

THE IDENTITY CHOIR & LIFESIZE PRESENT

ARTS COUNCIL
ENGLAND

Supported using public funding by
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ENGLAND**

A VOICE AND SOUND WORKSHOP CELEBRATING DIFFERENCE

For individuals
with learning
disabilities or who
identify as
neurodivergent and
those with PMLD

ACT Actor
Chorus
Text
INTERNATIONAL

IN PARTNER WITH LIFESIZE CIC

THIS WORKSHOP WELCOMES INDIVIDUALS WITH LEARNING DISABILITIES, THOSE WHO IDENTIFY AS NEURODIVERGENT AND THOSE WITH PROFOUND AND MULTIPLE LEARNING DISABILITIES.

SONIC-ART, MUSIC, VOCAL & LISTENING WORKSHOP



Through creative, fun exercises and the use of soundscapes, up to 12 participants will be supported in stretching and flexing their unique vocal sound.

WHAT TO EXPECT

Vocal engagement
Drawing pictures with sound
Interactive music making
Feeling confident

HOW TO JOIN:

Email: andy@lifesize.org.uk
with a short sentence about you and anything you need us to know on the day.

This workshop welcomes individuals with learning disabilities, those who identify as neurodivergent and those with profound and multiple learning disabilities.



Lifesize
Music, sound, art & people.

projectart works

This 4-hour taster workshop with music leaders Anna (Tract and Touch and Moon Fool). Andy (Lifesize) and Marina (Moon Fool) is designed to celebrate your unique vocal beauty.

Through creative, trust-building exercises and the use of soundscapes, up to 12 participants will be supported through expert facilitation to feel into unique experiences of sound and shared experiences of 'resonance'. By amplifying the vocal worlds we animate every day, this taster session aims to give you more control of what you do with the sounds you already make, while inspiring you to get ever more playful with them too.

We will use breath, voices and instruments too (cello, drum, harmonium, trumpet), to build soundscapes and atmospheres. Sonic worlds that allow the imagination and body to open and make new connections with others. The focus of the session will be building the relationship between our bodies and the sounds it makes. The free form environment will encourage improvisation, inviting leaders and co-makers alike to 'give up control' and celebrate the magic of feeling connected through differences.

Partner testimonial

*“It went really well today. I happen to work with a number of the individuals who took part, to varying degrees of intensity, so I did have some knowledge and some expectation... and with that in mind I **witnessed the individuals really letting go and finding confidence from early on.***

*It was quite a new experience... a stripped back music making approach: no instrumentation, no technology, just voice... **Its quite new, especially to this level of intensity...** working with vulnerable adults having some familiar faces is important. That is whether within the group, or involving participants that know each other, their support worker or myself as a facilitator. **The feeling of safety is also really important so the use of gesture and a visual score for conducting silences and listening was really effective.***

*This **brave, new kind of work, introducing really useful tools that people wouldn't normally use** - like 'touch' as well for example, as a way to communicate, and doing that in collaboration with support workers - **worked really well**”.*

Andy Cooper, workshop co-facilitator, producer and support worker