Music and Arts Collaborative Day
Friday 21st October 2011
Dedicated to the sharing of Inclusive Practice, Methods and Approaches

In Celebration of VolontEurope
Year of the Volunteer

www.joyofsound.net
Welcome to the Joy of Sound (JOS) Collaborative Inclusive Workshops Day at Barclay Viewforth Centre.

JOS is an open and organic voluntary based organisation. We have grown and flourished through the sharing of the inclusive attitudes and approaches of our continually evolving volunteer membership. This event is in acknowledgment and celebration of that co-creative, co-learning process. By inviting Scotland based practitioners as partners in this celebration, we hope to learn and to evolve different approaches, to make fresh associations and to build new friendships with equally committed artist-practitioners who hold a common belief and commitment to the value and beauty of inclusion.

Thank you to all contributing Facilitators, Presenters and Artists representing over 20 UK and International practitioners that have been inspired and motivated towards the advancement of inclusive arts and music practice.

JOS’ involvement with VolontEurope flowered in 2009 upon winning the ‘Active Citizens of Europe Award’ (ACE). VolontEurope, whose secretariat is based at CSV (UK’s largest volunteering and training charity), promotes voluntary action throughout the EU, as a mechanism for Active European Citizenship. At this, the 20th VolontEurope conference and ACE Awards, JOS will present a Master-class on the theme of, ‘Gaining and Maintaining Volunteers Inclusively’.

Thank you to Barclay Viewforth Centre, for the privilege of holding this event at such a perfect and picturesque historic venue. The days activities will take place in four rooms within the center: workshops in The Large Hall and the Small Room and presentations in the Large Room and Viewforth Room on the first floor.

Special thanks to Will Golding for his dedicated help in organising the event as JOS’ Edinburgh based project liaison.

JOS will provide a light lunch and refreshments.

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www.joyofsound.net

Program and Timetable - Page 3
Workshop and Presenters Details - Page 4

Made possible by Awards For All
Exhibits and demonstrations throughout the day:

- **Large Room**
  - Music Technology with The Drake Project Scotland and the Skoog project
  - Instruments from JOS, Garvald and Alastair Robertson

- **Viewforth Room** (on the 1st floor)
  - Exhibition of art works.

Program Timetable:

<table>
<thead>
<tr>
<th>Time</th>
<th>Large Hall</th>
<th>Large Room</th>
<th>Small Room</th>
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<tbody>
<tr>
<td>9.30 - 10.15</td>
<td>Yoga with live music</td>
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<td>Singing and Songing:</td>
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<tr>
<td></td>
<td>Paul Crawford and Nigel Gilderson</td>
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<td>Music Improv Exercises</td>
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<td>10.30 - 11.30</td>
<td>Sound Therapy</td>
<td>Presentation</td>
<td>Danny Mullins</td>
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<td></td>
<td>Tony Young</td>
<td>Music therapy with Children</td>
<td>The Flow Music Workshop</td>
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<td>Joyofsound Inclusive music workshop</td>
<td>Emma Pethybridge</td>
<td>Improvised group performance</td>
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<td>11.30 - 1.00</td>
<td>Joyofsound Inclusive music workshop</td>
<td>Screen-printing: (Maria Robledo)</td>
<td>Gordon Turnbull</td>
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<td>1.00 - 2.00</td>
<td>Break for Lunch</td>
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<td>Swedish massage with live sound: (Ruth Lewis and others)</td>
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<td>2.00 - 3.15</td>
<td>Contact Improvisation:</td>
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<td>Taster Comedy Workshop</td>
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<td>Iraya Noble</td>
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<td>Universal Comedy (Jojo Sutherland)</td>
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<td>3.30 - 4.45</td>
<td>Enjoy! Your Voice</td>
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<td>Singing Session: Weeclub</td>
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<td>(Chandra Mather)</td>
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<td>(Morag Innes)</td>
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<td>5.00 - 6.00</td>
<td>Planetary Dance Circle -</td>
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<td>Singing, Opera and Musical Theatre: (Nell Drew)</td>
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<td>(Audicia Lynne Morley)</td>
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<td>– with massage</td>
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<td>6.00 - 7.00</td>
<td>Break for refreshments</td>
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<td>7.00 - 8.30</td>
<td>Candle lit All-comers</td>
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<td>Inclusive improvisation Finale</td>
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<td>8.30 - 9.00</td>
<td>Relaxation - Feedback and reflection</td>
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<tr>
<td>9.00 - 10.00</td>
<td>Clear up and out.</td>
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<td>All are welcome to assist!</td>
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Yoga:
Working together in creative collaboration Paul Crawford and Nigel Gilderson, both long-time dedicated JOS volunteers, will combine practices to share ancient yogic wisdom preparing us physically, mentally and energetically for the day. The session will include postures, breath work, meditation and deep relaxation. Accessible to all. Everybody welcome.

