4 NATIONS TOGETHER With MUSIC SONGWRITING

Workshops
Monday 13th and Tuesday 14th September
10am - 4pm

This summer, we are embarking on a UK wide song-writing project to support reconnection and amplify voices of people from any generation or walk of life.
We will be delivering 2-day workshops in 8 locations across the UK, celebrating people, diversity, inclusion and connection.

We would like:

- To empower individuals to raise their voices through music
- To support individuals as they reintegrate into the community
- To promote socialisation, across backgrounds and generations
- To offer training and education in using music for mental health and wellbeing
- To promote a network of musical connection

This project will demonstrate the power of music in our countries healing and future prosperity, further uniting us through shared musical experiences.

Register your FREE place now but contacting

emily@imm-music.com

In Partnership with:

TRACS TRADITIONAL ARTS+CULTURE SCOTLAND

SCOTTISH STORYTELLING CENTRE

Project Information

Who we are?

Intergenerational Music Making (IMM) is a pioneering UK based not for profit organisation working to advance wellbeing and social cohesion through musical creativity. Our mission is to bridge the gap between people and generations through music, reducing loneliness and isolation, supporting those living with dementia and improving the mental health and wellbeing of both the young and the old.

In December 2020 we launched '**Together with Music,** a virtual, intergenerational programme that connects schools, community groups and creatives to their local care homes and older people through music. An innovative partnership between **Care England** and **Intergenerational Music Making (IMM)** is working to connect the two parts of our communities that have been most effected by the pandemic.

Together with Music now has over 850 members UK wide and, is actively engaging with over 32,000 individuals through our digital platform.

Why this matters?

As we now move out of Covid, it is vital that we take steps to rebuild in a different way, a more inclusive and creative way. The song-writing project will span the whole of the UK linking in with TwM members in care homes, hospitals, schools, community groups etc to get involved in these bespoke workshops. The workshops will be co-produced by communities, bringing people together from different backgrounds, generations and ethnicities to explore and develop within the music. We want this project to promote the power of music in our countries healing and future prosperity, further uniting us through shared musical experiences.

- Bringing people of all background and ability together to celebrate music and life
- Empowering people to use their voice to share their story
- Reintroducing people into the power of music making
- Encouraging local volunteers to support in the creation and facilitation
- Building stronger, healthier and more integrated communities through music and understanding

4 NATIONS TOGETHER With MUSIC SONGWRITING

SCOTTISH STORYTELLING CENTRE

Day 1 – Training Workshop

Covid has highlighted the place that music and arts have within individual health and wellbeing and collective prosperity. Many music schools, conservatoires, colleges and music settings have seen an increase in students and young people wanting to explore how they can further train or adapt their learning within health and wellbeing.

The training session will run over the course of the day centred around intergenerational music making and community outreach. The workshop will be practical, identifying concepts surrounding music therapy, community music and music and dementia and workshopping approaches for using music to support vulnerable groups. We aim to inspire and equip young musicians, encouraging encourage the players to design and build their own 'music toolbox' understanding the rationale and clinical thinking behind music within health and wellbeing.

The aims are to:

-To empower young people in using their musicality to support their community
-To offer transferable skills and ideas to help players develop in the future
-To offer an understanding of intergenerational practice and how this can be adopted into their everyday work.
-To network and make connections
-To inspire players to work with more audiences across their communities
-To offer a greater, more in depth understanding of the place music has within personal and collective social health and wellbeing.

Maximum size of groups: up to 30

Open to:

- Youth choirs
- Youth community groups
- Schools/holiday clubs (Age 8 and upwards)
- Young adult groups - up to 24 years old
- Local Youth Music Groups

Day 2 – Creative Workshop

The workshop will take place over one day, split into activity sessions that will encourage groups to come together in the music making. We will adopt a number of music activities such as improvisation, song collages and poetry to spark inspiration and conversation between participants. We want to use the power of music and song-writing as a vehicle into sharing of stories, culture and heritage - providing agency to feelings surrounding the pandemic and building strong connections and mutual respect and understanding between group members.

Moments will be captured (recorded) during the workshop, providing participants with the power and confidence to be a driving force in the creation of the music, telling their story and having their voice heard.

