

To enrol or enquire

I am a carer of someone with memory problems.
We would like to find out more.

I want to help

I wish to offer my help and skills and would like further details on becoming a singing support volunteer.

To make a donation

I would like to make a donation, please contact me.

Name.....

Address.....

.....

Postcode

Telephone

Mobile

Email

Please complete and send this page to:

Singing For The Mind
28 St John's Wood Road, London NW8 7HA
020 7286 5181

Or by email to : sfm@ljs.org

A non-denominational singing and social activity held at The Liberal Jewish Synagogue

Singing for the Mind has been specially designed to provide a stimulating social activity. Similar schemes are also running with great success at other venues in the United Kingdom.

The Liberal Jewish Synagogue (LJS) was founded in 1911 and is the oldest and largest community of Liberal Jews in the UK – some 2000 members.

The LJS is known for its dialogue and successful collaboration with local Christian, Hindu, Muslim and other faith groups.

The Liberal Jewish Synagogue is a company limited by guarantee (Company No. 9113305) and a registered charity in England and Wales. (Charity No. 1159292).



Singing for the Mind

Singing for health and companionship



This is a stimulating and social activity, led by a trained singing leader, for people with memory problems and their carers.

Singing for the Mind

Singing relieves stress and stimulates the brain.

Singing for the Mind enhances social activity and brings fun and confidence to lives affected by memory problems. Through music people share the joy of learning new songs and rekindling memories through singing old favourites.

These sessions can give people with dementia and their companions a more positive view on life.

Sessions are run by a singing leader with specially trained Volunteers. Together we aim to reduce social isolation by creating an environment for friendship, enjoyment and mutual aid.

We have a visiting Dementia Specialist who is available for consultation.



Having fun with a new song

What to expect

We meet regularly on Thursday afternoons. Tea and biscuits are served during the first half hour to allow for a relaxed arrival and a chance for a chat. Throughout the afternoon, those with dementia, their companions and the volunteers all sit together and no-one is identified by illness

For the singing session, everyone moves to a large circle and we start with a short warm-up. What we sing includes well-known songs, rounds and action songs. We do learn new songs and frequently a participant will offer a song and we may join in.

The session ends with tea and biscuits and a chance to relax among friends and appreciate our special sense of community.



Meeting new friends

Singing for the Mind is generously sponsored by
The Ernest Hecht Charitable Foundation and
The Liberal Jewish Synagogue

What our members say about our group

Beside the singing, I love the way the group responds to both the warmth and hospitality offered, and Judith's encouragement, skill and sense of fun is fantastic.

Her son was amazed: she sang 'You Are My Sunshine' at home.

Fun, enjoyable, stimulating – not just a sing-a-long.

I am a much happier man leaving than when I arrived and looking forward to next week with great joy.

It is quite incredible, Jack cannot string a sentence together for an entire week, yet here he sings and talks with ease.

Singing for the Mind

Sessions are open (by application) to everyone with memory problems or in the early to moderate stage of dementia, with a companion, who may be a family member or carer.

Sessions are free

however a suggested donation of around £5-£10 per person a session would be very welcome.

Sessions take place at

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