

Stay Connected

Musical Connections News Nov 19

In this newsletter...

- P1/2 Update from Liz & Nic
- P2 Jameela's poem & photos from hub sharings
- P3 Musical Connections session/gig dates
- P4 Ernon's lyrics, other dates for your diary



Update from Liz and Nic of Quench Arts

Hi everyone! Wow, lots has been happening here so we thought it was about time we sent you an update! We are literally buzzing after a wonderful September full of music, with the final MC fundraiser gig held at the Kitchen Garden Café featuring Paul Lawrence's various groups, live music contributions from 3 MC hubs and from Kieran, Ernon, Bernie and John plus an amazing support set from the lovely Josh Wunderlich! And then we had a week full of fantastic Musical Connections Hubs sharings in Handsworth, Yardley, Erdington and Longbridge. Do have a look at the photos and have a read of the poem written by Jameela on page 2 about these sessions - she very kindly helped transport a 'fan club' of Musical Connections members across to each hub, with Steve, so that members could hear the music created in each location - and what a brilliant and eclectic range of wonderful music we were treated to. Huge thanks all the participants and for the fantastic support from our wonderful artistic team who made these sharings so special.



As you may know, the Arts Council funding that Quench Arts had to research and develop our wellbeing programme (including running the Musical Connections Hubs sessions across Birmingham and Solihull) finished in September. If you came to the Kitchen Garden Café you will know that we had some good news to share! We have recently been awarded a grant from the National Lottery Community Fund (Awards For All) to continue some Musical Connections activity between Nov 2019 and the end of July 2020. This will cover Steve's Music Support Worker role for 1 day a week, so that he can continue to support your music making, plus

monthly group and special interest sessions based at ACMC - see page 3 for what's on offer. Please note that the days/times do vary each month, so make a note in your diaries. Activity won't be quite the same as in previous years, as the group sessions will just be lead by 1 lead artist with support from Steve, but it'll be lovely to have some group sessions back at the MC Base! Please note that some of special interest sessions will be restricted to a maximum number - we'll text you before each session with details/booking information, so remember to tell us if your mobile number changes!). **More inside...**





Update from Liz and Nic continued...

Project sessions will only be open to existing Musical Connections members but membership now also includes the regular participants from the Hubs projects, so hopefully you'll all enjoy meeting a few new faces and give people a warm and friendly Musical Connections welcome to ACMC! We have also created a new partnership with BSMHFT to help fund some activity with targeted new members through personalised health budgets, specifically benefitting people entitled to section 117 aftercare.

Back in August we led our first Regional Musical Connections taster event over in West Bromwich and it went brilliantly! 100% of staff supporting said that it was excellent! Huge thanks to MC members Victoria, Paul N, Paul L, Ernon & Gary for coming long to perform and assist & to MC music leaders Pete & Steve for running the workshop.

Whilst we are on the thank yous, we'd like to say a HUGE thank you to the wonderful MC Members Advisory Group for helping us to formulate the Awards for All application and also for all their time and energy in steering the MC project. If you have a look at page 3, they have together chosen all of the content for the special interest sessions - and this really wasn't an easy job with over 30 different choices! Huge thanks to Paul L, Ernon, Arshad and Jameela for their time and energy, and to everyone else who inputted but couldn't make the recent meeting. If you'd like to join this advisory group, do let us know as we are keen for members to continue to shape the project.

Finally, did you know that the ADHD band formed of members Dean (vocals) and Gary (bass), supported by Steve (guitar) and volunteer Wayne (drums) have now launched their own album? 10 tracks of absolutely awesome songs - see page 4! Their launch gig, as part of the Arts All Over The Place Festival, went down a storm and the album is definitely a good buy if you fancy supporting some fellow MC members!

That's all for now folks but we look forward to seeing you at ACMC soon! Liz and Nic.

Below is a poem by Jameela Rose, reflecting on hearing all for the music performed during the Musical Connections Hub sharings in Sept 2019.



A Musical Experience

These hubs bring creativity and originality
To different locations across the city
A musical experience never heard before.

With song writing, singing and instruments playing.
In small groups you can hear what everyone is saying.

Recordings capture the moment forever.
Each hub on a recording together.

A chance to express yourself and socialise
Music is the tool and music is the prize.
A musical experience never heard before.



Musical Connections Dates for Your Diary

Fri Nov 8th: Special interest session, 1.30-4.30pm: This session is focused on **music theory**. It will start at a basic level, giving an introduction to music theory and understanding. It will be led by **Pete Churchill**.

Thurs Nov 21st: Group session led by Pete, supported by Steve, 1.30 - 4.30pm

Tues Dec 3rd: Special interest session, 1.30-4.30pm: This session is focused on **percussion**, specifically hand percussion (djembes, etc) and will be led by **Paul Carroll**.

Mon Dec 16th: Group session led by Pete, supported by Steve, 1 - 4pm

Thurs Jan 9th: Special interest session, 10.30am-12.30pm: This 2 hour session will be focused on **samba drumming**. It will be led by guest music leader **Steve Palmer**.

