



Mull Fiddle Week - About the ASN sessions

We are running a series of music sessions in Mull and Oban between Monday 9th and Friday 13th August for young people who have additional and complex support needs. The sessions are FREE and are taking place as part of Mull Fiddle Week, an event supporting young people aged 5-26 to engage in the traditional arts. The event is funded by the Royal Edinburgh Military Tattoo and administered by Mull Music Makers and the charity Sound Waves. The venues will be confirmed shortly.

We are partnering with Hear My Music for the ASN sessions. Hear My Music are a Glasgow-based charity enabling people with complex needs and/or autism to express themselves as individuals through inclusive participant-led music making.

The sessions will be led by two specialist practitioners who will work with participants individually and also with small groups. Some participants will attend both a group and an individual session dependent on specific needs. Individual sessions last for 30-45 minutes and group sessions last for 45 minutes to one hour. The structure of the sessions will be clear and consistent, mostly following the format of: a greeting song/exercise, a warm up, specific material to learn or work on, creative composition/improvisation time, a familiar song/exercise, relaxing, and finally, a goodbye song. Within this structure there is flexibility and each section will be participant-led, allowing development of self-expression and creativity within a safe and familiar structure.

During the sessions participants will explore traditional music through different techniques including technology and other instruments. Non-verbal participants are encouraged to make choices, both personally and musically, using visual aids, picture communication systems and a coloured notation system called Figurenotes that we use for composition. Some participants favour a structured approach with a visual timetable, which is guided by them. Others prefer to be guided by the momentum of the session. Verbal participants are encouraged to make choices of musical material, structure, and instrument choices. For example, some participants are completely directive about the music they choose and create, others prefer to be offered guided choices. Hear My Music practitioners specialise in the creation of new music with individuals who traditionally may struggle to be heard or have autonomy over their choices.

There will be a collaborative element to the week; the creative output from *all* Mull Fiddle Week participants will be included and woven together in a shared performance at the end of the week. This may be need to be done through pre-recorded material or video-link-up. However, there may be an option of an in-person performance on Mull on the Friday. This will very much depend on the participants, their specific needs and the Covid restrictions in place nearer the time.

To take part, please contact Laura Mandleberg: laura_mandleberg@hotmail.com

If you would like to discuss specific access challenges please contact Emily Carr-Martin: emily@hearmymusic.org.uk or 07890 512 824