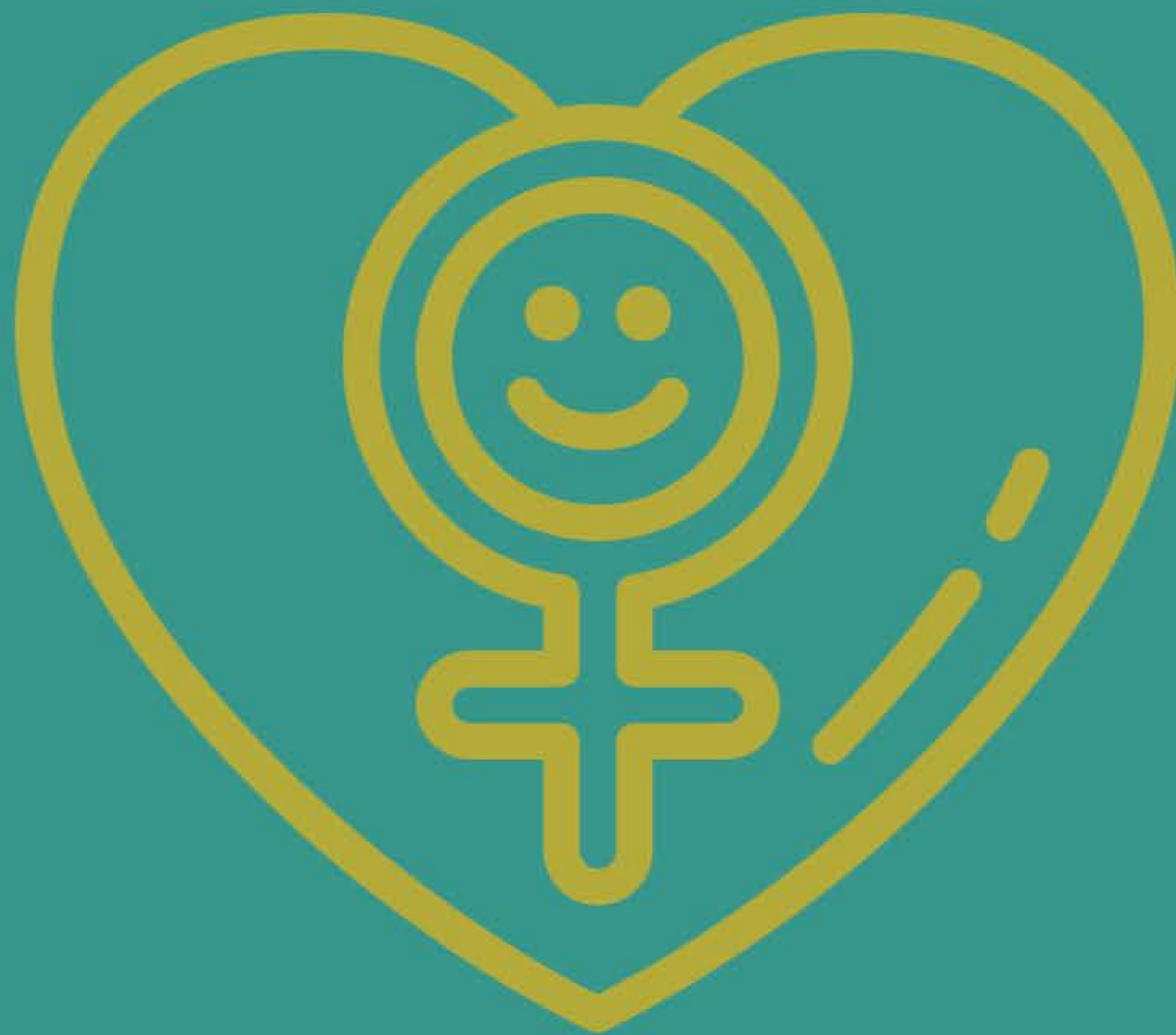


WHO'S IT FOR?

There's a groundswell of interest about peri/menopause, led by high profile women in their 40s & 50s, which is brilliant!

But what if you don't identify with them? What if you're in medical menopause? Neurodivergent? Struggle with your mental health? Have symptoms and difficulties you never had before? Can't take the magic bullet of HRT? Then what? Then this is for you.



HOW DO I SIGN UP?

Just get in touch! We're running courses throughout the year. If there's not one in your area yet, we can look into setting one up.

WHAT'S EMBRACE THE CHANGE?

Until recently, most women haven't spoken openly about peri/menopause and the huge affect it can have on our lives. 'The Change' was hidden and it's impact unknown.

Embrace the Change is a 12-week songwriting workshop that brings women from all backgrounds together, to share their experiences in a way that feels comfortable to them.

Most women will go through this and some will experience more symptoms than others, but not everyone has a place or person to turn to and understand what's 'normal'.

WHY SONGWRITING?

Writing down your thoughts and feelings can help you to explore and process them, sometimes identifying what you might want support with. You can write about anything, sharing what you're comfortable with, but being in a space that's ok to be vulnerable in.

CONTACT US

info@MusicAnywhere.org.uk
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Embrace the Change



WHAT IS MUSIC ANYWHERE?

Music makes us better. That's what we believe. Live music, played by amazing people, should be available to anyone, anywhere they need it. Music gives us a common language and writing songs can express things that you might find hard to say in a conversation.

You'll get a huge sense of achievement, hearing your songs

WHAT WILL WE DO?

Over 12 weeks you'll learn about song writing, how songs are structured, we'll talk about your experiences, themes and your favourite types of music. We'll come together and spend time getting to know one another, deciding whether you want to work on songs in small groups or individually.

WEEK BY WEEK



Weeks 1-4:

Understand the different ways to write, how different types of music are structured

Weeks 5-8:

Start to write your songs and develop ideas – you don't have to perform your music

Weeks 8-11:

Rehearse with musicians and share your creations as you wish

Week 12:

Join an invited audience at a special evening of your music (this is optional and led by the group)



WHAT DO WE GET OUT OF IT?

Music is proven to help with mental, physical and emotional health and well being. At the end of 12 weeks, not only do we hope you'll have made some connections and found common ground, but we hope you'll have found tools to help you day to day.



You'll have a new set of skills, perhaps have learnt about new ways to improve your well being and been offered signposting to the many organisations that have sprung up to support women in peri/menopause. We hope that by meeting women in the same boat, you'll know you're not alone.