

# My Music Oasis

A fun and interactive workshop supporting carers to rest, relax and be revived through personalised music

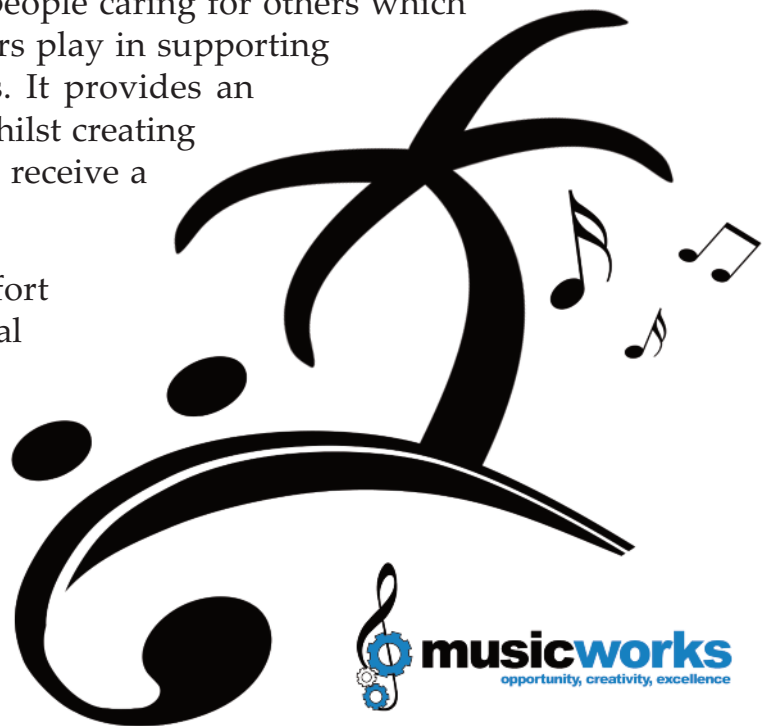
## Are you an unpaid carer for a friend or family member?

A FREE, fun and interactive workshop looking at the power of music and how you can use music to empower your health and enrich your life.

“My Music Oasis” is a workshop designed for people caring for others which recognises and celebrates the vital role that carers play in supporting others, often at a significant cost to themselves. It provides an opportunity to meet other carers and socialise whilst creating your own personalised playlist. Participants will receive a FREE toolkit to keep and use.

Music has been shown to ease physical discomfort and pain, ease emotional distress, promote spiritual awareness, aid relaxation, enhance relationships, improve quality of life, support life review and bring joy and positivity.

This workshop is commissioned by the Rushcliffe Clinical Commissioning Group and Nottinghamshire County Council



**Date:** 20th October 2015

**Time:** 2pm - 5pm

**Venue:** West Bridgford Library, Bridgford Road, NG2 6AT

To book a place on the workshop please call **07955 016377**  
or email **info@joco.gb.net**

*Spaces are limited to 20 participants*

Participants must be registered with a GP in Rushcliffe to be eligible for a place on the free session.

Participants can reclaim replacement care costs from Nottinghamshire County Council whilst attending the workshop - details of how to claim will be supplied at the workshop