

A close-up photograph of a person's hands playing a drum. The hands are positioned on the drumhead, with fingers spread. The person is wearing several bracelets on their wrists and a ring on their finger. The drum is made of a light-colored material, possibly wood or leather.

Supporting Emotional Wellness (SEW) in Residential Aged Care Facilities

Drumming group for residential aged care facilities

Join us for some fun and engaging rhythm-based exercises.

Drumming is a fun activity that can help you express yourself without words. You don't need any previous musical experience!

Come along to:

- Play with others, have fun and feel connected through rhythm
- Learn about different tones and sound patterns
- Join a group performance, and present your new skill.

Sessions are free, low intensity and adaptable for all levels of physical ability. If you're interested in drumming groups, contact staff at your facility.

If you would like to learn more about the Supporting Emotional Wellness in Aged Care (SEW) program, contact us:

1800 000 739 (1800 000 SEW) | MHRAF@rasa.org.au
www.rasa.org.au/services/adult-health-wellbeing/segw