

How to find the Copleston Centre

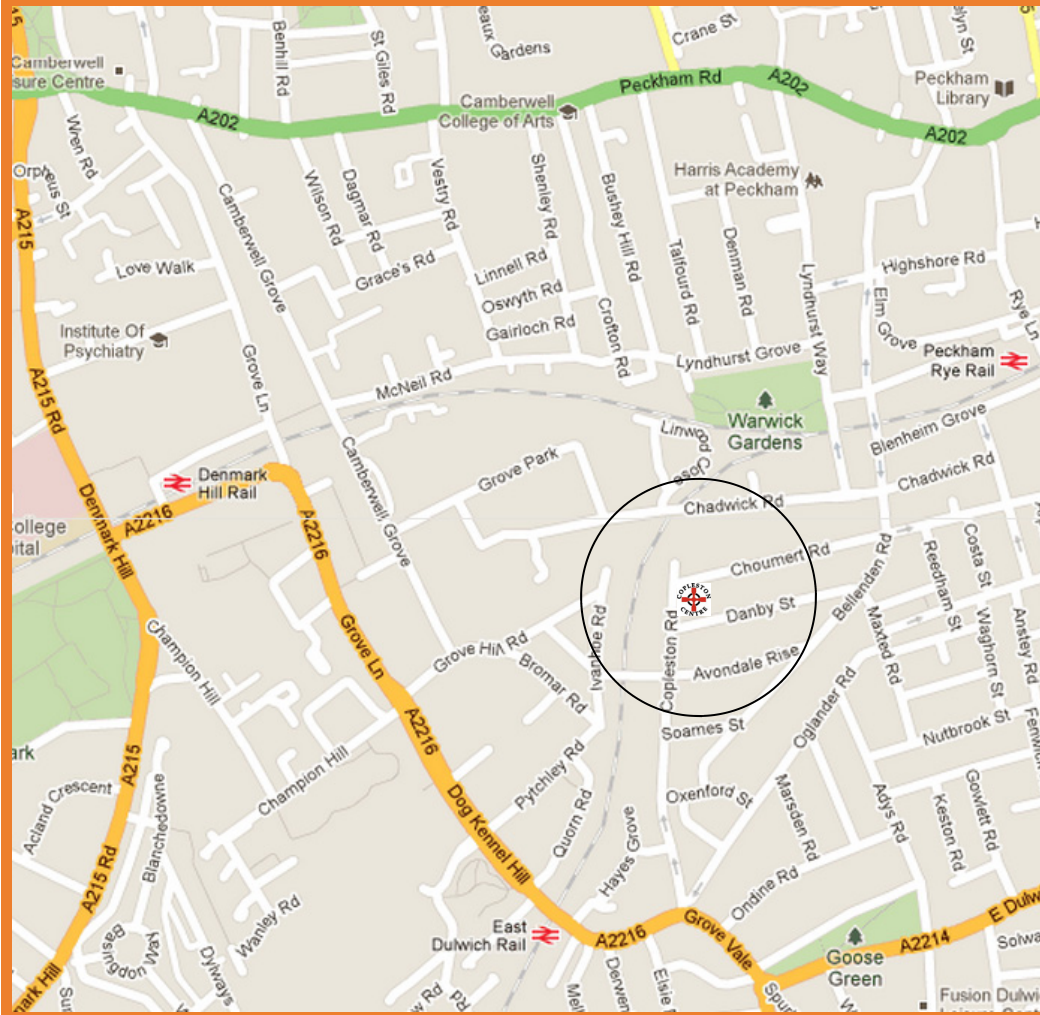


Copleston Centre
Copleston Road
Peckham SE15 4AN

Tel: 020 7732 3435

Nearest train stations: East Dulwich or Peckham Rye

Buses: 176, 40, P13, 185, 37, 484, 363, 63



Soundboard

A music therapy group for Southwark residents with mental health concerns



Mondays 3-4 pm
at the Copleston Centre
Copleston Road, Peckham SE15 4AN



creative therapies project
www.coplestoncentre.org.uk

LOTTERY FUNDED



Soundboard - A music therapy group for Southwark residents with mental health concerns

About music therapy

One in four of us experiences some sort of mental health difficulty during our life. For some it is a passing episode of distress, while for others it can be a severe illness that seriously disrupts relationships, home life and career.

Making music offers people a new experience of themselves, which can support those experiencing temporary distress or chronic and enduring problems. Music therapy is not an alternative to medical treatment but can promote recovery and wellbeing in a unique way.

Positive outcomes include:

- helping people to 'find a new voice', raising levels of confidence and self-esteem
- helping people to discover more about how they relate to others
- offering a means of experimenting with new ways of being expressive
- connecting people with their feelings when it can be difficult
- improving focus and concentration
- releasing frustration and providing a creative emotional outlet

About Soundboard

Soundboard runs on Monday afternoons, 3-4 pm, at the Copleston Centre. It is led by music therapist Bronwyn Tosh.

It is part of the Creative Therapies Project running at the Copleston Centre.

For more information about Soundboard please contact:

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Soundboard is provided in collaboration with Nordoff Robbins, a national music charity delivering music therapy and other music services to vulnerable people across the UK.

Registered Charity Number 280960

www.nordoff-robbins.org.uk

