

Rachael Inwood Music

Creating Musical Opportunities For Everyone



Workshops for children and adults with physical and learning disabilities.

Training courses on how to provide music sessions for care staff.



About Rachael Inwood Music

Everybody has a musical gift that can be expressed regardless of any barrier that may stop them. I like to encourage people to find ways to express themselves. To have an opportunity to play, compose and perform music.

Music helps to increase self-esteem, improves communication skills, increases concentration and helps to build social skills.

Rachael is a musician and music teacher, with over a decade of working with adults with profound and multiple learning disabilities. She also has experience working with children and teenagers with autism and has also worked with the elderly.

She can run workshops for groups of children and adults with learning and physical disabilities in your care setting. She can also provide one to one music tuition for anyone regardless of their disabilities. As well as using traditional instruments and adapting them if necessary, She uses music technology to help people to express themselves, for example, iPads or a Skoog.

Rachael is also a Bronze and Silver Arts Award Advisor.

Also on offer is training for staff in care settings who want to improve their in-house music sessions.

This brochure shows some of the services that I offer.

Rachael is a member of the Musicians Union and has an enhanced DBS check and Public Liability Insurance.

For more information go to:

www.rachaelinwoodmusic.co.uk

or email rachaelinwoodmusic@gmail.com

Write The Theme Tune, Sing The Theme Tune

Over a period of 6 sessions, your group will get to write and record their own song for their group. They will get to decide on the style the song will be written in, they get to write their own lyrics for the song while also arranging and playing any instrumental parts for it. They will be helped along the way with an experience music leader. At the end of the course they will have their own copy of the song that they have written and recorded.

This course can be easily adapted to suit the needs of the participants.

£480* for 6x2 hour sessions, plus a professional recording of your song and a copy of lyrics and a CD for each of the participants and your organisation. You will also have access to a digital copy of your song as well.

Favourite Things

A 2 hour workshop based on the song Favourite Things from The Sound of Music. This workshop will explore the participants favourite things and some of things they dislike. And will create there own version of the song. Which will then be recorded and you will have a copy of your song.

£90* for completing the course, each participant will receive a certificate and the centre will receive a recording of the song.

Bucket Drumming

A fun two hour session exploring rhythms and the sounds that you can create from a simple bucket. This session will also encourage listening and turn taking skills.

£80*

Folk Music:

A 2 two hour workshop that will explore some of the sounds, scales and rhythmic ideas based in traditional English folk music. At the end of the workshop the participants will have created their own music for a folk dance.

£90* for complete the course each participant while receive a certificate and the centre will receive a copy of the recording made.

Four Week Courses

A series of four 90 minute music sessions based around particular topic.

£220*

These workshops are designed for children and adults with profound physical and learning disabilities in mind.

The workshops can be tailored to suit the needs of the group.

Also included in the price are resources needed to carry on at least one of the activities used during the workshop. A copy of any recorded work for your own records, and a written report on what each of the participants achieved on the course, for your own records. Each participant will also receive a certificate on completion of the course.

Maximum of 6 participants in each group.

Current List of Topics on Offer

(more are added onto the website when they become available).

Spring: In this course, participants will be creating their own piece of music based around the theme of spring. They will also be encouraged to bring their own sounds that they associate with Spring.

Autumn: Participants in this course will be creating a group piece of music based around the theme of Autumn. They will be exploring the sounds of Autumn, they will also be exploring the vegetables that they like and dislike.

Turn taking: In this course, the participants will be playing musical games that will encourage them to take turns and listen to the other participants contribution. It will also encourage the participants to gain confidence in communicating to other people what their needs are

Trains: In this course participants will be encouraged to explore different sounds that they can make with their body and with instruments. They will be working together to produce a soundscape about a train journey. They will be exploring the sounds that they will hear when travelling by train.

Storytelling: In this course, participants will listen to a couple of pieces of music, and through the use of pictures and symbols are encouraged to describe certain aspects of the music. They will then compose a musical scene each week, so that by the end of the course they will have composed a musical story.

