



# Stay Connected

## Musical Connections News April '20

### Update from Liz and Nic, Quench Arts

Hello Everyone!

Hope you are all keeping well and that you are managing as best as you can in these challenging times? We wanted to keep in touch with you all throughout this difficult period to help with a little bit of musical inspiration and motivation to keep you busy and help keep your mind off things. Please remember that, even though we are all having to self-isolate, this doesn't mean that you have to feel alone or bored!

Even though we can't run the Musical Connections group sessions or special interest sessions as face-to-face sessions at the moment, we are still planning to engage you musically and to keep your creative juices flowing! We'll be producing a series of videos/musical tasks and information that we'll email out to you (or, if you aren't on the internet, post) on a regular basis. The musical activities are for you to do as and when you feel like it. It's no problem at all if you don't feel like doing these but, if you do, please do share what you've done with us, either online or by post/phone.

Also, Steve Ison, our Musical Connections Music Support Worker, will still be working 1 day a week and will be providing phone calls or online sessions to people who've expressed an interest. If you've asked to be included in Steve's sessions, please see the attached document that we need you to read. In order to have an online session, you'll need to email us at [info@quench-arts.co.uk](mailto:info@quench-arts.co.uk) to say that you've read the information and agree to the terms and guidance given for online and phone sessions. We'll need this email from you before you can have your first session.

If you are online, then you might also be interested to look at the Quench Arts Facebook page and get involved in our 'Daily Distractions'! These are fun activities, games and resources that we are sharing that will hopefully widen your musical knowledge and interests.

As a reminder, our social media sites are:

[twitter.com/quench\\_arts](https://twitter.com/quench_arts)

[facebook.com/Quench.Arts](https://facebook.com/Quench.Arts)

<https://www.youtube.com/channel/UC36A3flw3PkPMdz7CgDRddQ>

[https://www.youtube.com/playlist?list=PL-dyAzLiX80AGq6wiY0qajl3\\_FJLUANuM](https://www.youtube.com/playlist?list=PL-dyAzLiX80AGq6wiY0qajl3_FJLUANuM)

<https://www.facebook.com/MusConnections/>

And our phone contact details are:

Steve Ison, Music Support Worker: 07421 826554

Nic/Liz, Quench Arts: 07716 362 478 / 0121 288 3858

Whatever you do, please do keep in touch with us and know that Musical Connections is still here for you. We are all looking forward to being able to get back to normal life at some point in the future but, until then, we'd love you to share your musical creations with us and with other members. Let's try and keep positive and make good use of our time if we can, to brighten up each others' days.

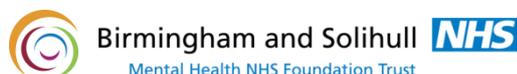
Lots of love and virtual hugs! Liz and Nic

## Steve's Bit

Hope everyone's doing ok and still feeling the vibe of the music at this difficult time. It's a great idea of Nic & Liz's to try & keep the spirit of Musical Connections alive with the musical tasks they're sending out. Also, their inspiration to use the magic of modern technology to try and connect us and carry on making music together. I've spoken to many of you on the phone about downloading the 'Zoom' application they told me about, so I can carry on being a Music Support Worker for you in the 'virtual' internet world, both individually or in groups (as you prefer). It's great that there seems to be so much interest & it's the first time I've ever done anything like this, so hopefully there won't be too many glitches! Just so you know, the slight time lag involved (so I've been told) makes it very difficult to all perform a piece at the same time, though, so this means that we'll all have to share our musical ideas in turn, one by one. If you're not able to - or feel uncomfortable - doing this, we can instead talk about musical ideas over the phone on Thursday when I'm working if that's what you prefer.

Being stuck at home, I think it's really important to try & stay positive and do things we love with our time. It's a great opportunity to learn more about something that really interests us, for instance. For those with unlimited access to the internet, the opportunities for educating ourselves are endless! One idea is to pick any subject or idea that really interests you & spend a couple of hours every day on YouTube or reading books learning about it! Another way to enjoy the time is to use Spotify and/or YouTube (both free) and create playlists of all your favourite music. Another idea is to set aside 45 minutes each day and listen to a whole album without allowing anything to distract you from really focusing and absorbing it! Either picking one from your CD collection or listening online. I personally find giving music that kind of attention an incredibly healing thing and a sure-fire way to beat the blues.

Take care. Steve 😊



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W: [www.quench-arts.co.uk](http://www.quench-arts.co.uk) / [www.musicalconnections.info](http://www.musicalconnections.info)