

## Sounds Wild Training with Soundabout

This two day 'Sounds Wild' training opportunity will encourage participants to explore the use of outdoor spaces and nature-based items as a multi-sensory backdrop to deliver music-based projects. This style of working is especially beneficial for learning Disabled people of any age with complex support needs, and the training will give you a lot of ideas of activities and practical steps on how to both start a similar project or use elements of it for more day-to-day interactions.

Soundabout believes everyone is musical and has developed this course for anyone wanting to lead sessions in a natural outdoor space using all our senses in a playful way connecting through sound and silence. So even if you feel you are “not musical” or “can’t sing” - this training is for you.



### **DAY 1: Wednesday 1<sup>st</sup> May 9:30am to 4pm** **Delivered on Zoom (Led by Will Taggart)**

This online day will cover the basic ideas and tools to get you started thinking about your own projects and nature-based music sessions. The day will be broken down into several different Zoom sessions, with plenty of breaks in between. Each session will be recorded and shared with people who have signed up to the training. This day will help prepare you for the in-person session the following week.

On this day we will cover:

- Why outdoor work is so valuable for people with complex support needs.
- Considerations for starting your own work such as risk assessments, basic kit, planning and prep, group size, space needed etc.
- Understanding of the kit you might use and variations on that (this training is suitable for people with limited musical skills).
- How to explore themes in a multi-sensory way with clear examples.



**DAY 2: Wednesday 8<sup>th</sup> May 9:30am arrivals for a 10am start to 4:30pm**  
**[Camp Mohawk](#) outdoor centre near Reading (Led by Will Taggart and Karen Nicholson)**

This exciting day will bring the group together to explore the practical side of setting up the space, and practicing some of the activity ideas together. Camp Mohawk has hosted the Sounds Wild project before and is ideally set up to showcase how this project works in action. You will need to dress for the outdoors (sturdy footwear, waterproofs, sun cream/hats!), the training will go ahead whatever the weather. N.B. Please bring your own packed lunch to the site as there are no walkable shops/cafes, hot drinks and drinking water will be available throughout the day.

On this day we will cover:

- Ideas and hands-on experience for setting up spaces and using different 'props' to create your project backdrop.
- Methods of co-facilitation if you have a partner to work with, and how to best use this in a small group setting.
- Hands-on practice and experience of different activity examples, building on a multi-sensory exploration of different nature-based themes.