

Musical Keys

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Musical Keys is a registered charity no. 1151915

About us

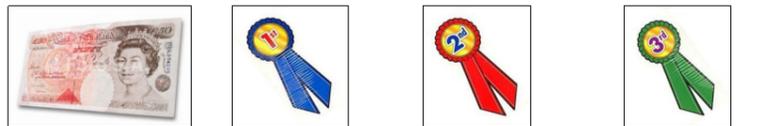
Musical Keys is a Norwich-based charity providing a service to people with special and/or additional needs across East Anglia. For over 25 years, Musical Keys has developed a comprehensive programme of music, movement and arts based activities designed to enable participants to learn new skills, build confidence and improve motor skills and coordination through enjoyable and interactive sessions. Our groups also offer a support network to parents, carers and families.

We strive for equal access to music and creativity and aim to provide a service for groups who are isolated as a result of geographic location, social deprivation or disability.

In addition to the numerous groups we run throughout the region, Musical Keys provides holiday outreach schemes and offers a bespoke service; our specialist staff aspire to adapt sessions to suit clients' precise requirements.

Did you know about our 50:50 club?

It's a simple scheme: you pay an entry fee of £1 per month or £12 for a year. Half of all the money put into the club will go to Musical Keys and the other half will be split between first, second and third prizes of 50%, 30% and 20%. For example, if £100 is put into the fund for a month:



Musical Keys gets £50 £25 – 1st prize £15 – 2nd prize £10 – 3rd prize

Draws are made quarterly. Though the prizes are smaller, the odds are much better than the National Lottery... and if you don't win you still have that good feeling of knowing that your money has gone to a local charity!

Entrants need to be over 16. You can download an application form from our website at www.musicalkeys.co.uk/donate-to-musical-keys



You can now text donations of up to £10 to Musical Keys by following these instructions:

1. Create a new **text message**
2. Type **KEYS21** followed by your donation amount £1, £2, £3, £4, £5 or £10.
3. Send to **70070**.

You will receive a text receipt along with a request to add Gift Aid to your donation. If you are a UK taxpayer, please say yes to adding Gift Aid; it will cost you nothing extra but will increase your donation to us by 20%!

More information about Gift Aid can be found on our website or via the HMRC website. *Your standard network charges apply to your text message.*



Short Breaks and Personal Budgets: significant changes to our service

Musical Keys has been selected as an approved provider by Norfolk County Council's Children with Disabilities team for Short Breaks and are offering some exciting new services commencing in Spring 2017! Activities can be paid for using personal budgets, but can also be funded by adult personal budgets, direct payments and other means. Our services are:



DXA is a music and arts project where participants aged 6+ with complex needs can take part in a variety of creative and sensory activities. Each session has a theme and is delivered by an experienced team of community artists and educators, so we are able to provide high quality and engaging activities and can ensure activities are age and ability appropriate. DXA is delivered across Norfolk in Norwich, Attleborough, Great Yarmouth, King's Lynn and Stibbard (near Fakenham) throughout the school holidays.



M-Power is a two-day activity designed to prepare young people aged 12+ for adult life. Day one covers a range of subjects that are pertinent to the transition to adulthood, specifically for those with additional needs (e.g. managing emotions, managing finance, independence). On day two, participants will take ideas and what they learned from the first day and use it to inform creative activity. M-Power will be delivered in Norwich on a Wednesday and Thursday.

CREATIVE CONNECTIONS

Creative Connections enables young people aged 12+ with additional needs to try a variety of progressive arts activities, that range from traditional (e.g. song-writing) to cutting edge (e.g. green screen movie making). Sessions consist of a central group activity where participants can work as part of a team or focus on a personal objective. Activities are often connected to the community or cover themes pertinent to Norwich and Norfolk. Sessions are delivered in Norwich, Attleborough and King's Lynn.



Express Breckland is a fun and lively two hour music group based in Dereham for those aged 12+, focused on providing a social, engaging environment where participants can sing songs, play musical games and play along to traditional and contemporary music using a range of instruments. Participants, families and carers also have the opportunity to socialise and network during a 20 minute coffee break provided in the middle of the session. Express Breckland runs most Wednesdays throughout the year.

