



WAVELENGTH

ONLINE SEMINAR

10TH OCTOBER 2018

WORLD MENTAL HEALTH DAY

09.30AM	Vlog 1: Why Quench Arts Set Up The Wavelength Project by Liz Viggers and Nic Briggs
09.35AM	Vlog 2: Project Structure Part 1: Recruitment And Project Partners by Liz Viggers and Nic Briggs
09.40AM	Vlog 3: Project Structure Part 2: Project Structure And Funders by Liz Viggers and Nic Briggs
09.45AM	Slideshow: Wavelength Project Structure by Quench Arts
09.50AM	Gig Video 1: Cares of the Day - Group Performance From The 2018 Wavelength Gig
09.55AM	Original Music Created: Wavelength Year 1 CD
10.00AM	Photo Album 1: Wavelength Year 1 Gig Photos by Bethany Stanley
10.05AM	Vlog 4: Part 1 - Running Music Projects For Young People With Mental Health Conditions by Paul Carroll
10.10AM	Vlog 5: Part 2 - Running Music Projects For Young People With Mental Health Conditions by Paul Carroll
10.15AM	Blog 1: Putting People At Ease In Their First Group Session by Paul Carroll
10.20AM	Blog 2: Supporting Quieter Members Of A Group by Jake Cross
10.25AM	Gig Video 2: Picturesque View - Mayci's Performance From The 2018 Wavelength Gig
10.30AM	Gig Video 3: What If I Never Do? - Liam's Performance From The 2018 Wavelength Gig
10.35AM	Vlog 6: Different Ways To Approach Lyric Writing In The Mental Health Sector by Meldra Guza
10.40AM	Blog 3: Getting Young People Through A Creative Block by Meldra Guza
10.45AM	Blog 4: Tackling Sensitive Topics For Lyric Writing With Young Mental Health Service Users by Meldra Guza
10.50AM	Blog 5: Catering For Different Religious Backgrounds/ Not Using Offending Topics by Sarah Wilson
10.55AM	Gig Video 4: What Do I Want To Be? - Group Performance From The 2018 Wavelength Gig
11.00AM	Blog 6: Engaging With Participants With Little Musical Interest by James Stanley
11.05AM	Blog 7: Ways In Which Using Technology Can Break Down Barriers by James Stanley



QUENCH
arts

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11.10AM	Blog 8: Using Presets To Aid Creativity And Workflow In A Session by James Stanley
11.15AM	Original Music Created: Wavelength Year 2 CD 1
11.20AM	Resource 1: Wavelength Approaches To Lyric Writing 1 - The Acronym by Paul Carroll
11.25AM	Resource 2: Wavelength Approaches To Lyric Writing 2 - Story Cube Dice by Paul Carroll
11.30AM	Resource 3: Wavelength Approaches To Lyric Writing 3 - Using Pictures by Sarah Wilson
11.35AM	Resource 4: Wavelength Approaches To Lyric Writing 4 - Using Newspapers by Adam Moffatt
11.40AM	Resource 5: Wavelength Approaches To Lyric Writing 5 - Using a Title by Meldra Guza
11.45AM	Resource 6: Wavelength Approaches To Song Writing by Meldra Guza
11.50AM	Blog 9: The Benefits Of One-To-One Sessions In Mental Health Settings by James Stanley
11.55AM	Blog 10: Group Music Making With Young People With Mental Health Conditions by Sarah Wilson
12MIDDAY	Gig Video 5: Plastic Pollution - Group Performance From The 2018 Wavelength Gig
12.05PM	Blog 11: Embedding Arts Award In Sessions Without Disrupting The Creative Flow by Sarah Wilson
12.10PM	Blog 12: Getting Young People Recording Ready by Sarah Wilson
12.15PM	Original Music Created: Wavelength Year 2 CD 2
12.20PM	Photo Album 2: Wavelength Year 2 Gig Photos by Bethany Stanley
12.25PM	Vlog 7: Supporting The Parents Of Young People On Wavelength by Michelle Holloway & Katie Stevens
12.30PM	Blog 13: Ensuring That Parents/Carers Understand The Benefits Of Music Making by Paul Carroll
12.35PM	Blog 14: The Development Of Parents As Musicians - Why This Has Been Important by Paul Carroll
12.40PM	Gig Video 6: Drawer Full of Memories - Parent Performance From The 2018 Wavelength Gig
12.45PM	Vlog 8: Partnership working:How Wavelength Has Worked With Home Group To Support Parents by Jo Tysall



