

National Foundation for *Giving Voice*:  
events for challenging times



# Building the world we want

Using song to help us play our part

Help!!



What can I do?



How can I do it?



## 3 separate Sunday sessions

16th February, 26th April, 13th September 2020

1:45pm for 2:00pm to 4:30 pm

in Fulwood Sheffield

with **Caroline Thorpe** – accredited *Giving Voice*  
teacher

How can we avoid getting caught up in mental anguish and  
emotional turmoil and instead access a deeper place of  
integrity and productive response?



**You don't need** to believe you can sing

**You'll be given** some tools to work with

**You'll learn about using** them in real-world situations.

**You'll have the opportunity** for follow-up (on a donations basis)

**Cost £10 (£8 NFGV members) each session Bursaries available.**



Everyone welcome: please tell us if you have particular access  
requirements. The venue has wheelchair access. If you want to know more  
or have any questions, please contact us.

National Foundation for *Giving Voice*  
Registered Charity No. 1140266





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***Giving Voice*** is an approach developed by author and health educator **Jill Rakusen**. It uses sound and song to enable people to thrive in harmony with others. It's a transformational tool that can enhance all aspects of our daily lives, our relationships and our health, as well as our singing ability or perceived lack of it. It can be used at *any* time in *any* situation. You can even do it silently. **Caroline** is trained and supervised by Jill and uses *Giving Voice* to promote harmony, peace and joy in her life and in the world.

### Booking information

Please phone or email us in advance if you want to find out more before booking.

Bursaries: we won't turn anyone away for financial reasons. Just ask for a bursary form.

Please send booking and payment at least a week before the events (by 9th Feb, 19<sup>th</sup> April or 6<sup>th</sup> Sept)

**After I've received your booking**, I'll phone you (if we haven't already spoken to you about the event). This is to ensure the smooth running of the group.

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**BOOKING FORM - Building the world we want - Feb 16th / April 26th / September 13th**

Name

Address

Post code

Phone (day)

(eve)

Email

I enclose the fee of £

**£10 (£8 NFGV members)**

Or £

**concessionary fee plus completed bursary form**