

MUSICWORKS PRESENTS



THE HERON  
MUSIC CAFÉ

BRINGING THE  
COMMUNITY TOGETHER  
TO ENJOY LIVE MUSIC  
FOR WELLBEING

In partnership with



# LOCAL LIVE MUSIC SESSIONS TO ENHANCE WELLBEING

**ALL WELCOME - DEMENTIA FRIENDLY/INCLUSIVE  
FREE ENTRY AND REFRESHMENTS**

## THE HERON MUSIC CAFÉ

Sessions held on Mondays at 10:30 till 12:00 at

**POPPY AND PINT  
PIERREPONT ROAD  
WEST BRIDGFORD  
NG2 5DX**

<b>SEPT</b>	<b>13th/25<sup>th</sup></b>	<b>OCT</b>	<b>11th/25<sup>th</sup></b>
<b>NOV</b>	<b>8th/22<sup>nd</sup></b>	<b>DEC</b>	<b>6th/20<sup>th</sup></b>

These fun, uplifting sessions, run by local music practitioners are accessible to all.

If you're feeling a bit lonely and isolated, have dementia or other health conditions, a carer for someone or just fancy a coffee, chat and sing we'd love to see you there.

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**NO NEED TO BOOK A PLACE  
TO VOLUNTEER OR MAKE ENQUIRIES TELEPHONE**

**0115 914 5879**

OR EMAIL [info@musicworksnet.com](mailto:info@musicworksnet.com)

