

WAVELENGTH

A CREATIVE MUSIC AND WELLBEING PROJECT
FOR YOUNG PEOPLE AGED 14 - 25



**MAKING MUSIC
MAKES A DIFFERENCE**

WHAT IS WAVELENGTH?

Wavelength is a FREE music-making project for young people aged 14-25 with mental health conditions and those who'd benefit from early intervention to support mental well-being. Through music the project encourages emotional literacy and helps young people connect with others with similar interests and experiences. Wavelength offers:

- One-to-one sessions with professional musicians, creating original songs and music
- Group music and songwriting sessions, giving the chance to connect with other participants
- Recording opportunities, including contributing original music to a project CD
- Social events and performance opportunities

HOW DO I APPLY?

Applications must be completed by both the young person interested plus their parent/ carer and/or mental health keyworker. This is so that we can make sure that we involve those who will value the opportunity and those who will benefit the most. All participants must live in either Birmingham, Solihull or neighbouring parts of the Black Country and must be able to travel to Winson Green, which is where the project sessions take place. We accept referrals from all agencies as well as from young people directly.

Wavelength includes all types of participants, from those keen but with no previous experience to highly talented and competent musicians. If you'd like to discuss the project in more detail, please email: info@quench-arts.co.uk or call us on 07716 362 478. We are very friendly and will be happy to tell you more about the project.

APPLICATION FORM

Young Person's Section

This can be filled in online (scan the QR code with your smartphone camera)

Full name:

Address:

.....

Postcode: Telephone No:

Email: Age: Date of Birth:

My musical interests are:

The reason I want to join the Wavelength project is:

.....

.....

Parent / Keyworker's Section (e.g. mental health professional/GP/pastoral worker)

Name:..... Relationship to young person:

Contact address:

.....

Why is this project appropriate and what could it do for the young person?

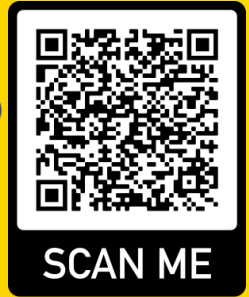
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Telephone:..... Email:

If a parent, please provide the young person's Keyworker name:

Place of work: Email:..... Tel:

*Please return this page in a sealed envelope, free of charge, to: **FREEPOST QUENCH ARTS***



WHO ARE WE?

Wavelength is run by Quench Arts C.I.C.

Quench Arts is a local community music organisation with a strong history of engaging individuals in music making for wellbeing outcomes working across Birmingham & the West Midlands since 2012. Our musical activities aid recovery & build resilience focused on the Five Ways to Wellbeing. We receive referrals to Wavelength from Birmingham & Solihull Mental Health NHS Foundation Trust & their Solar Team, from Forward Thinking Birmingham, Birmingham Children's Hospital, educational pastoral care teams, Birmingham Children's Trust & many other organisations supporting young people. We also accept self referrals with a supporting statement. We believe in the power of music to make a positive difference to people's lives.

www.quench-arts.co.uk

Wavelength is funded by:



**Services
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QUENCH

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info@quench-arts.co.uk

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