Paul Crawford: has been teaching Kundalini Yoga since graduating as a teacher from the Karam Kriya School in 2009. Paul's classes are an uplifting and inspiring combination of movement, breath, sound and rhythm to stimulate the nervous and glandular systems, shifting our energies and awakening our inner strength and vitality. Kundalini Yoga classes are open to all levels and offer a safe space to a wide and varied range of students.
www.kundaliniyoga.org.uk  & www.karamkriya.co.uk

Nigel Gilderson: has been teaching both Ashtanga and Hatha Yoga since the early Nineties and is based principally at the Brockwell Lido in South London. His classes have a unique flow, incorporating influences from many different traditions including Sivananda, Iyengar, Scaravelli and Shadow yoga.
www.awayoga.com & http://twitter.com/#/nigelyoga

Singing and Songing: Musical Improvisation
Singing and songing is a workshop in harmonizing and improvising. Feel free to bring what you hope to find but no instruments are necessary. It'll definitely be musical but may also involve self-enquiry or theatrical techniques. Suitable for grown ups with or without musical or theatrical experience.

Danny Mullins: is a musician and performer who is in his fourth year with a theatre company called the nomadic academy of fools. They travel round the UK and Europe, teaching, learning and performing. They do a broad range of foolish things from Shakespeare plays to skill share and interactive theatre.

He has enjoyed music since the age of a very small one, when he would release his restlessness by tapping rhythms on tables and chairs much to the annoyance of teachers and mums. As he grew up, he played other hitty things like drums in bands, the most successful of which is apparently signed to Chrysalis Records. These days he sings songs with his guitar; sometimes he makes them up on the spot. He really enjoys writing about himself from a detached third person perspective to make himself sound important.

Music Therapy with Children: A short introduction to some of the theory and practice of music therapy with children in educational settings. Written in collaboration with James Robertson, Educational Music Therapy: Theoretical Foundations Explored in Time-Limited Group Work Projects with Children, in Vicky Karkou’s (Ed) Arts Therapies in Schools, Research and Practice, it will include video excerpts to exemplify
theoretical perspectives behind music therapy in educational settings. This will be followed by an exploration into the training required to become a music therapist and register with the, Health Professions Council.

**Emma Pethybridge:** has worked for the Music Therapy Children’s Service since 2004, which is a partnership between NHS Lothian and East Lothian Council. She has also recently started a part-time lectureship on the MSc in Music Therapy at Queen Margaret University.

**The Flow Music Workshops:** An improvised composition session based on one of a number of themes. Participants will explore a range of musical ideas using handheld percussion and work together to create and perform an improvised group composition.

Traditional musician and teacher **Gordon Turnbull** works in a number of formal and non-formal settings in the Lothian’s, Borders and Stirling areas, from mainstream and special schools to community groups and with a range of ages from pre-school to primary and adults.

