

£50
AMAZON
VOUCHER

MUSIC (FOR) GOOD

BRING YOUR
OWN
INSTRUMENT

INSTRUMENTS
PROVIDED

BRING YOUR
DEVICE

LUNCH
INCLUDED

JOIN US FOR A FUN, RELAXED DAY
OF MAKING MUSIC AND SOUND

A **FREE** CREATIVE WORKSHOP

The House Youth Project, St Austell, PL25 4BD

OPEN TO ANYONE BETWEEN 10-17
PLACES LIMITED

If you would like to take part, please complete
a registration form by Friday 5th September

EMAIL: PROJECTS@MUSICFORGOOD.UK TO BOOK

Project CREATE
Young People | Art | Social Science


UNIVERSITY OF LEEDS

 **UKRI**
Medical
Research
Council

SATURDAY 13TH SEPT - 9.30 TILL 4.00 WITH BREAKS



ALL ABILITIES WELCOME

In this "Project CREATE" one-day workshop, you will work with musicians, mental health professionals, and other young people to explore how sounds and music can express your wellbeing.

You will have the opportunity to make and capture your own music, sounds and songs using an instrument, your voice and your device.

We will create soundscapes, capture words and noises, and use musical instruments. This is a research project that is trying to improve young people's mental health.

We work in a gentle, low-pressure style, allowing people to explore at their own pace.

There will be a quiet space available if you need a break

If you are 15 or under, you will need to have permission from your parent/guardian to take part and to be filmed or photographed during the day.

As a thank you for your involvement, all participants will receive a £50 Amazon gift voucher for taking part.

For more info visit create.leeds.ac.uk