



Artwork
by member
Victoria Stead

Monday 2nd October, 2017
10:30 - 16:30, mac Birmingham
Lunch provided

Take Note - Music Aids Recovery

A symposium sharing our Musical Connections model and outcomes, evidencing the benefits of creative music making for wellbeing.

Presentations and practical workshops will:

- Give a mental health trust perspective to this work
- Share project approaches to working creatively with isolated and vulnerable adults, including mental health service users
- Discuss how creative music making can help build resilience, aid recovery and improve wellbeing
- Share project outcomes and case studies, including evaluation tools used to capture & document progress
- Showcase original music created.

Keynote: Creative Health, The Arts for Health and Wellbeing, a 2 year inquiry by the All-Party Parliamentary Group on Arts, Health and Wellbeing - Alexandra Coulter

Take Note is delivered as part of the award winning Musical Connections project for vulnerable, isolated and/or disabled adults in Birmingham & Solihull, including mental health service users. The project is funded by Big Lottery Fund's Reaching Communities Programme and Birmingham & Solihull Mental Health NHS Foundation Trust (BSMHFT) and delivered by BSMHFT in partnership with Quench Arts. The day will be of interest to health and social care professionals, voluntary and arts organisations and individual practitioners.

To book: Tickets are £14.99 and can be booked via Eventbrite:
<https://tinyurl.com/mctakenote>



Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust

**Musical
Connections**

