

My Music Oasis

A fun and interactive workshop supporting carers to rest, relax and be revived through personalised music



Are you an unpaid carer for a friend or family member?

A FREE, fun and interactive workshop looking at the power of music and how you can use music to empower your health and enrich your life.

"My Music Oasis" is a workshop designed for people caring for others which recognises and celebrates the vital role that carers play in supporting others, often at a significant cost to themselves. It provides an opportunity to meet other carers and socialise whilst creating your own personalised playlist. Participants will receive a FREE toolkit to keep and use.

Music has been shown to ease physical discomfort and pain, ease emotional distress, promote spiritual awareness, aid relaxation, enhance relationships, improve quality of life, support life review and bring joy and positivity.

What Carers have said about the workshop:

"An enjoyable time and informative."

"Really enjoyed my afternoon. Lovely sociable time. Evoked some wonderful memories and sad ones! Helpful being with other carers. I'm looking forward to using my toolkit and spending some time focussed on me!"

"This workshop has been extremely informative and a great support to carers."

Workshops commissioned by Nottinghamshire County Council and all Nottinghamshire Clinical Commissioning Groups

2nd March 2016 (1pm - 4pm) - Towers (Mansfield)

7th March 2016 (1pm - 4pm) - Newark & Sherwood CVS (Newark)

21st March 2016 (1pm - 4pm) - Voluntary Action Broxtowe (Beeston)

5th April 2016 (1pm - 4pm) - East Leake Village Hall

11th April 2016 (1pm - 4pm) - Gedling Road Methodist Church (Carlton)

15th April 2016 (1pm - 4pm) - Bassetlaw CVS (Worksop)

21st April 2016 (1pm - 4pm) - Bowman Pub (Hucknall)

13th May 2016 (1pm - 4pm) - Bingham Library

10th June 2016 (1pm - 4pm) - West Bridgford Library (Cedar Room)



To book a FREE place on one of the workshops please book online at www.joco.gb.net/shop, call **07955 016377**

or email info@joco.gb.net

Spaces are limited to 12 participants per workshop

Participants must be registered with a GP in the local CCG area to be eligible for a place on the free session. Participants can reclaim replacement care costs whilst attending the workshop - details of how to claim will be supplied at the workshop.

The workshops will be delivered by **JoCo Learning & Development Ltd** on behalf of **musicworks**. "My Music Oasis" is a toolkit designed by the charity **musicworks** (Registered Charity Number: 1119679)

