



ANIKA PATRICE PROJECT

For people with learning difficulties and their parents and carers primarily of African, Caribbean, Asian and Turkish descent

Old Fire Station
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Project 'Stand up!'

The aim of this project is to provide a series of creative musical workshops for a group of adults with learning difficulties in Stoke Newington, aiming to allow them to express their own thoughts feelings and musical ideas through composition and performance in a group context. No previous experience of making music is necessary but ideally prospective students should be interested in singing, listening or exploring making sounds/music.

I will draw upon my own ideas and experiences as songwriter to help participants explore composition. I intend to encourage lyric writing through storytelling and word games and I will also use any drawings and pictures they have created as stimuli to help initiate ideas/ lyrics. An important element of the project will be encouraging them to explore 'their own identity and how they feel'.

Aims

1. To compose a number of original compositions with the group.
2. To allow participants to express their ideas and feelings through the medium of music/song.
3. To promote vocal and rhythmical awareness.
4. To produce a CD of compositions/performances for all participants.
5. To encourage personal growth and social integration

I will be running the project in partnership with Anika Patrice and the workshops will take place over six weeks starting either the 12th/19th June 2008 at the Old Fire Station, 61 Leswin Rd, Stoke Newington, London and will consist of one session per week running for approx 2 hours. Initially the project will focus on exploring simple rhythm based activities to help socially integrate individuals within the group. Members will then explore writing lyrics and playing a selection of percussion instruments, keyboards and drum machines and will be accompanied and guided in their composition by their tutor. Finished compositions will be performed and recorded so that members retain a copy of their song on CD. There will hopefully be an opportunity for a performance to parents/guardians/carers at a later date.

The Tutor

Laurence Carey is a songwriter currently studying with CM (formerly Community Music) as a part of their Music Tutor Training Programme. A proficient singer, guitarist and pianist he has been composing and performing music of a wide number of different genres for the last 15 years and is specifically interested in the therapeutic qualities of music and the opportunities for social integration that making music in groups provides. He is currently an inclusion music tutor with Lambeth Music Services working with autistic children and a music tutor/mentor at Newhaven Pupil Referral Unit working with children with emotional /behavioral problems. He has been volunteering with Anika Patrice on a weekly basis for the last 6 months and has developed a good rapport with their service users.

Much research has been done into the so-called 'therapeutic' benefits of music and adults with learning difficulties have been particularly signalled out as potential beneficiaries:

"For clients with a learning disability, words are often a difficult territory, and the musical medium can be used to create an emotional and symbolic landscape where thoughts and feelings can emerge into affective musical articulation and be safely explored and developed." (Leslie Blunt 2002 'The handbook of music therapy' p.102)