Mon Jan 13th: Group session led by Nicola, supported by Steve, 1 - 4pm

Fri Jan 24th: MUSICAL CONNECTIONS FUNDRAISER GIG AT APMC, 7.30pm

Tues Feb 4th: Special interest session, 1-4pm: Singing Games and Rhymes: come and learn different styles and genres and learn new ways of warming up and exercising your voice. The session will also cover some elements of vocal technique and some harmony singing. Led by **Michelle Holloway**.

Mon Feb 17th: Group session led by Nicola, supported by Steve, 1 - 4pm

Mon March 2nd: Special interest session, 1 - 4pm: This 'Mindful Music Workshop' will include music making through mindfulness. It will have a 'yoga like' quality, with calmness, use of space, drones and a strong feeling of group dynamic. It will be led by **Nicola McAteer**.

Wed Mar 18th: Group session led by James, supported by Steve, 10am - 1pm

Tues Apr 7th: Special interest session, 1 - 4pm: This session will focus on 'World Music'. You will create a drone and beats to improvise over with Arjun demonstrating on his bansuri flute. You will also explore irregular time signatures and beats. The session will be led by **Arjun Jethwa**.

Tues Apr 21st: Group session led by James, supported by Steve, 1.30 - 4.30pm

Fri May 1st: MUSICAL CONNECTIONS FUNDRAISER GIG AT APMC, 7.30pm

Tues May 5th: Special interest session, 1.30-4.30pm: This session will focus on **keyboard skills**. You will learn/improve basic skills, look at chord shapes for major and minor chords, before looking at extended chord voicings for those with more experience. It will be led by **James Stanley**.

Wed May 20th: Group session led by Sarah, supported by Steve, 1- 4pm

Thurs June 4th: Special interest session, 1 - 4pm: This **folk music** session will involve listening to different types of folk and thinking about what is meant by the word 'folk'. It could involve drumming, vocals and improvising in a folk style on instruments. Led by **Katie Stevens**.

Tues June 16th: Group session led by Paul, supported by Steve, 1.30 - 4.30pm

Mon July 6th: Special interest session, 1 - 4pm: Performing Together: learn how to play and perform together as a band, how to listen to each other and communicate on the fly in the heat of the moment! The session will be led by **Josh Wunderlich**.

Tues July 14th: Group session led by Paul, supported by Steve, 1.30 - 4.30pm

Fri July 17th: MUSICAL CONNECTIONS FUNDRAISER GIG AT APMC, 7.30pm

Ernon's Lyrics



BOO BOOS BAR

It was late and I was all alone
Just about to head on home
I've been living with solitude
and they have shown no gratitude
Love, love was overdue,

when I lay my eyes on you
I'm still unsure, so insecure

O no no, I felt the pain of an old romance
O no no, I'd like to give (this) love a chance
To heal the pain of my broken heart

Approached you in boo boo's bar
I really didn't think I would get too far
Starlight, so bright

Maybe I'll get my wish tonight
Love, love was over due,
when I made my move on you
I'm still unsure, so insecure

O no no, I felt the pain of an old romance
O no no, I'd like to give (this) love a chance
To heal the pain of my broken heart
I'm sick and tired of all this black
my mind keeps racing, I can't keep track
Cupid knows I've been holding back
to front all those panic attacks

You came alone at the right time
you gave me hope when I misplaced mine
Restored my faith in human kind of
made me escape this fate of mine.

O no no, I felt the pain of an old romance
O no no, I'm pleased that I gave you a chance
To heal the pain of my, once, broken heart.

*I guess this song is about, whatever it means
to you the reader. 😊 Ernon.*

Right: ADHD CD now available to buy from
Steve Ison or Dean Camps. Only £6 for a
brilliant album of tunes!

Other (non MC) Dates for Your Diary

Jazzlines Free Gigs, 5pm, Symphony Hall Café Bar: Fri 15th Nov: Shivraj Singh (bass) ; Fri 29th Nov: Olly Chalk Trion plus John O'Gallagher; Fri 13th Dec: Becca Wilkins Band.

Choir with No Name Xmas Concert : Thurs 19th Dec, St Martin in the Bullring, 7pm.

Brainstorm Open Mic: 3rd Wed every month, Spotted Dog, 104 Warwick St.

Shout Community Day, Sun 19th Nov, from noon, MAC: A packed day of free family-friendly action, including live music, workshops with artists, performances and crafting from LGBTQ+ artists, a programme of free short films.

The REP Foundry Festival, 7th - 24th Nov, The Rep: Celebrating work and work-in-progress pieces by emerging playwrights, directors and theatre makers. See the Rep website for further details/schedule. Some events are free, some are charged.



Check out the Musical Connections Hubs music created at:

https://soundcloud.com/quench_arts/sets/musical-connections-hubs

https://soundcloud.com/quench_arts/sets/musical-connections-hubs-rough

Quench Arts is grateful for Musical Connections support from:



Birmingham and Solihull
Mental Health NHS Foundation Trust



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