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12.50PM	Vlog 9: My Own Professional Development On Wavelength by Sarah Wilson
12.55PM	Blog 15: My First Year Working On The Wavelength Project by Meldra Guza
01.00PM	Blog 16: The Value Of Mentoring by Meldra Guza
01.05PM	Gig Video 7: Warp Drive - Josh's Performance From The 2018 Wavelength Gig
01.10PM	Blog 17: Keeping Up With Technology by James Stanley
01.15PM	Blog 18: Mental Health First Aid Training -The Impact On My Practice by Adam Moffatt
01.20PM	Vlog 10: How Being A Wavelength Shadow Artist Has Furthered My Career by Davina Brownrigg
01.25PM	Blog 19: My Transition From Shadow Artist To Leading One-To-One Sessions by Davina Brownrigg
01.30PM	Blog 20: How Volunteering Helped Prepare Me For My Wavelength Shadow Role by Michelle Holloway
01.35PM	Blog 21: Me In 10 Years Time - What I Hope I'll Be Doing In Community Music by Davina Brownrigg
01.40PM	Gig Video 8: You And Me - Chyna's Song Performed by Other Participants at the 2018 Wavelength Gig
01.45PM	Vlog 11: Getting Out Of My Comfort Zone - The Skills I Have Learnt by Katie Stevens & Michelle Holloway
01.50PM	Blog 22: The Value Of Always Gaining New Skills - Why I've Started To Learn Guitar by Katie Stevens
01.55PM	Blog 23: Keeping Current by Sarah Wilson
02.00PM	Vlog 12: Birmingham Children's Hospital And The Wavelength Project by Kirsty Taylor (Lead OT)
02.05PM	Vlog 13: Why BSMHFT Value Projects Like Wavelength by Sue Hartley (Director of Nursing)
02.10PM	Blog 24: The Value Of Music Making In The Wellbeing Sector by Michelle Holloway
02.15PM	Gig Video 9: Colours Glow - Group Performance From The 2018 Wavelength Gig
02.20PM	Vlog 14: Wavelength And Its Role Within The Birmingham Music Education Partnership by Ciaran O'Donnell
02.25PM	Vlog 15: Solihull Music Education Hub And The Wavelength Project by Toby Smith



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02.30PM	Vlog 16: Celebrating Success And Why It's Important Within The Mental Health Sector by Jake Cross
02.35PM	Blog 25: Celebrating Success by Paul Carroll
02.40PM	Original Music Created: Wavelength Year 3 CD 1
02.45PM	Vlog 17: Wavelength Challenges by Liz Viggers and Nic Briggs
02.50PM	Vlog 18: Part 1 - The Journey Of The Young People On The Wavelength Project by James Stanley
02.55PM	Vlog 19: Part 2 - The Journey Of The Young People On The Wavelength Project by James Stanley
03.00PM	Blog 26: Developing Emotional Resilience Through Music Making by Meldra Guza
03.05PM	Blog 27: What I've Learnt As A Shadow Artist And The Impact It Has Had by Katie Stevens
03.10PM	Blog 28: The Importance Of Socialising Outside Of Music Sessions by Paul Carroll
03.15PM	Vlog 20: Wavelength Case Study - Lizzy's Story
03.20PM	Gig Video 10: Memory Lane - Lizzy's Performance From The 2018 Wavelength Gig
03.25PM	Slideshow: Wavelength Outcomes by Quench Arts
03.30PM	Original Music Created: Wavelength Year 3 CD 2
03.35PM	Gig Video 11: Radio Bird - Group Performance From The 2018 Wavelength Gig
03.40PM	Photo Album 3: Wavelength Year 3 Gig Photos by Bethany Stanley
03.45PM	Document: Year 1: Wavelength Impact Report And Case Studies
03.50PM	Document: Year 2: Wavelength Impact Report And Case Studies
03.55PM	Document: Year 3: Wavelength Impact Report And Case Studies
04.00PM	Document: Wavelength Final Evaluation Report
04.00PM	Thanks