



## Skylarks heard in Chatham!

A new singing group has been formed in Chatham with help from two Kent charities. Medway Skylarks meets in the Pilkington Building of the University of Kent in Chatham Maritime every Saturday starting on 14th January and is part of a growing initiative to help those with a neurological condition such as Parkinson's.

Following many years work with People with Parkinson's it has been suggested that improvements in breath control, vocal strength and general emotional wellbeing can be detected following singing sessions.

Grenville Hancox, Honorary Professor of Music and Well being at the University of Kent has been closely involved with developing the Skylarks movement and sees this new group as leading the way for other developments nationally. 'Medway Skylarks supported by the Medway Neurological Network will show how singing can help and compliment traditional medical approaches to combating neurological problems and is part of a campaign to secure Singing on Prescription and change our world!'