



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 their mental health has been affected by the Covid19 pandemic. 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 the ongoing challenges, grief and social anxieties that 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 places on our Musical Connections project to those who would most benefit. Musical Connections will offer:

- 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

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 remotely (on Zoom) or face-to-face, as each member prefers. Group sessions will have a 'blended approach', with some participants attending in person and some on Zoom. For those wishing to work online, access to a laptop, tablet or mobile phone for sessions is needed. In person sessions run from our space at the Afro Caribbean Millennium Centre, 339 Dudley Road, Birmingham B18 4HB.

APPLICATION FORM

I am interested in joining the Musical Connections project.

First Name(s): Last 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 on the project, do you have internet access? Yes / No *(please circle)*

Do you have access to a laptop, tablet or smart phone? Yes / No *(please circle)*

How would you like to engage *(please tick)*:

☐ Online via Zoom ☐ Face-to-face ☐ A mixture of both (Zoom and in person)

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