CPDL

SINGING FOR WELLNESS

CPDL for
all school staff

Led by experts
from Musica Kirklees

Supportive and
inclusive

Ideas and inspiration

Thursday, June 5, 2025

4.30 – 6.00pm
Central Huddersfield (venue tba)

Course for school staff –
no experience needed

£116 per person

Space is limited –
register today!

Please turn over for details

EMAIL natalie.brown@musicakirklees.org
TO BOOK or find out more

#MUSICA
KIRKLEES

Singing together is an activity that has been vital to humanity's way of life for hundreds of years. It doesn't require many resources and everyone can do it! It also offers us important tools for looking after our wellbeing.

In the course we will explore:

- Breathing and posture - using different exercises we will explore how an awareness of good breathing and posture can not only help our singing and speaking but also help us to manage stress and anxiety.

- Warm-ups and rounds - songs and exercises to warm-up our voices and start us singing together, listening to each other, encouraging reluctant singers and developing musical confidence.

- Learning songs to sing together - we will learn some simple two and three-part songs to get your staff sounding great in a really short time and using a wide range of musical styles.

What you'll take from the course:

- New knowledge and skills

- A sense of the enjoyment and camaraderie that singing provides

- Resources to use in your school or just to enjoy at home (including performance and backing tracks to use)

- Ideas about how to use the resources in the classroom

- Detailed notes with all the information about the songs and exercises used

- Lyric PDFs

- Links to other resources

- Information about how to join a Musica Kirklees Choir (5 venues across Kirklees)

- Musica Kirklees contacts for further support or future CPDL

Please email natalie.brown@musicakirklees.org
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Supported using public funding by

Department for Education | ARTS COUNCIL ENGLAND