

# FREE Songwriting Workshops for NHS staff



MYCOOL  
MUSIC  
FOUNDATION

Charity No.1191740

The MyCool Music Foundation is offering a series of free five week songwriting workshops with music industry professionals who have worked with the likes of **Mark Ronson, Florence Welch and Boy George.**

We aim to use the therapeutic power of songwriting to support NHS and frontline staff to process what they have been through since early 2020 and to start to look forward to the future with hope.

## Express yourself!

A **fun, inspiring** and **inclusive** experience to promote **wellbeing** focussing on the **wellness** of those who devote their lives to making others well.

The benefits of songwriting include **self-expression, stress relief**, a means of **interpreting difficult circumstances** and **overcoming challenges.**

Not everyone finds it easy to discuss their feelings and emotions, but songs are a way for us to navigate our world and process the meaning that experiences have for us.

**NO MUSIC OR SINGING EXPERIENCE  
NEEDED**

Our songwriting workshops will embody the Five Steps to Mental Wellbeing, as advocated by the NHS.

- 1) Connect with others**
- 2) Learn new skills**
- 3) Be active**
- 4) Give to others**
- 5) Pay attention to the present (mindfulness)**

When: May 2021

Where: Online

Time: Evening

Limited number of places

Duration: Five weekly 1.5 hour sessions.

For further information please email:  
[enquiries@mycoolmusicfoundation.org](mailto:enquiries@mycoolmusicfoundation.org)