



## What to Expect

Welcome! It can feel a bit full-on turning up to a group for the first time, so hopefully this'll tell you what to expect from our We Have Voices community.

We have women of ALL ages, stages and life phases. Singers, non-singers and shy-singers completely welcome!



Morven set up We Have Voices because she loves to sing, but does not enjoy being in a choir where the focus is on practise and performance. Singing in circle is relaxed and social, and we sing for the joy of it. The songs are many and varied. There's no sheet music, no homework just simple harmonies learned by ear. Morven sings the songs and you repeat the line until you know it, and then we add a harmony or two or sing in the round.

## How to pay

Each person pays a weekly amount that suits their financial situation, or a monthly subscription of £22 which guarantees you a place at any Singing Mamas or We Have Voices group. We also have a limited number of bursary places for women who are struggling financially.  
(See separate info on payment)

## Where and when we meet

Our We Have Voices group meets at  
The Annexe, Myrtle Tree Crescent,  
Kewstoke  
Thursdays 7 - 8.30 pm



There is lots of designated street parking.

The door will be left open so you can let yourself in. We sit on chairs in a circle and you can stand or sit on a cushion on the floor if you prefer.

## What we do

### Check-in:

The warm-up is more of a chance to pause, feel your feet and reconnect with yourself. We do this through either very simple singing, or a game or a light-touch meditation/ mindfulness exercise. You can join in any aspect you want to, it's all invitations. This helps the group get focused as a circle and helps the little ones settle into a feeling of being held.

**Singing:** We sing in order to lift our spirits and connect with one another, and there is no expectation that we should sound a certain way. No-one will ever be asked to sing on their own, we will always sing together so our voices blend and no-one feels uncomfortable. We learn our songs by ear, which means there's no sheet music or even words written down. Morven will sing a line of a song and everyone will echo it back. If you're not musical or think you will sing out of tune that's ok. It's just about enjoying it.

### Tea and cake:

Essential! We always take a tea break where there's time to chat and have some cake or a home made treat. You can also help yourself throughout the session too. Gluten-free and vegan catered for.



## Whatsapp group

[If you wish to join the We Have Voice Whatsapp group, click here](#) It's not a chatty group - but a good place to drop a message if you are running late or if you can't make and need to swap to a different group. It's a lovely way for us to know if you're away for a week -we will miss you and to remember you :)

## Covid Safety

Covid is relevant to some people and not relevant to others. We hold this balance within our groups by asking the following:

- You should not attend if you or anyone in your household is symptomatic and testing positive for Covid
- You should clean your hands on entering and exiting the group
- Windows will be open and the space will be ventilated

*Don't worry about remembering all of this, Morven will be there to remind you of the safety stuff and answer any questions you have. In the meantime, if there's anything else you'd like to know, then just ping Morven a message on 07810 587053. See you soon!*