

Join us for our first Live Music and Mental Health workshop

Children in Scotland, Scottish Ensemble, University of Stirling, Changing our World and the Scottish Government are working together to examine the impact of live music experiences on the mental health and wellbeing of children and young people.

Throughout 2021, we'll be hosting four fun workshops where we'll discuss music and look at the impact of different factors such as location and performance type, and how experiences vary based on age and different characteristics. This project reflects our hopes that, in the wake of the pandemic, live music can be made an accessible part of mental health improvement activity.

We're looking for a mix of perspectives, with children and young people, arts, children's and mental health organisations, academics and policymakers to come together and identify how barriers such as poverty and other forms of disadvantage can be overcome. Workshops will comprise a mix of short presentations and discussion and will begin with a short music performance to set the mood.

To take part please complete a registration form by 21 May. You will need to include the following information:

Name, organisation, email address, your interest in the topic.

Forms can be found on the project web page by [clicking here](#)



 Tuesday 25 May, 5-7pm



Our first workshop will focus on what research and experience tells us about the impact of live music on mental health. We'll hear from children and young people, academics and Scottish Chamber Orchestra on this topic.

We have allocated places for children and young people at this event. Please email Dana at dvreeswijk@childreninscotland.org.uk if you would like to bring any children or young people along with you.

Numbers limited.