

Adventures in Sound

Sound and Rhythm

Monthly sessions where we playfully use improvisation to explore sound through voice, poetry and instruments.

Open to Everyone

Sessions help build confidence and self-esteem and are for musicians and non-musicians alike.

A level playing field of fun!

A chance to meet and connect with others to share in the magic of improvisation. Every sound and rhythm contributes to the whole.



First Tuesday of every month
1.30pm - 3pm @ WWAMH
18 Queen Street, Carmarthen SA31 1JT

Email: admin@wwamh.org.uk