



Free Workshops

for Learning Disabled People



Introduction to Microphone Technique

Thursdays 27 July & 3 August 10.30am-12.30pm

Aimed at anyone wishing to improve their skills and boost their confidence of speaking into a microphone – DJs, hosts, comperes, spoken word artists, poetry, comedians, making speeches. You can come to one or both workshops.

Develop your own style and avoid common mistakes.



Lyric writing

Wednesday 19 July 10.30am-12.30pm

Aimed at anyone wanting try out lyric writing about their lives, or moments in their lives. Please note this isn't the musical part of the process – we won't be singing and putting the lyrics to music at this stage. It's all about ideas and support is given with writing.

We'll look at songs which have done this successfully and also find out more about subject matter, rhythm and rhyming.



Recording your story in audio

Wednesday 16 August 10.30am-12.30pm

All of our stories are important. Not everyone writes their stories down and so we'll help you create and record story about yourself in audio, like a little radio story, using our special recording techniques.

We'll have some fun, talk about moments in our lives and some of our favourite things.

All of the workshops are facilitated by Vici Wreford-Sinnott from Full Circle and Little Cog. You don't need any experience and it will be a positive and supportive place to work. Everyone will be respectful of each other and give everyone the chance to have their say and to make a contribution.

We can send you more information about the workshops if you need it. You can attend all of the workshops if you would like to – they are all taking place in the Dance Studio at ARC on Dovecot Street in Stockton.

Places are limited so book soon to avoid missing out.

Book by filling in the form below and emailing alex@littlecog.co.uk

Full Circle

Free Workshops For Learning Disabled People

Booking form

Let us know if you need help to fill out this form.

Also – it's fine to print this form and fill it in by hand and then hand it in at ARC or send us a photo of the form. Return booking to alex@littlecog.co.uk

Please tell us which workshops you'd like to attend.

Introduction to Microphone

Thursday 27 July (10.30am-12.30pm) YES / NO

Thursday 3 August (10.30am-12.30pm) YES / NO

Lyric Writing

Wednesday 19 July (10.30am-12.30pm) YES / NO

Recording Your Story

Wednesday 16 August (10.30am-12.30pm) YES / NO

Please give us your contact details, or contact details where we can reach you.

Your Name

Contact Name (if different)

Postcode

Telephone

Email

Are you attending with a support worker YES / NO

If you are attending independently (ie without a support worker) please give us an emergency contact name and number

Name

Number