



Healthy Abingdon

Music for the Mind and Body 5 to 7 pm, Thursday 21 March

Registration, networking and refreshment from 4:30 pm

This meeting is open to all whether community groups, health service providers or members of the public.

Venue. The Conduit Centre (part of Trinity Church) Conduit Rd, Abingdon OX14 1DB.

Purpose of meeting. To share knowledge, experience and ideas on the various ways that music can help improve health and wellbeing and enable people to live a better life despite health problems or disabilities.

Agenda

- **4:30 pm. Registration, networking and refreshments.**
- **5:00 pm. Welcome and introduction** from the meeting chair, Ros Alstead, OBE, Healthy Abingdon Trustee.
- **5:05 pm. The Abingdon Music Centre.** Jim Hines, Chair, Abingdon Music Centre Trust, and Ben Heaney, Director of the Abingdon Community Orchestra, will talk about the Centre's scope and outreach work including the "Black Spot System" which helps those with dementia and others.
- **5:55 pm. Creating with Care - arts and health working together.** Angela Conlan, Arts Co-ordinator, Oxford Health Foundation Trust
- **6:15 pm. Singing for the Brain** and other services for those with dementia in Abingdon, Kate Czezko, Alzheimer's Society
- **6:30 pm. Parkinson's Exercise to Live Music.** Pat Bryden.
- **6:40 pm. Discussion session**
- **7:00 pm. Close**

Registration

To register to attend, or to find out more, please email Dave Butterworth on healthyabingdon@aol.com, or phone him on 01235 525 955.

We are sure we can accommodate you at the event if you don't have time to register

Parking

There is very limited parking nearby but we are pleased to say that the Abingdon and District Conservative Club is allowing us to use their car park. (Take the first right at a small unmarked road after you enter Conduit Road from Ock Street.)