

PATRON: SIR CLIFF RICHARD, OBE

Registered Charity Number: 1121600

# Goldies

Sing & Smile **cymru**

A good old **SINGALONG**

 YOUR LOCAL GOLDIES SESSION:

We're **NOT**  
a **CHOIR!**

HUBBERSTON AND HAKIN COMMUNITY CENTRE,  
CHURCH ROAD, HUBBERSTON,

**MILFORD HAVEN**, SA73 3PL

on the **1st THURSDAY** of each month

with Ashley Newsham (in partnership with Arts Care Gofal Celf)

from 11.00-12.00pm - Doors open 10.30am **£3 donation to attend**

**Everyone Welcome!**



[www.golden-oldies.org.uk](http://www.golden-oldies.org.uk)

01761 470006

# ALL ABOUT 'GOLDIES'

## Who are the Golden-Oldies Charity...?

The Golden-Oldies Charity, more fondly referred to as 'Goldies', was founded by Bath-based musician Grenville Jones in 2007. For many years Grenville has built a reputation as one of the UK's foremost choir leaders and has learnt first hand of the positive social effects of singing in a music group.

"I wanted to grab the atmosphere of fun and friendship and bring it to older adults through daytime sing-alongs of the memory evoking hits of the 50s onwards."

Goldies Sing&Smile sessions are open to everyone, but particularly aim to combat isolation with older adults. Our regular groups give people something to look forward to, a chance to get out, make new friends and most importantly, have fun.



## Singing is good for you!

Did you know that apart from being fun and uplifting, singing has lots of health benefits?

A good sing can stimulate your immune responses, release pain relieving endorphins, improve sleep and reduce snoring, improve lung capacity and posture, tone facial and stomach muscles.

Singing is a great stress reliever too and is well known for improving mental health, supporting those experiencing grief and bereavement, and developing a sense of belonging and connectivity.



## So what are you waiting for?

Why not try your local Goldies group and join us for a fun and friendly sing-along. Goldies is not a choir, you don't have to be able to hold a tune. Some people like to sing out loud and proud, some just tap along and listen, some just like to chat! Everyone is welcome at Goldies.

If you'd like more information please call the office and speak to our friendly team on **01761 470006** or email [events@golden-oldies.org.uk](mailto:events@golden-oldies.org.uk)

*See you there!*

**Goldies**  
Sing & Smile **cymru**

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