

Young People Open Up About Mental Health For Circle of Light Album

ARTICLES

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by CQ

An inspirational music project designed to give young people in Nottingham a platform to explore their mental health has led to a creative outpouring for an album to be released on World Mental Health Day.

LIFE NEWS

The Circle of Light project - funded by Youth Music - has brought together 20 music industry professionals led by renowned rapper Scorz-zay-zee to mentor young people through the process of producing an album from start to finish in just three weeks.

Kicking off in the state-of-the-art music studios at Metronome in Nottingham on 15 July, the

kicking off in the state of the art music studios at Metronome in Nottingham on 15 July, the workshops have been a whirlwind of creative collaboration between singers, rappers, musicians and producers. The project will culminate in the album being pressed to vinyl (August 1-2) before it is released through local label 'I'm Not From London' on 10 October.

Nottingham singer songwriter Rob Green, who has mentored the young people through the writing process, explains: "This is a great opportunity where young people can feel safe to explore their ideas and are surrounded by people who can help them find the answer. There's no need to drown in insecurity, this is the place where they can get their idea out."

Izaak signed up to the project following struggles with trauma and mental health as well as physical health issues that meant he was on the verge of giving up music all together.

Rob Green and Nic Harvey work with the young people.

"I came here to try and find an opportunity to express myself, try and find a path where I can feel strong again, to inspire other people and be inspired by other people. I didn't feel like I fitted in at first as I was quite anxious. We started out talking about language and ended up talking about using colours to express words and feelings. The guy on the keyboard has won a Grammy, in what other world would we be put in a room with someone who has won a Grammy! Having an opportunity here, in a safe environment with all these other people who understand mental health, music industry and just life, it's literally invaluable."

Project coordinator Tricia Gardiner said: "It's fantastic to see the collaboration between the young people and our mentors producing some really incredible results both in terms of the music itself and the benefits everyone can feel from being given the opportunity to express themselves through the process of making the album together. It was an ambitious goal to pull off in three weeks but thanks to all the amazing people involved, it looks like we're going to make it!"

Amy also signed up to the project as a way to combine music with talking about mental health.

"I saw it was centred around mental health and as someone who suffers with mental health and has tried to raise awareness of this issue, I felt like it would be something I would fit into quite well. I've enjoyed meeting new people and working with the practitioners and

into quite well. I've enjoyed meeting new people and working with the practitioners and getting that feedback from them to improve. I've spoken to people here who have their own issues and we can all relate which can be put into the music. So this will also hopefully help those who listen to the album."

The project will culminate in a live performance and album launch at Metronome on Thursday 10 October 2019 to coincide with World Mental Health Day.

The Circle of Light album will be professionally released by Nottingham based record label 'I'm Not From London' in a variety of formats including limited edition vinyl, with the cover artwork being designed by the young people.

www.circle-of-light.org.uk

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