**Join our Flash Mob choir**

**perform Live in Bath for a special performance**

**on Saturday 6th October**

**‘All Welcome’**

This FUN, uplifting event is celebrating World Mental Health Day (which is 10thOctober) and will be one of many pop-up events happening in central Bath from 6th October and during the following week.

There is a rehearsal schedule with several dates and locations.

It will be led by music therapist, Judit Solero. We would ask that the minimum is to attend one practice so that we can explain the arrangements and you have got some idea of how the song goes. 

**The basic arrangements are:**

·         To learn 2 songs -  a medley of ‘With A little Help From My Friends’ (The Beatles) and ‘Lean On Me’ (Bill Withers) with a soloist or two to start us off.

·         On the day (**6th October**), we will be meeting for a **final rehearsal and a coffee from 9am onwards in the Milsom Room at Manvers Street Church (BA1 1JW**) and then we can head into the centre of town as a group at about 11am.

·         Locations for performances are Bond Street (outside GAP), inside Bath Abbey and Southgate, times TBC but we will have finished by 1pm at the latest.

·         Song lyrics will be available on the day, no pressure for anyone to fully learn anything.

·         There will be T shirts printed with a Lower Your Guard Chorus logo that has been designed for us, available to purchase at a reduced cost if you would like one, otherwise we are just asking that people where a brightly coloured top. Please contact Lee Rawlings if you would like more info on the T shirts [l.rawlings@nhs.net](mailto:l.rawlings@nhs.net)

·         There will be a few established musicians and a choir supporting us, so we won’t be all on our own!

**EVERYONE** is welcome to get involved in this project, the more the merrier, you do not have to be musical in any way and our aim is to have as much fun as possible whilst raising awareness. Please promote to anyone you can think of.

If you would like any more details, please contact Helen Brian (St. Mungo’s Move On Worker) [helen.brian@nhs.net](mailto:helen.brian@nhs.net)



**Lower Your Guard Chorus 2018.**

**Rehearsal Schedule.**

**Thursday 20th September** 10.30am St. Martin’s Hospital, Winter Garden Room

**Thursday 27th September** 10.30am - Sycamore Ward, Hillview Lodge.

5.30pm - Mulberry House, Bath.

**Tuesday 2nd October** 12.30 Oak Room, Bath NHS House

3pm – Bath Abbey.

**Thursday 4th October** 10.30am - Sycamore Ward, Hillview Lodge.

12pm - Long Room, Hillview Lodge, Bath.

**Saturday 6th October** 10.00am – Milsom Room, Manvers Street Church, Bath.

**Please note, you do not have to attend all of these rehearsals, we are just asking that if you would like to sing with us, that you attend one on this schedule so you have idea of how the song goes. Thanks ☺**

**Venue Postcodes**

**Hillview Lodge BA1 3NG**

**NHS House BA1 3QE**

**Bath Abbey BA1 1LT**

**Manvers Street Church BA1 1JW**

**Mulberry House BA1 4AN**

**St. Martin’s Hospital BA2 5RP**