**Sound Healing:** In this workshop, you will experience techniques for using sound to diagnose and clear energy blocks, using various aspects of sound therapy. There will be explanations of the theory behind sound work, as well as an experiential journey through sound, working in pairs and with the whole group, using bells, bowls and the natural healing power of the voice

After this hour, anyone who would like to is welcome to stay and add some healing sounds to the workshop area, which will be occupied by various masseuses giving therapies.

**Tony Young:** is an experienced sound therapist, singer-songwriter and musician who has worked with the healing power of sound for many years. CDs of his music and meditations will be available on the day if anyone is interested in pursuing the work further, or capturing the energy and taking it home.

**Joy of Sound Inclusive Music:**
JOS inclusive music workshops are organic improvisations in the human idiomatic. We use a broad selection of stringed instruments, and light percussion. All of the instruments are tuned similarly into a particular mode. Participants are encouraged to co-facilitated and co-create, to take the lead and to share responsibility in creating the emergent music by instigating rhythms and melody, building harmony and weaving the group syncopations that become fused into a flow and flux of expressionistic sound.

Different participants are invited to start improvisations by setting a groove, seeding the music that other participants, carers, musicians and volunteers echo, support, embellish, develop, counterpoint, or simply fuse with. The resultant music is intensive and emotional, human, expressive, harmonious, uplifting, communicative and inspiring. You are most welcome to muse with us.
William Longden: started the Joy of Sound (JOS) in January 2000 with the help of a Millennium Fellowship Award. Having worked with various international community based artists, WL studied Fine Arts Sculpture and Arts Therapy at UK Universities during the 1970s and 80s. In 2004 he was awarded his MA (Dis) ‘Design for Disability’ at London Metropolitan University, and gained one of the first UnLmtd National Awards for Social Entrepreneurs in forwarding JOS bespoke instruments design initiatives. He has exhibited nationally and internationally as a visual artist, worked in theatre, TV and film, and delivered exploratory creative workshops, seminars and presentations in hospitals, prisons, hospices, colleges and festivals.

Currently a PhD research student in his final year researching the ‘Design of Bespoke Instruments for Disabled Players’, he continues to explore and to evolve his extensive and eclectic practice in inclusive creative group work, promoting and demonstrating the value of creative arts and music as a vital and transformative medium for the development of human understanding and well being.

Chris Leeds: has been a musician and music technician for many years, and became interested in access for people with disabilities while working for the Drake Music Project. He completed the Music Workshop Skills course at Goldsmiths University in 2007. Since then he has set up Erith Drum Club, songwriting courses and world percussion workshops, and has become a facilitator and trainer for Joy of Sound. As a Trustee of the charity and as Development Officer he’s been helping develop new projects and the website.

Will Golding: has spent the last year and a half living in Edinburgh and before that in London. He has studied Music and is currently studying an Msc in Community Education, and has been involved in various education-based projects over the last 3 years. He has also spent time as a learning assistant and support worker. During his time in London he occasionally would participate in Joy Of Sound workshops and was profoundly influenced by their approach to creative expression and the creation of a setting where all can equally participate and can share in collective expressive activity. He was more than happy to try and help bring Joy Of Sound to Edinburgh to share and exchange practices with other groups here and hopes that in the future this may lead to some similar collaboration on a more regular basis or the formation of a collective based on similar principles amongst people here in Edinburgh.

Swedish Massage and Music: Ruth Lewis and other practitioners of Swedish massage will demonstrate some simple techniques for you to try out on each other. By the end of the session you will have learnt some basic moves that can be used on friends and family. Alternatively you can come along to find out what it’s like to get a massage. Either way, this will be a friendly and relaxed session, using calming music to create a nice atmosphere.

Swedish Massage is beneficial to the body and mind. It eases tension, aiding relaxation and increasing a sense of wellbeing. We will also be offering free massage tasters between workshops. A great opportunity to try out massage for the first time.
Screen-printing: ArtHead offers screenprinting as a unique and skilled creative experience for all groups and abilities. We will create one-off designs using paper stencils and eco-friendly inks onto canvas bags.

