

Cappella Nova Outreach at St Bride's

Sing for Your Life!

Boost your health and wellbeing –
have fun with like-minded people!

Thursdays at 2.00 for 2.15 - 3.15pm

Autumn 2026 Dates:

- **3rd September**
- **15th October**
- **5th November**
- **10th December**



... featuring a wide range of favourite songs!

Led by Alan and Rebecca Tavener, these singing-for-fun sessions are **FREE** to all.

No experience of music or singing is required!

Why not come and join us for cheerful and relaxed get-togethers and enjoy the pleasure and health benefits of singing.

Refreshments will be available. Feel free to make contact in advance

by email to info@cappella-nova.com

...or just turn up!