

SING A LONG COVID

Open Invitation for all those who are suffering from the effects of Long Covid.

Every Wednesday from 10:30 am
St Matthais Church, Stoke Newington.
Led by Sally Davies.

Sally is a composer and musician, and expert on English and European folk song.

She led the Cecil Sharp Folk Choir for ten years and has worked with a wide diversity of music groups and community choirs including the acclaimed, local Wing it Singers.

Beginners welcome. Feel free to bring a friend if you wish.

We hope this will be a focus for a supportive group, who can come together and find a moment of calm and a sense of wellbeing through gentle breathing and singing in a beautiful acoustic environment.

Contributions will be welcome but given the financial devastation Covid has caused we do not expect all to pay.

For more info, contact Gavin O'Shea at **07958729808**