

SZZ3WA03 - Benefits of Singing

Virtual Classroom - Zoom

Start Date: 20 January 2021
End Date: 10 March 2021
Start Time: 10:30AM
End Time: 11:30AM
Day: Wednesday
Sessions: 7
Tutor: Mr Ivor Johnson

Room Meeting ID: 682 8279 4614

Learn2b

Learn2b courses are free of charge to anyone who lives with (or has experienced) a mental health disorder. Diagnosis is not essential. Tutors, who are selected because of their own experiences of mental health illness will support you throughout your course in a safe, welcoming environment. Email alsreferrals@northamptonshire.gov.uk if you would like some help accessing Zoom.

Course aim

This course will introduce you to the basic principles of singing. Learn and understand breathing techniques, whilst also exploring how to use singing to help manage your wellbeing. With limited social connection we can use singing to continue connecting with others and enhance our mental and physical wellbeing. You will be asked to attend a virtual induction session which will also support the use of Zoom.

Course outcomes

- Learn how the singing voice and muscles work, in basic breathing and singing techniques
- Explore how to use singing to manage personal wellbeing

How will the course be taught?

This course will consist of live virtual sessions using Zoom, a free to use video conferencing platform. A variety of teaching methods will be used which may include group discussion, worksheets, practical activities etc., relevant to the course subject. Handouts may be emailed to you after the session to support your learning.

What do I need to bring/have ready?

To join the live session you will need to access the internet via either a phone/laptop/pc/ipad/tablet, with your webcam and microphone switched on. The session is very interactive so please bring some headphones if you have them, to maintain confidentiality, if you have other people in your home during the restrictions. A notepad and pen may be useful if you wish to take notes

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northamptonshire.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and safety/online safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06r

Further information

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk>