



## Course details

### Course title

Music Appreciation: Music for Wellbeing

### Course code

Q00017799

### Course date

Start: 15/10/24

End: 17/12/24

### Number of classes

10 sessions

### Timetable

Tue 15th Oct, 13:00 to 17:00

Tue 22nd Oct, 13:00 to 17:00

Tue 29th Oct, 13:00 to 17:00

Tue 5th Nov, 13:00 to 17:00

Tue 12th Nov, 13:00 to 17:00

Tue 19th Nov, 13:00 to 17:00

Tue 26th Nov, 13:00 to 17:00

Tue 3rd Dec, 13:00 to 17:00

Tue 10th Dec, 13:00 to 17:00

Tue 17th Dec, 13:00 to 17:00

### Tutor

Katie Dexter

### Fee range

Free to £151.20

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

NST Hub (North Somerset Training Communi  
31 Alexandra Parade  
Weston-super-Mare  
BS23 1QZ

## **Level of study**

Beginners

## **Course overview**

From Beethoven to Blur, or Metallica to Mongolian voices, music can lead us from one state of mind and body to another. This course looks at the power of music and how it can be used as a source of energy to improve our overall health, self-esteem, and wellbeing. You will be given the opportunity to explore your own personal relationship with music, considering the impression music had on you when growing up; including how you feel about singing and why? There is extensive research supporting the psychological, social, and behavioural benefits that happen when an individual finds their voice. We will consider this and how the benefits of singing, song writing, and voice exploration can give us a feeling of belonging. By experimenting in a group, you will experience what it feels like to be part of something that is bigger than yourself!

## **Course description**

During this friendly and interactive course we will consider a wide selection of music: from Beethoven to Blur, or Metallica to Mongolian voices, music can lead us from one state of mind and body to another. This course looks at the power of music and how it can be used as a source of energy to improve our overall health, self-esteem, and wellbeing. You will be given the opportunity to explore your own personal relationship with music, considering the impression music had on you when growing up; including how you feel about singing and why? There is extensive research supporting the psychological, social, and behavioural benefits that happen when an individual finds their voice. We will consider this and how the benefits of singing, song writing, and voice exploration can give us a feeling of belonging. During the course you will discover how singing can help to improve your breathing and lung capacity. You will also experiment with group singing, memorise a simple song and participate in a short performance. By experimenting in a group, you will experience what it feels like to be part of something that is bigger than yourself!

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during

your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/languages-culture/music/15-october-music-appreciation-music-wellbeing>