

# Musication session outline

Time	Activity	Notes
13.30 – 13.45	Tea and conversation	<p>An ease into the session. Supports staggered arrival time (reduces anxiety of 'being late'). An integral 'hello', that welcomes members to the space. This welcome acknowledges each member as a person with a simple 'how are you?' for example, before launching into music-making.</p> <p>NB – the start time is increasingly earlier than the advertised time as members arrive early. (Voting with feet).</p>
13.45 – 14.00	Modelling	Sue models songwriting activity for the afternoon. Each week a different lyric starting point theme is presented (which members can choose to work from or ignore).
14.00 – c.14.25	Group discussion	<p>Length dependent on discussion. Discussion to unpack lyric writing theme and to gather starting points/ideas for songwriting. Members share thoughts / response / experience / other at their discretion. Some members comment on the therapeutic nature/resemblances of this moment.</p> <p>Group discussion is facilitated through soup-dragon to support equality of contribution. Members do not have to contribute, but all are given opportunity to.</p> <p>NB a staff member is available for 1:1 support as required throughout the session.</p>
14.30 – 15.00	Independent Songwriting	Members go to separate spaces to write lyrics. There is also the option of working with a staff member if wanted. Staff members often collaborate / support members that request this. Sue also makes explicit that ideas can be shared through music – lyric writing is not compulsory - members could make an instrumental piece / starting idea. Mostly (to my knowledge) members opt for lyrics. Lyrics can also be shared as poetry / creative writing / spoken word.
15.00 – 15.30	Share back	<p>Members share back – again optional.</p> <p>Members are invited to comment on their music/lyrics if they wish.</p> <p>'Share back' presents a scaffolded process towards performance. Performing before peers/friends is a challenge, yet this intimate opportunity that is available every week supports opportunities for developing performance confidence. In addition to this, it supports audience engagement and approaches to productive feedback.</p>
15.30 – 16.30	Choices	Choices between 1-2-1 coaching or small group work. However recently this has moved further towards small group work, which is perhaps a balance to the independent songwriting that has come before.