by North West Health Improvement Team, New Rhythms for Glasgow can now offer a taster singing session with an experienced community singing tutor to groups.

The session is about an hour and includes:

- warm ups
- breathing exercises
- teaching some simple songs
- some unison singing.

No experience of reading music is needed as songs are taught by ear – all that’s needed are voices and enthusiasm. All voices welcomed as you don’t need to be a good singer to join in. Some beautiful sounds guaranteed! Please contact: 0141 557 1123 or email info@nrfg.org.uk



New Rhythms will also be developing a starter training pack/course about singing for organisations working with vulnerable people. The resource will equip staff/volunteers with the confidence, skills and material to deliver taster singing sessions themselves.

Please contact New Rhythms on the numbers above if this is something your organisation might be interested in helping to shape or take part in.

