



musical
connections



LIKE MUSIC?

Musical Connections is a music & wellbeing project for adults living in Birmingham & Solihull.



We are currently offering limited **FREE** project places to those who feel they would benefit. See inside for further details.

MAKING MUSIC, MAKING CONNECTIONS...

WHAT IS MUSICAL CONNECTIONS?

Musical Connections is a network for vulnerable and isolated adults including mental health service users living in Birmingham & Solihull. The project has been running for over 22 years.

We understand the impact on mental health that coronavirus has had and appreciate that ongoing challenges, grief and social anxieties may remain. We know that many people struggled with the isolation of lockdown, the impact of restrictions on life and the unpredictability of the pandemic, especially those vulnerable in other ways. We also appreciate that the situation was exacerbated for those with existing mental health conditions and/or needing to shield, who were without access to the activities, friends and support that help people stay well. We aim for Musical Connections to help rebuild your confidence, using music to help you to express your feelings and to connect you with others with similar interests and experiences.

We are now able to offer a limited number of FREE Musical Connections project places to those who would most benefit. New members will receive:

- 10 x individual creative music making sessions for each new member, working with an allocated professional musician, helping you to create original songs and music
- Monthly group music sessions, to connect with other participants*
- Regular project newsletters and the opportunity to join the wider Musical Connections network and access ongoing project group activities, social events and concerts*

**These elements rely on ongoing grant funding being achieved each year.*

No previous musical experience is needed, just a willingness to have a go and take part...after all, anyone can have a brilliant musical idea! If you are already a proficient musician, that's fine too! Please note that individual music sessions can either take place online (on Zoom) or face-to-face, as preferred. For those wishing to work online, access to a laptop, tablet or mobile phone is needed. Group sessions are now fully face-to-face. These sessions run from our space at the Afro Caribbean Millennium Centre, 339 Dudley Road, Birmingham B18 4HB.

APPLICATION FORM

This can be filled in online (scan the QR code with your smartphone camera)
I am interested in joining the Musical Connections project.



Full Name:

Address:

Postcode: Telephone No:

Email: Date of Birth:

My musical interests are:

The reason I want to join Musical Connections is:

Do you already have support for your mental health? Yes / No (*please circle*)

Do you have an assigned keyworker/ CPN/ carer? Yes / No (*please circle. It's fine if not*)

If you are happy for us to contact this person to discuss your need for the project and how we can best support you, please give their details below:

Keyworker/ CPN/carers name:

Their Place of Work:

Their Telephone: Their Email:

If offered a place, how would you like to engage for 1-to-1 sessions (*please circle*):

Online via Zoom

Face-to-face

Would you be able to attend group sessions in person in Winson Green? Yes / No

*Please return this page in a sealed envelope, free of charge, to: **FREEPOST QUENCH ARTS***



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