

Community music for mental health



face the **music**

Community music for mental health

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Music making can help people express themselves, connect with others, and support and encourage well-being. It is available for adults or young people who have mental health problems, in residential or community settings, and does not require any previous musical skills or experience.

Sessions include a range of music, singing and playing instruments, directed by those involved and tailored to their needs. These run weekly for individuals or small groups, lasting 30-60 minutes.



Music sessions develop as participants engage, and can help in various ways:

- confidence and self-esteem
- enjoyment and participation
- self-expression and creativity
- communication and social interaction

My name is Ed Muirhead, I'm a musician who has worked with people of all ages, supporting them to make music. My experience includes 1:1 tutoring, group music-making, intergenerational group singing, improvisation & songwriting. As well as practical experience, I have an MSc in music therapy.



If you have any questions, please let me know. I'm also happy to meet with you, to discuss music sessions and answer any questions you may have.

Ed Muirhead, 07948 504 355, ed@facemusic.co.uk

Further details

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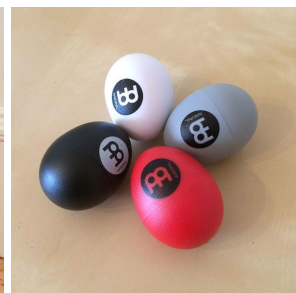
Music sessions may be requested by people who wish to participate, or by a family member or support worker.

Typically, weekly sessions would be provided for individuals or small groups of people.

£30 is the hourly rate, inclusive of travel within Dundee.

A suitable room is required - where lots of loud music may be made without any issues!

Instruments can be provided: a variety of percussion, guitar, keyboard - plus people may choose to use their own instruments.



Feedback received in the past:

“Service users have said that positive attitude and enhanced wellbeing continues to last throughout the day after the morning sessions.”

- Staff member



“There are people here who would be really keen to do more music with you. You have been a massive hit with them . . . I had reviews yesterday and their mum was singing your praises.”

- Team leader