MUSIC FOR WELLBEING

Sing from the Heart

THE BEANEY HOUSE OF ART & KNOWLEDGE

Sing From the Heart Canterbury

Christmas Community Celebration



Bringing Canterbury together through music, friendship & festive cheer!

FRIDAY 11 DECEMBER 2026

10:30am-12:30pm

Beaney House of Arts and Knowledge
18 High Street, Canterbury, CT1 2RA

FREE

BOOKING IS ESSENTIAL, SCAN THE QR CODE TO SECURE YOUR PLACE

WHAT TO EXPECT

- Festive music & Christmas favourites
- Tea, coffee & mince pies
- Meet local grassroots organisations
- Find ways to get involved
- Celebrate what makes Canterbury special

A CHANCE TO CONNECT

- Feel good festive fun
- Reduce loneliness and isolation
- Unite across generations
- Strengthen wellbeing and belonging
- Create a more connected Canterbury

No singing experience needed!
Come as you are, enjoy the atmosphere and be part of something special.

ALL AGES AND ABILITIES WELCOME

"One Song. One Community. One Canterbury."

Dementia & Parkinson's Friendly