The aims are to:

- To promote access to music and connection to support individual wellbeing

- Support groups in creating local connections with their community

- Support those living with Dementia through music

- To provide a safe platform for stories to be shared and voices to be heard

Maximum size of groups: 60 participants

Open to/participants: Participants involved in Day 1 will be invited to the creative sessions and will be given opportunities to put their learning into practice.

Open to:

- Care Homes
- Sheltered Accommodation
- Local community members (we will be linking in with social prescribers)
- Dementia groups
- Older Choirs

4 NATIONS SONGWRITING

TOGETHER With MUSIC

- **Scottish Storytelling Centre**, Edinburgh
- **Millennium Forum.** Derry
- **Trinity Centre,** Bristol
- **Bridgewater Hall.** Manchester
- **WhereNext**, Redditch
- **Farnham Maltings,** Surrey
- **Trinity Methodist Church,** Woking
- **London -** Coming Soon
- **Wales -** Coming Soon

4 NATIONS TOGETHER with MUSIC SONGWRITING

Invitation

(older groups)

WE WOULD LIKE TO WARMLY INVITE YOU TO PARTICIPATE IN A TOGETHER WITH MUSIC SONGWRITING AND RECORDING PROJECT WITH YOUR COMMUNITY

What it involves:

- We are running a day of creative workshops to encourage intergenerational connections through music making and song-writing

- During the day, songs will be written by groups and recorded to create an album

- Participants from across the nation will be encouraged to share their stories, connect with their community and raise their voices.

- Participants will have the opportunity to perform in a final concert

What are the benefits:

- Access to music and connection to support individual wellbeing

- Encouraging and supporting groups in creating local connections with their community

- Supporting those living with Dementia through music

- Celebrating people and their stories

- Offering skills to care staff and community leaders in using music

Date: Tuesday 14th September
Time: 10am - 4pm
Location: Storytelling Centre, 43-45 High St, Edinburgh, EH1 1SR

4 NATIONS TOGETHER with MUSIC SONGWRITING

Invitation

(younger groups)

WE WOULD LIKE TO WARMLY INVITE YOU TO PARTICIPATE IN A TOGETHER WITH MUSIC SONGWRITING AND RECORDING PROJECT WITH YOUR COMMUNITY

What it involves:

- We are running 2 days of workshops to promote understanding around music, health and wellbeing and to encourage intergenerational connections through music making and song-writing

- On day 1, we will deliver fun and practical training to young people and musicians. On day 2, children and young people will connect with older groups in their community through fun, creative workshops.

- Participants from across the nation will be encouraged to share their stories, connect with their community and raise their voices.

- Participants will have the opportunity to perform in a final concert

What are the benefits:

- Access to music and connection to support individual wellbeing

- Encouraging and supporting your group in creating strong, community links

- Supporting young people in confidence, communication and creativity

- Providing a creative outlet for young people to express themselves

- Offering skills to teachers and children in using music in daily life

Date: Monday 13th and Tuesday 14th September
Time: 10am - 4pm
Location: Storytelling Centre, 43-45 High St, Edinburgh, EH1 1SR

4 NATIONS TOGETHER with MUSIC SONGWRITING

Invitation

(young musicians and volunteers)

WE WOULD LIKE TO WARMLY INVITE YOU TO PARTICIPATE IN A TOGETHER WITH MUSIC SONGWRITING AND RECORDING PROJECT WITH YOUR COMMUNITY

What it involves:

- We are running a 2 day workshop to encourage intergenerational connections through music making and song-writing

- During day 1, we will delivery fun and practical training thinking about how we can use music within health and wellbeing. Day 2, sessions will be creative, encouraging groups to delve into the music and create their original songs.

