



Singalong Socials

for the young at heart

Our new **FREE** programme for adults age 50+

All musical styles & cultures valued. No previous experience required.
Kenrick Centre residents as well as the local community welcome!

Mondays, 10am - 12noon:

15th Jan '24 - 18th March '24

At: The Kenrick Centre, Mill Farm Road, Birmingham, B17 0QX



How To Join:

Kenrick Centre Residents: Just turn up on 15th Jan!

Local Community: Book your place via QR code/link:

<https://tinyurl.com/SingalongSocials>

Or contact Quench Arts on:

Tel: 07716 362 478 Email: info@quench-arts.co.uk

These sessions are free thanks to funding from Arts Council England, Edgbaston NNS & in-kind support from Kenrick Centre & Age UK.



Supported using public funding by
ARTS COUNCIL ENGLAND



More information overleaf



Birmingham City Council

About the Programme



Did you know that **singing** and **music** in general can be a great way to **connect** with other people, to lift your **mood**, **exercise** your lungs and your brain, boost your **wellbeing** and have **fun**? Quench Arts is launching a new programme for older adults and the young at heart, called **Singalong Socials!** These sessions have been created to cater for those from age 50+ onwards.

Sessions will be **steered by the musical interests of the group** but we envisage will focus on **singing songs from the 50s-80s**. Each session will start off with a short vocal and accessible physical **warm up**. The group will then learn and sing the 1st chosen song for the week. After a break, cuppa and a chance to connect with others, there will be the opportunity for a different member of the group each week to **share a piece of music** with other attendees, to explain why they like it and the memories or mood it evokes. A project **playlist** will be created of these tracks, together with the songs taught. The group will then progress to singing another chosen song or might even work on **writing and recording their own original song** together! Though the sessions will largely focus on **singing and vocals**, if any participants play an **instrument** then they'd be welcome to bring this along .

This 10 week programme is designed specifically for **older adults**, who we know can often feel **lonely** or **socially isolated**, either through living alone, bereavement, offspring having fled the nest, or just from missing the routine of work on retirement. People with **all levels of musical experience**, stylistic interests & cultural backgrounds are welcome. These sessions are not aimed specifically at those diagnosed with Parkinsons or Dementia, as there are other specialist groups offering this provision. However, the sessions are very **relaxed & inclusive** so will be accessible to all, including those at the start of their musical journey. They will be **fun**, safe, encouraging & **tailored to the group**.

Who Will Run The Sessions?

These sessions will be facilitated by **Paul Wilcox** & supported by **Emma Macpherson**.

Paul is an award winning, singer songwriter & multi-instrumentalist who has a passion for creative music making... his mission... to make music fun and accessible for all! *"It is my belief that regardless of age, ability or musical background, participants in my workshops will have an enjoyable, rewarding & engaging experience. I'd like to help you 'find your voice' & I can't wait to meet you & get singing with you, very soon! Let's move & groove, sing, dance & smile & create some amazing music together!"*



Emma started singing at a young age & it has remained an integral part of her life. Early in her career Emma was an orchestra & choir manager in London & then joined the staff of a small sheltered housing charity for older people after moving to Birmingham. She left this role in 2022, after 14 years, to explore her passion for singing for health & wellbeing, particularly with older people. Emma is involved in a singing for health group in South Birmingham & is a member of the Singing for Health Network.

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: www.quench-arts.co.uk

MAKING MUSIC, MAKING CONNECTIONS...