



## ***Suicide Liaison Service***

### ***Singing for Wellbeing:* *(for people bereaved by suicide)***

Supported by a grant from the Cornwall Rural Community Council, ***Singing for Wellbeing*** is a community activity for adults (over 18 years) living in Cornwall and bereaved by the suicide of a family member, partner, or a close friend. The singing group will be held on the first Friday morning of each month from 11 a.m. to 1 p.m. (starting on Friday, 1<sup>st</sup> May 2020) at a central location in Truro with parking and close to public transport.

You don't have to be able to sing to come along and join in, and there are no auditions! It's a safe and supportive environment in which to come together with others who have shared a similar loss, benefit from peer support, and participate in an enjoyable activity which can improve your wellbeing. Tea and coffee will be provided and there will be an opportunity to socialise. A member of the Suicide Liaison Service will be on hand to provide support should it be needed.

The singing will be led by Gail Hampshire, an experienced and enthusiastic singing leader, who is passionate about singing for health and wellbeing. Gail originally trained as a physiotherapist and is experienced at working with both individuals and groups, encouraging people to achieve their best. Her sessions are fun and enjoyable, with new songs taught by ear, in a friendly relaxed environment.

#### **To register:**

Call Outlook South West on 01208 871905 (weekdays from 9 a.m. to 1 p.m.) or register online at [www.outlooksw.co.uk](http://www.outlooksw.co.uk) stating you are interested in attending ***Singing for Wellbeing***. A member of the team will call you back within a few days to provide you with further details.

*Data is collected under strict rules of confidentiality as required by the GDPR (2018) and your personal information will not be shared with anyone outside of our Service without your consent.*