- Participants from across the nation will be encouraged to share their stories, connect with their community and raise their voices contributing to an album

- Participants will have the opportunity to perform in a final concert

What are the benefits:

- Attend the training to develop your creative practice

- Support both the younger and older groups in creating music and songs

- Network and make local connections

- Share your story and musical passion

- Learn new skills

Date: Monday 13th and Tuesday 14th September
Time: 10am - 4pm
Location: Storytelling Centre, 43-45 High St, Edinburgh, EH1 1SR

Schedule

Day 1 – Training Workshop

The training session will run over the course of the day centred around intergenerational music making and community music outreach. The workshop will be practical, identifying concepts surrounding music therapy, community music and music and dementia and workshopping approaches for using music to support vulnerable groups. We aim to inspire and equip young musicians, encouraging encourage the players to design and build their own 'music toolbox' understanding the rationale and clinical thinking behind music within health and wellbeing.

10am – Start of Day

11am – Theory and Knowledge

12:30pm – Lunch Time (bring your own lunch)

1:30pm – Afternoon session 1

2:30pm – Afternoon session 2

3:30pm – Final Thoughts

4pm – End of Day

Day 2 – Creative Workshop

Workshops will be unique and creative, adopting music activities to spark inspiration and conversation between participants. We want to use the power of music and song-writing as a vehicle into sharing of stories, culture and heritage - providing agency to feelings surrounding the pandemic and building strong connections and mutual respect and understanding between group members.

10am – Start of Day

11am – Creative Session 1 & 2

12:30pm – Lunch Time (bring your own lunch)

1:30pm – Afternoon session 1

2:30pm – Afternoon session 2

3:30pm – Final Thoughts

4pm – End of Day

Child Media Consent

Together with Music: 4 - Nations Songwriting Project Media Consent Form

Name of child:

Name of Parent/Guardian:

Signature: Date:

Please tick or cross boxes where applicable.

I CONSENT TO VIDEO FOOTAGE BEING TAKEN DURING SESSIONS ☐

I CONSENT TO PHOTOGRAPHS BEING TAKEN DURING SESSIONS ☐

I CONSENT TO VISUAL MATERIAL BEING SHARED PUBLICLY WITHIN THE FOLLOWING FORMATS:

- Publications ☐
- Social Media ☐
- Websites ☐
- Print and Online Media ☐
- Television and Radio ☐
- Presentations ☐

I DO NOT CONSENT TO ANY OF THE ABOVE ☐

Together with Music (IMM, Care England) is committed to protecting the privacy of children, students, or anyone we work with, and maintaining the security of any personal information received. Additional personal information will not be shared alongside visual material without consent. Consent to the use of images and video footage can be changed or withdrawn at any time by the parent/guardian or establishment of a child participant OR adult participant by notifying TwM in writing via email on emily@imm-music.com

Adult Media Consent

Together with Music: 4 - Nations Songwriting Project Media Consent Form

Name of participant:

Signature: Date:

Please tick or cross boxes where applicable.

I CONSENT TO THE USE OF VIDEOS DURING SESSIONS ☐

I CONSENT TO PHOTOGRAPHS BEING TAKEN DURING SESSIONS ☐

I CONSENT TO VISUAL MATERIAL BEING SHARED PUBLICLY WITHIN THE FOLLOWING FORMATS:

- Publications ☐
- Social Media ☐
- Websites ☐
- Print and Online Media ☐
- Television and Radio ☐
- Presentations ☐

I DO NOT CONSENT TO ANY OF THE ABOVE ☐

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Referral Form

Name of Adult/child: _____

Sex: Female/Male

Date of Birth: _____

Nationality: _____

Participant Home Language: _____

Relatives/Partner: _____

School/Care home Address:

_____

_____

Post Code: _____

Tel No: _____

Health Authority: _____

Name of Person Referring Adult/Child:

GENERAL DESCRIPTION OF ADULT/CHILD, INCLUDING DIAGNOSIS

REASON FOR REFERRAL:
IMM referrals should centre on the Emotional, Physical, Cognitive Social, Communication and Developmental needs of the adult/child.

(If you would like more information about Intergenerational Music Therapy before completing this form, please contact Charlotte at IMM on charlotte@imm-music.com).

Due to resources available we are keen to ensure that those adults/children who would most need IMM Music projects input are seen as soon as possible for assessment and treatment

Do you consider this referral to be of HIGH, MEDIUM or LOW Priority?
Please Circle (See notes below)

HIGH Priority ***MEDIUM Priority*** ***LOW Priority***

Signed: _____ Date: _____