

SINGING FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Singing for Wellbeing	18/09/2026	11/12/2026	WIGSTON MAGNA LIBRARY	131.20
Singing for Wellbeing	08/01/2027	19/03/2027	WIGSTON MAGNA LIBRARY	110.50

01. Who is this course for?

This course is for anyone who wants to enjoy the many health benefits of singing in a friendly and relaxed setting. You don't need to know how to read music or have any previous experience. Together we will use a simple songs and vocal exercises to boost your confidence and lift your mood. Just bring your voice and an openness to join in!

02. What will I learn?

On this course you will learn some of the essential skills for singing, such as posture, breathing, pitch, rhythm, diction, and vocal support. You will also learn how singing in a supportive community can boost your health and wellbeing by releasing tension, reducing stress, and improving your memory.

03. How will I learn?

This is a mixed-ability, tutor-led singing workshop. Learners will receive regular verbal and written feedback on their progress. You will get lots of support and encouragement along with the opportunity to explore and experiment with a variety of singing techniques. Please avoid taking holidays during courses. Missed lessons can affect funding for adult learning courses.

04. What will I need to bring?

Please bring a drink with you. You will also need a pen.

05. What skills or experience do I need?

No experience is necessary to join this course. This course is aimed at people with little to no technical singing/music knowledge - but everyone is welcome. We ask that you come with enthusiasm and a willingness to try new things.

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

07. What could I do after this course?

The Learning for Wellbeing curriculum offers a wide range of art, craft, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.

08. How will I be supported in my learning?

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% reduced fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £26,800 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk