

VOCAL FORCE

TRAINING IN CUMBRIA

**A programme for people who sing with primary age children including:
>> fortnightly evening 'Singing Squad' sessions
>> visits to your school or club**

Hi! from Jilly Jarman and Alison Scott.

“We are facilitating a singing programme in Eden and North Cumbria called **Vocal Force**. This is an exciting new programme which will provide free, inclusive, learner-centred training for adults who sing with primary-age children. It is the workforce development part of SingUp, the national government initiative.

This is a flexible scheme which we can deliver in response to the specific requests we get from local teachers, parents, carers, community workers and musicians in the context of a mainly rural area. It is a friendly programme which gives access to singing advice, training sessions, music networks and hands-on workshops in schools and clubs. There is very little paperwork involved and there are benefits such as membership of an online resources archive (songs, warm-ups, mp3's, performance ideas etc).

What we are proposing to do:

❖ **Singing Squad sessions**

- ❖ every second Thursday 7-9pm
- ❖ Jan 24th, Feb 7th, Feb 21st, March 6th, March 20th. etc.

Venue: Eden Rural Foyer, Old London Rd (by Somerfield Car park) Penrith CA11 8ET

These sessions are **FREE**. You can register with the programme when you arrive. This will give you access to the Vocal Force website for resources, (songs, mp3's, scores) discussions, networks and information.

Singing Squads are being set up all over the country and provide an opportunity for people to meet informally and explore various aspects of singing and also to have a good sing ourselves.

In Eden so far we have looked at:

- ❖ singing technique, warm-ups, how to get a good tone and phrasing,
- ❖ rhythm, improvising, how to create harmonies,
- ❖ conducting styles, how to work with different songs, using a keyboard,
- ❖ playground songs, world songs, gospel & jazz, foreign language songs

The sessions are friendly and accessible – you don't need to feel you are a 'good' singer or expert musician. In fact, if you want to help young people to enjoy singing but feel held back by your own singing worries, this is a good place to come.

*In Nov and Dec 15 people have come to the sessions – people come when they can – we know how precious evenings are, so we try to make the sessions as enjoyable as possible! Please let other people in your school know about them.

❖ Visits to schools

As the project has had to get underway very quickly we have already started working with teachers in some schools, mainly working alongside them in music clubs and choirs and preparing for festivals. If you would like us to visit your school please get in touch. We can come for a single session or set up a longer project.

We aim to be flexible and respond to your needs.
Some of the skills we can share are:

Help with getting a choir through a challenging song or performance, conducting ideas, recording piano accompaniments, arranging extra parts for instruments that are played in school, ideas for a wider repertoire.

Short sessions for teachers and parents on singing technique, frequently asked questions about music, elements of music theory, how to make a harmony part, how to add an accompaniment, how to compose a song.

Help in getting a good feel for jazz, latin, world music etc or how to make something sound medieval etc.

How to make best use of a PA system, how to record vocals, what works unaccompanied, volume levels for accompaniments etc

For more information about the programme, or to arrange a visit: contact

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