

Sound Sanctuary at Brent Mencap

Join musicians from the Royal Philharmonic Orchestra for fun, free and creative music workshops



We would love to invite Disabled adults and their carers or support workers to take part in a series of music workshops this autumn. Alongside musicians from the Royal Philharmonic Orchestra, we will work together to create brand new pieces of music and explore orchestral music together.

You don't need to have any musical experience to take part and workshops will explore any style or type of music participants enjoy. A range of instruments (drums, shakers, xylophones, and more) will be provided but you are also more than welcome to bring something else along if you would like to.

Next Dates

- Thursday 12 September at Brent Mencap, NW10 2JR
10.15 – 11.15am & 11.30am – 12.30pm
- Thursday 3 October at Brent Mencap, NW10 2JR
10.15 – 11.15am & 11.30am – 12.30pm

Register Now

Sessions are free but spaces are limited and you must sign up in advance.

To register, please call **07740 941136** or visit our website to complete the registration form: rpo.co.uk/brentmentalhealth

Sound Sanctuary: Community Sessions

If you're experiencing mental health or wellbeing challenges, you are warmly invited to join musicians from the Royal Philharmonic Orchestra for a series of fun, creative music sessions. Sessions are evidence-based and designed to provide respite from symptoms and improve mood.



At each session, you'll meet professional musicians and other participants and work together to create brand new pieces of music and song. You'll be supported to try out instruments and help create melodies, rhythms and lyrics for brand new group pieces.

No prior musical experience is required and all genres or types of music can be explored. Instruments will be provided, but you are also more than welcome to bring something along that you normally play if you would like to.

Next Dates

- Thursday 12 September at TBC, NW2 6TU
2.00 – 3.15pm & 3.30 – 4.45pm
- Thursday 3 October at Ashford Place, NW2 6TU
2.00 – 3.15pm & 3.30 – 4.45pm

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