



Music for Respite

Join our music making group for carers, providing respite, fun and the opportunity to meet other carers.

All musical styles & cultures valued. No previous experience required.

Financial support for backfill carer costs available!

Tuesday 3rd Oct-12th Dec '23, 1-3pm

(with a break over half term on 31st October)

@ Quench Arts, ACMC, 339 Dudley Rd, B18 4HB (booking required)

Cost for the term: £75/ £25* for 10 weeks

**See registration info regarding discounted places*

Cost includes refreshments on arrival/ in breaks

Payments by 2 instalments is possible.

Backfill carer costs for the person cared for can be refunded.



Register your interest via the QR code/link



or contact Quench Arts on

07716 362478

info@quench-arts.co.uk

More information overleaf!



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About the Programme

These **Music for Respite** sessions have been designed for **carers** (both paid and unpaid) aged 18+. The sessions will focus on group music making but will be steered by the interests of the group. They may include singing, spoken word & soundscapes, creative composition & improvisation, songwriting, drumming & exploration of different musical styles. 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 available within the sessions but participants are also welcome to bring their own instrument(s) if they prefer.

This 10 week programme is designed specifically for **carers**, who we know can often feel **lonely** or **socially isolated** due to fewer opportunities to pursue interests & friendships outside of their carer role. The sessions will be **fun**, safe, encouraging, tailored & accessible to the group. We aim for the sessions to provide a sense of **achievement** by setting & working towards a common group goal & to enable interaction, reflection & **support** from others who share & appreciate what it is to be a carer. To assist your attendance, we are able to **refund the backfill carer costs** that you face, to ensure that the person you care for is looked after whilst you attend - please see more information on the sign up form to read the amount available and how these can be claimed.

For this project we will accept **referrals** from social prescribing link workers, Birmingham's Neighbourhood Network Scheme, & carer support agencies, as well as **self-referrals**.

Who Will Run The Sessions?

These sessions will be facilitated by **Ann**

Jones and supported by **Katie Stevens**, Quench Arts' Female Music Support Worker. Ann is a **multi-instrumentalist** with a passion for helping others find their own musical voice, wherever they are in their musical journey. She has toured nationally & internationally as a performer & composed music for theatre shows. She plays violin regularly with bands, including Ceilidh, Polish & Roma music, & Rock & Pop. Though classically trained, she loves improvising & helping others to start creating their own music. She creates safe spaces where people can feel confident to try their ideas at their own pace. She has been a workshop leader for over 30 years & is **Mental Health First Aid** trained. Outside of her freelance work, Ann is Director of 'In Her Shoes' providing creative experiences for women & girls.



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. We run two longstanding music & wellbeing programmes called Musical Connections (for adults) & Wavelength (for young people) & also work in mental health inpatient settings. 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.**



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