*If travelling outside Milton Keynes an additional charge will be applied to reflect travel costs.

Springtime

If you are looking for something a little bit different to mark Spring, then I have a music workshop that can help. This session lasts for one hour and is was designed for adults and children with PMLD, although anyone can join in.

£60*

Christmas

I have a couple of workshops for Christmas that you can chose from.

Write Your Own Christmas Carol

A 3 hour workshop (it can be split in two) where you get to write and record your own Christmas Carol.

£135*

The Night Before Christmas

A sensory retelling of the poem The Night Before Christmas

An hour long session, suitable for adults and children with PMLD. Involving music, songs, videos and carols. Cost of the session £70*

This session can be extended by half hour, to include extra carol singing. £75*

A Christmas Carol

An interactive sensory reading of Charles Dickens, A Christmas Carol. Suitable for adults and children with physical and learning disabilities.

At the end of the story, there will be some carol singing.

£70*

*If travelling outside Milton Keynes an additional charge will be applied to reflect travel costs.

Music Sessions

If you require someone to come in to run a regular music sessions or have a special event and want a music workshop. Or you have a performance coming up and would like some help with it. Then please contact me to discuss your requirements, to see how I can help you.

rachaelinwoodmusic@gmail.com

If you have any questions about Rachael's music sessions or you want something that isn't currently on offer then please get in touch with Rachael to discuss your requirements.

Email:rachaelinwoodmusic@gmail.com



Training for care support staff

If your staff want to provide music sessions for your clients then I can come along to train a group of your staff. These courses will increase your staff with their confidence in delivering music sessions. It will also make music-making an everyday activity in you care setting.

There are different courses to suit your needs.

Help I can't lead a Music Session!

If you find yourself wanting to deliver good quality music sessions in you care settings, but your staff don't feel confident in their own musical ability, then this course will help to equip your staff to deliver music sessions to your clients

This package includes a 3 hour course (that can be split into two) that will run through the importance of music for people with learning and physical disabilities, it will explore the different forms music can take. It will also look at the different ways of using the instrument that may be available to you. Going through simple musical activities that you could use and adapt to suit the needs of your service user group.

This course will only use the instruments that are available to you, as you need to be able to take away what you have learnt into your service setting.

This package can also include a consultation on how you can offer musical activities in your particular setting. Rachael will sit in on a music session and help to advise on different activities and offer ways you can engage with your particular service user group and will write up ideas for your music sessions.

Cost of the full 3hr course + consultation £150*

Cost of the full 3hr course without the consultation £120*

How to use an iPad in a music session

Have you got an iPad and don't know the best way to use in a music session? Or are you thinking of buying one, but want more information about what you need to get, in order to get the best out of it?

This 90 minute training session, will go through who to set up an iPad, the best way to set it up for a music session. It will go through a range of the best apps to use in a music session and will give you a chance to play with some of them.

It will also come with a guide to how to use your iPad.

Cost of the course £75*

Resonance Board Training

Do you have a resonance board and don't know what to do with it? Or would you like more information on the benefits of them and how you can incorporate them into the activities that you run?

This 90minute course will go through the benefits of using a resonance board. It will give you ideas that you can try out. You will also receive a handout to keep which has some of the ideas we discussed, as a reference for you.

Cost of the course £75*

Music Session Consultation

A consultation on how you can offer musical activities in your particular setting. Rachael will sit in on a music session and help to advise on different activities and offer ways you can engage with your particular service user group and will write up ideas for your music sessions.

Cost of the consultation £60*



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How to book

If you wish to book a course with Rachael Inwood Music. Please email rachaelinwoodmusic@gmail.com stating what course you want, location and a couple of dates. Rachael will then be in touch to arrange a date and to discuss your requirements.

If you want Rachael to come and run any other type of music workshop for your clients then please get in touch on rachaelinwoodmusic@gmail.com to discuss your requirements.

Please keep an eye on the website www.rachaelinwoodmusic.co.uk to see the current list of courses and workshops on offer.