Maria Robledo: is a graduate of Edinburgh College of Art with a First Class Hons in Drawing and Painting. Her work has included various painting and printmaking techniques. She has taught children's art classes at West Barns Studios.

Contact Improvisation: This workshop will be divided in three parts. First part will be a group warming up, bringing awareness also into the body, muscles, bones and joints. Second part will consist in individual exercises as well as working with one or more partners using different scores/dynamics. Last part normally would end up with participants moving freely through the space, experimenting by themselves individually, or with other participants.

Iraya Noble: was born in Uruguay and raised in the Canary Islands. Iraya has been living in Edinburgh for the last 2 years. Since the age of 6 she studied Classical Ballet for 7 years and later trained in Contemporary Dance in Granada for 5 years. In 2003 she started studying Oriental Dance. Her interest in movement and body-mind has also led her to explore different practices such as Capoeira, contact-improvisation and shiatsu, which she believes helps her to understand movement and continually refresh her style as a dancer. Iraya works professionally in both Contemporary and Oriental Dance and has been teaching and performing for several years.

Singing workshop: Sing along for everyone in a relaxed style. Well known songs and some from afar. Lots of fun. (The Weeclub)
Morag Innes and TheWeeclub

Taster Comedy Workshop: Learn how to create your own ideas and develop them into a short comedy sketch. Working in small groups participants will learn how comedy works and have a laugh. See how comedy and humour can help improve your confidence and self-esteem and help you look at the lighter side of life. What have you got to lose?
Come along and join Universal Comedy for a Taster Comedy Workshop with Jojo Sutherland professional comedian.

Enjoy! Your voice: Workshop will include - warm ups, taught short songs from around the world, and a supported vocal improvisation session if appropriate.

Chandra Mather: has developed an approach based on the philosophy of the Natural Voice Practitioners Network; that singing is our birthright, to be enjoyed, without worrying about having a “good” voice or “getting it right”. She trained with Frankie Armstrong, the pioneer of the Natural Voice Technique, and completed a Masters Program at the University of Edinburgh in Music in the Community. She is also a performing folk musician, runs an Edinburgh-based community choir, and has lived and recorded 2 albums in Mali, West Africa.
**Singing, Opera & Musical Theatre:** The hour session will be split into two sessions. *First half:* “Relax to sing” - Nell will use posture, body and vocal warm-up exercises to help awaken the individual participant’s voices. *Second half:* “3 minute opera – The Train Journey”

The group will discuss some recurring themes of an everyday or at least reasonably regular occurrence: the train journey. We will select recurring themes and discuss the relationship between normal life and the themes found in operas and music theatre. We will then use rhythm and improvised sound with movement and drama to create a 3-minute (give or take a few seconds!) opera.

**Dr Nell Drew & members of Aria Alba-Opera for All:** Dr Nell Drew is an international voice coach who works with professional, semi-professional and talented amateur voices as individuals and theatre/opera companies and choirs. Aria Alba – Opera for All are a group of talented amateur and emerging professional singers auditioned from the wider community both in Edinburgh, the UK and internationally who come together to sing and perform operas and musical theatre to a very high standard.

**The Planetary Dance:** A ritual for community renewal through movement

“The Planetary Dance is a dance that transcends cultural and temporal barriers, a dance that speaks to the community that makes it, and a dance that addresses contemporary issues as they are experienced by all people on this planet... It has a purpose: to make peace; it is a dance of peacemakers, a dance that makes peace with itself, makes peace between the performers, makes peace with the spirit, and ultimately makes peace with the earth.

The Planetary Dance is an invitation to people all over the world to join in a dance for peace in their own communities and for peace with the Earth. It brings people of all ages and abilities together to ‘dance for a purpose’. The dance is simple, following a score, which allows all to participate. It can be adapted for any size of space and number of participants.

