



musical
connections



LIKE MUSIC?

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

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 isolated, marginalised &/or vulnerable adults, running for over 25 years. Many members are, or have been, mental health service users, with others having long-term health conditions, physical disabilities or sensory impairments affecting their mental health, mental & physical health being intrinsically linked.

We understand the impact on mental health that coronavirus has had & appreciate that, for some, ongoing challenges, grief & social anxieties may remain. We aim for Musical Connections to help rebuild your confidence, using music to help you to express your feelings & to connect you with others with similar interests & experiences. Our current recruitment for Musical Connections is aimed at those who would struggle to access mainstream opportunities or our social prescribing group sessions, as Musical Connections offers one-to-one support to build confidence & skills to then support progression to collaborative sessions.

Musical Connections takes on 12 new members per year for creative music making, offering:

- 10 x individual creative music making sessions working with an allocated professional musician, helping you to create an original song or music track
- The chance to record the track you create for a compilation CD/online playlist
- Regular newsletters & the opportunity to take part in the wider Musical Connections offer:
 - Monthly group songwriting sessions, to connect with other participants
 - Weekly small group activities, each term of 10 weeks focused on a different musical theme
 - Performance opportunities & social events
 - An opportunity to apply for a weekend residential (*limited places - priority to new members)

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!

Musical Connections sessions run from our space at the Afro Caribbean Millennium Centre, 339 Dudley Road, Birmingham, B18 4HB. On request we can run one-to-one sessions on Zoom but always aim to progress to face-to-face provision to better build social connections. All group sessions are now in person, so applicants must be able to travel to Winson Green.



APPLICATION FORM (or complete online via the QR code)

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:

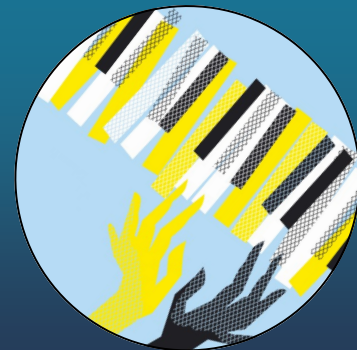
Keyworker/ CPN/carers name:.....

Their Place of Work:.....

Their Telephone:..... Their Email:

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