



musical connections



LIKE MUSIC?

Musical Connections is a network for vulnerable and isolated adults including mental health service users. The project has been running successfully for over 21 years and we are now offering new FREE group activities across Birmingham & Solihull!

No previous musical experience is needed, just a willingness to take part ...after all, anyone can have a brilliant musical idea!

Group music sessions will be run by experienced, friendly and supportive musicians covering different musical tastes.

Sessions will include a mixture of:

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| Musical warm-ups/ice-breakers | Singing/vocal activities |
| Group music making/percussion | Songwriting |

Our aim is for each area to create their own original song or track!

Sessions will run on the 3rd assigned weekday of each month:

HANDSWORTH, Orsborn House 3rd Mon of each month, 3-6pm

YARDLEY, Creative Support 3rd Tues of each month, 1-4pm

NORTHCROFT HOSPITAL, Erdington: 3rd Wed of each month, 2-5pm

LYNDON CMHT, Solihull: 3rd Thurs of each month, 1.30-4.30pm

LONGBRIDGE CMHT: 3rd Fri of each month, 10am-1pm

...from July 2018 to Sept 2019!

To register your interest, email: info@quench-arts.co.uk
OR Text **07716 362 478** stating:

- Your full name, date of birth and home address
- Your tel. number (mobile if possible) & email (if you have one)
- The location where you would like to attend sessions (either Handsworth, Yardley, Erdington, Lyndon or Longbridge)
- Whether you are/ were previously a member of Musical Connections (you are eligible to apply either way)

You may only register your interest in 1 location which should normally be the location closest to your home address. Please note this project is not set up to support people with learning difficulties.

Important: this activity is run in partnership with your mental health hub. We will liaise with each hub to tell them who has applied to check suitability & any support needs. We will contact you before the 1st session to confirm your place & give further venue details.

We look forward to hearing from you!

MAKING MUSIC, MAKING CONNECTIONS...



To take part you **must** apply in advance. (Please don't just turn up as you'll be sent away).



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ARTS COUNCIL ENGLAND



Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust

The Goodenough Charitable Trust

