

# Wellbeing Suffolk's Music Fest

*Celebrating music for wellbeing*

**16th July 2020**

**1pm Exercise to Music – A good old rock out**

**2.15pm Mindful to Music – Chill out and relax**

**4pm Vinyl Lounge – Chat about all your favourite music for wellbeing**

**5pm Song Writing – Create music with Nikki**

**6.30pm Live Music with  
Albion Mills and Belinda  
Gillett**

**7.45pm Music Quiz – Good old quiztastic fun!**

AS PART OF GOOD CARE MONTH WELLBEING SUFFOLK ARE CELEBRATING MUSIC IN THIS AFTERNOON AND EVENING OF MUSIC. THERE IS SOMETHING FOR EVERYONE – INCLUDING A DANCE, RELAXATION, SHARE YOUR FAVOURITE MUSIC, SONG WRITING LIVE MUSIC AND TO END THE EVENING A MUSIC QUIZ. THIS SUMMER WE MAY NOT HAVE ALL THE LIVE EVENTS WE WOULD USUALLY ENJOY BUT WE DO HAVE WELLBEING MUSIC DAY. COME ALONG TO ONE OR SOME OR ALL OF OUR VIRTUALS AND ENJOY A DAY OF MUSIC CELEBRATION.

If you want to get involved or have any queries or contributions get in touch at [SuffolkSocials@nsft.nhs.uk](mailto:SuffolkSocials@nsft.nhs.uk). Details of all our socials can be found at <https://www.wellbeingnands.co.uk/suffolk/social-events/>