

Dudley Carers Hub & Wellbeing Service

Sound Bath Relaxation Experience



Promoting wellbeing and good mental health through Rhythm and Sound

As part our **Carers Week 2026** programme, Dudley Carers Hub and Wellbeing Services will be offering a '**Sound Bath Relaxation**' session for carers. The sound relaxation session uses the healing properties of sound to support wellbeing and good mental health, creating deep relaxation.

Our session will be on

Tuesday 9th June 2026, 2pm - 3pm Crystal Gateway, Brettell Lan, Stourbridge, DY8 4BP

Places are limited so must be booked.

To book visit <https://buytickets.at/dudleymbc1/2211941> or scan the QR code or contact Dudley Carers Hub and Wellbeing Service on 01384 818723 or email dudleycarershub@dudley.gov.uk

If you would like to find out more about how rhythm and sound can help peoples mental health and wellbeing visit

<https://beatitpercussion.co.uk>



Sign up for our free newsletter, ebulletins and text message alerts call 01384 818723 or email dudleycarershub@dudley.gov.uk

Supporting people who care

