



'artbeat Brecon

Community engagement through music

Welcome!

'Artbeat Brecon is a new initiative, funded by the UK Community Renewal Fund which aims to provide workshops and training for anybody interested in using music to enhance well-being, support community, develop good communication and leadership skills and promote healthy relationships.

It's not just about music!

The initiative is based around a well-tested and evidence-based method called *Lifemusic*, established as an original and highly accessible intervention in the UK and beyond. *Lifemusic* demonstrates how musical activity can generate a variety of beneficial outcomes with a wide range of community groups, many of which might not have previously considered music as an option. Groups who have previously benefitted from the support which *Lifemusic* provides include:

- artists and music makers
- teachers and music leaders
- counsellors and therapists
- students
- children and families
- social and healthcare professionals
- support workers
- older people
- vulnerable groups
- the international community (including asylum seekers)
- people with mental health issues or neuro-disability
- organisational groups (e.g. management, HR and decision makers)

The overall benefits of Lifemusic, based on previous evidence and feedback from diverse groups include:

- sense of well-being (emotional, physical and mental)
- enhanced communication skills
- increased confidence
- social and inter-relational awareness
- emotional literacy
- stronger sense of community

Principles and Ingredients

Lifemusic Method is built upon four basic principles:

- Everyone is musical
- there are no wrong notes
- every sound has a meaning
- making music develops trust

and contains four simple ingredients:

- participation
- communication
- improvisation
- celebration

It is inclusive, non-judgemental and highly accessible to all-comers.

Lifemusic Training

A 36 hour training programme was established between 2008-2010 designed for anyone who wishes to employ the method in their work and in their professional life. The training is designed to be accessible to both skilled and untrained musicians: previous training groups have included, in addition to musicians, teachers, counsellors and therapists, care workers, medical professionals, artists, actors and members of the business community and management teams all of whom found the method to be relevant to their professional lives. Between 2010 and 2016 over 150 individuals took part in the training in the south of England and in the Irish Republic. Hundreds of *Lifemusic* sessions were delivered and many practitioners are still active today as members of the *Guild of Lifemusicians*.

Lifemusic in Brecon

Between now and the end of October we shall be conducting a feasibility study and marketing exercise to measure the potential for establishing the Lifemusic method and the training programme in the locality. This will involve FOUR pilot sessions to be run in October in collaboration with Theatr Brycheiniog.

We are now inviting interest from potential partners and any individuals who would like to be involved in this initiative. 'Artbeat

Brecon intends to work supportively and in collaboration with any already active music and community based projects and organisations.

If you would like to participate in this exciting project in any way please get in touch via the following links.

Dr. Rod Paton

rod@lifemusic.co.uk

07717 416319

www.lifemusic.co.uk

Hedda Kaphengst

heddakaphengst@gmail.com

www.heddakaphengst.smugmug.com

facebook groups:

The Guild of Lifemusicians

Rod Paton's Lifemusic



'This project is funded by the UK Government through the UK Community Renewal Fund.'

'Mae'r prosiect hwn [yn cael ei ariannu/ei ariannu'n rhannol] gan Lywodraeth y DU trwy Gronfa Adfywio Cymunedol y DU.'

For more information, visit <https://www.gov.uk/government/publications/uk-community-renewal-fund-prospectus>