**Someone who believes in you**

“Tracks of the week” music analysis quiz exploring genres from pop to rock to dubstep to classical.

An upbeat and energetic song writing programme to engage young people in positive musical activities.

Bash! Strum! Play! Hands on instruments introduction to the wonderful world of music.

Rhythm Structure Chord progression.

Writing Lyrics

Samba

Drumming

Ukele

iPad DJ-ing

Creating a vocal melody for their own lyrics.

Perform and record in a recording studio.

Digital Story for sharing as a powerful video

The quotes below are all from young people who took part in the groups

“The one thing that helped me the most was…….. to have the confidence to be a peer mentor.”

“The one thing that helped me the most was……..getting listened to, having good support and getting correct advice that helps solve things.”

“The one thing that helped me the most was……building my confidence up.”

“The cooking was amazing even if we didn’t want/like the food there were other stuff available.”

“The one thing that helped me the most was…….being able to express myself.”

“This group helped me make new friends. It also helped me have more understanding that everyone is different”

“Thankyou, this group helped me not just meet new people but it also allowed me to do something new! Also the adults were so supportive”

“Don’t worry about being different”

Never give up there’s always a bigger future ahead of you! Don’t listen to anyone who tells you you can’t do it.”

Please see link below for some of our digital stories:

<https://www.youtube.com/playlist?list=PLC-KJPj1akCEaapCFNz3EM4T_BCuZ--tn>