For more information on these activities, a calendar of dates and to book places, visit www.musicalkeys.co.uk/short-breaks-activities. If you have not yet had an assessment for a personal budget, contact the Access and Services team on 01603 692455.

The support of Norwich Ukulele Society strikes the right chord



All of us here at Musical Keys wish to thank the Norwich Ukulele Society who have been supporting our work for over five years!

They have regularly held collections and busked in many locations around Norwich (including a Christmas Makers Market at The Shoe Factory Social Club, above), with all of their proceeds helping to ensure we can continue to deliver our work.

They feel it is time for them to support a new charity and we wish them all the best with their future fundraising efforts. Their new selected charity will be very lucky to have the support of these guys!

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For the most up-to-date table of our groups and services please visit www.musicalkeys.co.uk/services

Fundraising Concerts



Since our last newsletter, we have been lucky to host two fundraising gigs with internationally renowned musicians! The first, held at The Shoe Factory Social Club and sponsored by TSB Bank, Unthank Road, was attended by over 50 people. They were treated to three superb acts in Abigail Blake, Stephanie O and Bryde.

Former Musical Keys employee Jacob, who provided sound on the evening, wrote a review describing the acts ... *"Abigail is a singer / harpist/ electronic musician who has devised "Twinklestep" her own genre. A mesh of gorgeous harp, Abigail's clear, emotive voice and synthy glitches, sub-bass and dubstep beats it sounded great in the wash of natural reverb the space*

This Time It's Personal!

On 24th November 2016, we hosted an event at No. 8 Thorpe Road called 'This Time It's Personal! Unlocking and Demystifying Personal Budgets'. The room was full with around 25 people from various organisations who came along to get some guidance from national and prestigious experts on what Personal Budgets are, how organisations can work with them and to answer questions about how to price services and promote work to those that need to hear about it.

Volunteer Profile

"Hi, my name is Conor. I began volunteering for Musical Keys about four months ago and have thoroughly enjoyed every session. I began playing the piano at the age of 6 and within a few years performed at several classical concerts. In my teens I taught myself guitar, drums, bass and whatever else I could get my hands on pretty much, and began playing in a few bands and composing original music. All of this has led to a lot of amazing opportunities

provided. What could have been gimmicky was instead hugely effective – Abigail is an artist who writes songs with a big heart and big hooks".

"Stephanie O had a relaxed and authoritative stage presence and her gorgeous songs unfolded at a languorous pace that made time seem to stand still. I particularly enjoyed Stephanie's version of Stardust which was so soul achingly beautiful I would have gladly listened to a 2 hour version".

"Bryde used dynamics ranging from brooding to more aggressive crunchy guitar sections to create an engrossing narrative with her songs. Bryde has an impressive amount of control with her voice and used the drama created by the moodily-lit empty factory and its cavernous echoes to her advantage as if the venue had been designed solely for her".

We also enjoyed mince pies supplied by Cupcake & Co on the evening, raising in total £673!

In December, we welcomed our patron, Kit Downes, and Radio 2 Folk award winner, Josienne Clarke to Anteros Arts Foundation for an intimate and world exclusive performance of their new work together. Kit and Josienne combined voice and piano to great effect, covering some classic folk tunes and showcasing new material. The evening raised £250.

Thank you to everyone that supported the events and making them such a success. We hope you enjoyed them!



"...It's been really inspiring for me to see the students develop and get more and more involved over the sessions"
- Volunteer
Conor

We were joined by:

- Jo Hough, Director of Inclusion East CIC who gave us an overview on Personal Budgets and what it is like to have one from a families perspective.
- Steve Allman, Director of Steve Allman Ltd presented Price, Price Baby, littered with Vanilla Ice puns but providing a good overview of what we need to be considering when pricing our

over the years, including a few UK tours, working on 100's of recordings and even earned me some money! I wanted to volunteer for Musical Keys to share some of the knowledge I've gained. It's been really inspiring for me to see the students develop and get more and more involved over the sessions, I can only hope to inspire them as much! It's always such a rewarding experience and I've made a lot of friends already. I look forward to

services.

