

PATRON: SIR CLIFF RICHARD, OBE

Registered Charity Number: 1121600

Goldies

Sing & Smile **UK**

A good old **SINGALONG**

YOUR LOCAL GOLDIES SESSION:

We're **NOT**
a **CHOIR!**

HALSTEAD LIBRARY, BRIDGE STREET,

HALSTEAD, CO9 1HU

on the **2nd MONDAY** of each month

with Rob Cadman from 11:15am-12:15pm **£3 donation to attend**

Join our Goldies sing-a-long on the following Mondays;

17th April (changed due to bank holiday) | 15th May (changed due to bank holiday)

12th June | 10th July | 14th August | 11th September



THE
MERCERS'
COMPANY



W
Garfield Weston
FOUNDATION



Essex
Community
Foundation



THE
CHILDWICK
TRUST

Everyone Welcome!

www.golden-oldies.org.uk

01761 470006

ALL ABOUT 'GOLDIES'

Who are the Golden-Oldies Charity...?

The Golden-Oldies Charity, more fondly referred to as 'Goldies', was founded by Bath-based musician Grenville Jones in 2007. For many years Grenville has built a reputation as one of the UK's foremost choir leaders and has learnt first hand of the positive social effects of singing in a music group.

"I wanted to grab the atmosphere of fun and friendship and bring it to older adults through daytime sing-alongs of the memory evoking hits of the 50s onwards."

Goldies Sing&Smile sessions are open to everyone, but particularly aim to combat isolation with older adults. Our regular groups give people something to look forward to, a chance to get out, make new friends and most importantly, have fun.



Singing is good for you!

Did you know that apart from being fun and uplifting, singing has lots of health benefits? A good sing can stimulate your immune responses, release pain relieving endorphins, improve sleep and reduce snoring, improve lung capacity and posture, tone facial and stomach muscles.

Singing is a great stress reliever too and is well known for improving mental health, supporting those experiencing grief and bereavement, and developing a sense of belonging and connectivity.



So what are you waiting for?

Why not try your local Goldies group and join us for a fun and friendly sing-along. Goldies is not a choir, you don't have to be able to hold a tune. Some people like to sing out loud and proud, some just tap along and listen, some just like to chat! Everyone is welcome at Goldies.

If you'd like more information please call the office and speak to our friendly team on **01761 470006** or email events@golden-oldies.org.uk

See you there!

Working in Partnership with
Sovereign Housing

SOVEREIGN



www.golden-oldies.org.uk

events@golden-oldies.org.uk 01761 470006