



musical
connections



LIKE MUSIC?

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



We are currently offering 20 **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 the coronavirus has had. Many people have struggled with the isolation of lockdown & many have anxiety about the easing of restrictions, especially those vulnerable in other ways. This situation is exacerbated for those with existing mental health conditions without access to the activities, friends and support that help people stay well. We believe that music can help you express your feelings and keep you connected.

As a result of support from the Coronavirus Mental Health Response Fund we are now able to offer 20 new FREE places on our Musical Connections project to those who would most benefit. Across June 2020 to April 2021, Musical Connections will offer:

- 8 x individual creative music making sessions for each new member, working with an allocated professional musician, helping you to create original songs and music
- 8 monthly group music sessions, to connect with other participants
- Quarterly project newsletters and the opportunity to join the wider Musical Connections network and access ongoing project group activities, social events and concerts (future funding permitting)

No previous musical experience is needed, just a willingness to have a go & 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 music sessions will initially take place remotely until face-to-face activities can resume, following Government advice. Ideally, you will have access to a laptop, tablet or mobile phone so that we can run your sessions online using Zoom. However, we can also provide musical support via telephone or post out DVDs & worksheets of musical tasks where required. Please let us know which you prefer. When face-to-face sessions can happen, they will 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*)

How would you like to engage whilst face-to-face sessions can't happen (*please tick*):

☐ Online via Zoom ☐ By telephone ☐ By DVDs/worksheets sent via post

☐ I only want to take part if & when face-to-face sessions can run

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