- Marcus Hemsley, Creative Director at Fountain Partnership discussed his tips when it came to direct marketing and what tools to use effectively on a low budget.

Thank you to all of our speakers for useful and highly informative presentations and to No.8 Thorpe Road's hospitality providing us with their venue and home made cake

continue working for such a wonderful organisation and seeing what the future holds."



Services Update — three brand new Musical Keys projects



Equaliser is a partnership project led by Musical Keys, working with Action for Children, National Autistic Society (west Norfolk) and OPEN.

The project is focused on music making, jamming and performance with a focus on music technology and digital production. Fortnightly two-hour sessions are designed for people aged 7-25 with Autistic Spectrum Disorder and/or associated needs.

So far participants have coded their own digital instruments, written songs about Mars, using sampling to create hip hop music and used a chair to make music!

Nomadic Lion

Back in October last year, Norfolk-born David Attowe and friend Jordan Eva, who are also known as *Nomadic Lion*, set out on a walking mission to "share happiness and the joy of arts with all". The pair walked the entire way around Norfolk, clocking up 200 miles in 19 days, as a fundraiser for Musical Keys.

The boys experienced some cold nights and heavy rain during their journey, but were encouraged by the beautiful countryside and great people they met along the way. David said: "We've been

Jumpstart exhibition

Since December 2015 we have been working with residents of the St Martin's Housing hostel on Dibden Road who suffer from drug and alcohol abuse. We meet with participants for a two-hour music making session every Thursday morning. As part of the project we collaborate with the participants to produce six-monthly showcases which can be in the form of an open workshop, a performance or an exhibition.

The showcases are designed to fulfil two purposes; firstly to provide a platform for residents to show their work and an opportunity to produce work for a specific event, and secondly to give the local community an opportunity to get more of an insight into who the residents of the hostel are and what happens in our sessions.

IN TIME & TOGETHER

In Time, Together is a project for older people who have dementia and associated issues.

We visit Corton House (Norwich), DeIl Rose Court (Norwich) and First Focus (Fakenham) each week for a 45 minute music making session, using traditional instruments and classic repertoire.

Part of the sessions focus on reminiscence; using songs from the early 20th Century to stimulate memories and to trigger spontaneous recollection, often culminating in a joyous collaboration where the whole group sings the same song. The other part of the session focuses on writing original music where participants have the opportunity to provide lyrics or themes upon which a piece of music can be written.

touched by the support of the people in Norfolk who have donated to Musical Keys, given us a place to say or a hot meal. We would like to thank everyone we have seen who has motivated us to carry on with smiles on our faces".

David and Jordan's route culminated at City College Norwich where they were warmly greeted by participants and friends at Musical Keys' Saturday morning group, and celebratory music was made and plenty of tea and homemade cake was served!



This exhibition, held at the bright and central Studio20 on Wensum Street, featured a collection of photographs taken by participants and staff, a sound installation which was created using snippets of audio recorded throughout the sessions (including squeaking doors, people making a cup of tea, participants discussing chord progressions and various laughter!)

In My Own Time

'specialist 1:1 music tuition and activity, in your home or ours'

We have experienced an increase in the demand of parents and carers asking us whether we provide 1:1 tuition as many students with disabilities are being let down by tutors not being able to meet their needs.

As a response a member of our freelance team underwent necessary training and procedure to enable him to work in the homes of the service user, as well as the service user being able to visit the tutors home studio. As a result we are now able to offer bespoke 1:1 sessions for people with disabilities and additional needs.

We can focus on tuition in a traditional sense, learn your favourite songs or lyrics or simply experiment with music.

For details of any of these projects, visit: www.musicalkeys.co.uk

Over £2,273 was raised in total; our thanks to David, Jordan and everyone who donated.



and four pieces of recorded music, which was written and produced by participants.

Some of the residents joined the exhibition in the afternoon to collaborate on a spontaneous performance. This gave visitors not only a chance to see some music making happening in the flesh but also a chance to meet some of the residents. The jam created a wonderful ambient backdrop to the images.

One visitor remarked: "You often hear some really negative things about [residents] in this situation but I think what is happening here is truly wonderful and you can see they're happy and interesting people just like you and me"