

AutismAble CIC are delivering a 10 week **Introduction to Singing** coursecommencing:

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| **TUESDAY 6th OCTOBER**  **VENUE: TBC (Sunderland)**  \*Eligibility: Adults aged 19+ with Autism or Learning Disability  who reside in Sunderland or Washington |

**Course Content**

* Vocal Exercises and Techniques
* Rhythm
* Introduction to a Range of Instruments
* Breathing Exercises
* Sing Your Favourite Songs
* Christmas Performance (final session)

**Session Times Available:**

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| **10:00 – 12:00** | **13:00 – 15:00** | **16:00 – 18:00** |

Each course will run from Tuesday 6th October until Tuesday 15th December. Please note there will be no session on Tuesday 27th October.

**To Book Contact:** Nichola Laidler

Email: [nichola.laidler@autismable.com](mailto:nichola.laidler@autismable.com) or Tel: 07833086021

\*\* *Funding Eligibility (ESF) – Aged 19+ before 31st August 2015; resident in the UK for past 3 years; Proof of national insurance number required for funding purposes. Minimum of 8 Learners per session.*