



Partnership
Southwark



MIND AND SOUL COMMUNITY CHOIR

TRANSFORMING LIVES
THROUGH SINGING

WHAT WE DO

The Mind and Soul Community Choir promotes wellbeing through singing as well as reducing the stigma surrounding mental health issues. We meet weekly for an hour at the Maudsley Hospital in Southwark. We are open to over 18s, membership is free and no audition is required. Come and join us for a fun hour of singing and friendship.

WHO ARE WE?

The Choir was started in 2006 and is made up of current and ex service users, members of staff, members of the community and anyone affected by mental health issues.

CONTACT US FOR MORE INFO



07599 501189



WHY IS SINGING GOOD FOR YOU?

For mental health in particular, singing has been found to release positive chemicals such as endorphins, dopamine, and serotonin, reducing stress and increasing happiness. It has also been found to help form connections and reduce isolation.



WHERE AND WHEN DO WE MEET?

Weekly on a Wednesday from 6pm to 7pm In the Canteen of the Maudsley Hospital SE5 8AZ



hello@mindandsoulchoir.org



www.mindandsoulchoir.org

"The choir is often the highlight of my week, it lifts my mood and gives me an opportunity to socialise "