

# Spectrum Beats

NEW IN-PERSON CLASS!  
BOOK ON NOW!

“

Music can help to develop communication skills and social skills.

Rhythm can aid language skills and memory.

Music can help with emotions, especially anxiety.

Playing music together can be lots of fun!

”

- Dr Sarah Robinson



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Spectrum Community Arts



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[www.spectrumca.co.uk](http://www.spectrumca.co.uk)