

Songs & Soundscapes



A fun, **FREE**, music making programme for adults (aged 18+) with mild to moderate learning difficulties. Sessions will involve sharing your favourite songs and then creating new songs and soundscapes with the group.

No previous experience necessary!

Mondays, 2pm - 4pm:

29th April - 15th July '24

(no sessions on the 6th & 27th May due to bank holidays)

Venue: Quench Arts, APMC, 339 Dudley Rd, B18 4HB

Book via QR code/link:

<https://tinyurl.com/SongsSound>

Or by phone/email:

07716 362 478 /

info@quench-arts.co.uk



More info overleaf



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**MAKING MUSIC,
MAKING CONNECTIONS...**



About the Programme

Join our **inclusive** music making sessions designed specifically for **adults with mild to moderate learning difficulties** aged 18+. While the sessions will be tailored to the group's interests, we plan for everyone to share their favourite songs with each other before the group then work on creating their own original **songs** and **soundscapes** over the 10 weeks. People with **all levels** of musical experience, stylistic interests & cultural backgrounds are welcome. The sessions are **inclusive** so will be accessible to all, including those at the start of their musical journey. We have a range of instruments, percussion and music technology available within the sessions but participants are also welcome to bring their own instruments/equipment if they prefer.

Who Will Run The Sessions?



The programme will be run by **Arianna Berardi**. Arianna is a **musician, songwriter** and **music therapist**, passionate about how music can break down barriers and empower communities. She has been **singing** and playing **piano** from a very young age, mostly learning by ear. She started jamming and improvising many years ago and never stopped!



Arianna also loves **percussion** and **body percussion**, and her own music is very influenced by music from **Latin America** such as salsa, cumbia and reggaeton, neo-soul and pop, and she loves **mixing genres** and finding **new sounds**. She has collaborated with dancers and other musicians in various projects, and she is currently running music wellbeing workshops in Birmingham as well as working as a music therapist.

About Quench Arts



Quench Arts is a local community music organisation with a strong history of engaging individuals in **music-making for wellbeing outcomes**, working across Birmingham since 2012. Our musical activities aid recovery & build resilience focused on the Five Ways to Wellbeing. **We believe in the power of music to make a positive difference to people's lives.**

See: quench-arts.co.uk

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