**Audicia Lynne Morley:** MRSS (T), CICA, RCST Choreographer, Dancer, Artistic director of State Theta Galleries. Core faculty Teacher for the Tamalpa UK Branch Audicia is the first certificated Planetary Dance facilitator in the UK trained by Anna Halprin (USA) American Post Modern dance pioneer of Dance as a Healing Art. Audicia has over 30 years experience in the field of the performing arts and health

**Derek Houghton:** Musician / Composer. After obtaining a degree in Zoology from Aberdeen University, Derek travelled to both East Africa and India where he studied and learned percussion. He has composed music for many dance-theatre productions and played percussion for several bands in both live and studio settings. He co-founded both State Theta (Collaborative Arts Performance Company) with Audicia Morley and Rachaka (Third Stream Contemporary Music Quartet) with Martin Hodgson. Along with partner Audicia Morley he has set up State Theta Galleries, a dedicated center for movement, health and the arts in East Lothian.
Joyofsound (JOS) and All-comers Inclusive Muse: This is a rare opportunity indeed for our combined open creative exploration. Any who have been involved in the days event, plus any new arrivals are invited to join together in the atmospheric and resonant Great Hall, for our mutual muse, without reason other than that we may create something unique and no doubt beautiful together - in celebration of our shared spirit and vital energies - in crowning the day’s inclusive collaborations, friendships and newfound creative potentials. Any instrument, voice, sound, movement, tone, or silence will be welcomed into the fusive mix.

Music Instruments technology and Exhibition:

Skoog Demonstration: Hands on demonstration and participation with Skoog. The Skoog is a colourful, squeezy cube that is sensitive to the slightest touch, yet robust enough to resist strong handling – allows even severely disabled children to play music in an expressive way. Users can play a variety of sounds on the Skoog and alter pitch, timbre and volume with a very small range of movement. Suitable for MLD, SLD and PMLD. Children with global delay, genetic conditions such as Down’s Syndrome, Sensory impairments, physical/ medical problems and those with Autism. [http://www.skoogmusic.com/learn/demos/classroom](http://www.skoogmusic.com/learn/demos/classroom)


Garvald Edinburgh: offers creative opportunities and support for adults with learning disabilities.


Drake Music Scotland Instrument and project exhibition: Equipment and instruments raising awareness of the use of music technologies including Soundbeam and Figurenotes for drop in sessions and demos as opposed to a set workshop. Drake Music Scotland has built up a considerable body of specialist knowledge and expertise in the use of adaptive technologies including Brainfingers, Skoog, Soundbeam and Switches and has piloted the Figurenotes© notation system throughout Scotland with huge success. The system uses colour and shape to define the musical elements of pitch and duration and is based on the ability to match identical symbols between the sheet music and stickers on the conventional instrument.

Pete Sparkes: Making music accessible: At Drake Music Scotland, we believe that disability is no barrier to making music. Since 1997, we have created opportunities across Scotland for over 6000 children and adults with disabilities to learn, compose and perform music independently. Using both conventional instruments and inclusive technologies, we deliver a range of education and training projects enabling participants to make music to whatever level they aspire.
Joyofsound (JOS) Bespoke Music Instruments: JOS bespoke acoustic instruments design research project has been dynamically exploring approaches to music facilitation for all-comers for the past 11 years with emphasis on person centred and participatory design. JOS will be showing examples of previously achieved designs and current design initiatives and developments.

JOS Exhibition will include actual instruments, presentation devices, and presentation of on-going project design stories. William Longden, JOS Bespoke Instruments Research Director, Chris Leeds, JOS Development Officer and other members of the JOS Design Team (All of whom are Volunteers) will be available throughout the day to talk with you about the JOS instruments and project.

A golden leafed autumnal Thank You to All Volunteers for their help and good spirit in making this memorable event possible.

If you have any feedback, comments, suggestions or indeed anything whatsoever to express in words or otherwise regarding your experience of the event please forward them to info@joyofsound.net your reflections are welcomed and valued.

Joyofsound (JOS)