

# A Discovery of Voice

17<sup>th</sup> June 6-8pm Opening Event:  
Symphony of Stories

18<sup>th</sup> June – various times  
Workshops facilitated by Nordoff Robbins,  
Heal & Harrow, Sistema Scotland &  
Music Action International

19<sup>th</sup> June 6:00-7:30pm Closing Concert:  
An Emotive Ensemble

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**SCCR** Scottish Centre for  
Conflict Resolution | **cyrenians**

We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant. Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.



Check out our exciting programme of FREE and ONLINE events and find out more about our fantastic speakers, workshop facilitators and musicians!

Signs ups are ready to be made on our events page at:

[www.scottishconflictresolution.org.uk/events](http://www.scottishconflictresolution.org.uk/events)

## 'A Discovery of Voice'

The aim behind 'A Discovery of Voice' is to create an interactive series of events incorporating the discovery of emotions through music that focuses on promoting understandings of mental health, emotions, relationships, communication and nurturing a more confident society through musical expression. The events will use music as a platform to explore our understandings of 'conflict' to help boost confidence in individuals and help them hear and better understand their own voice, which in turn can de-escalate conflict and improve relationships. The events will help promote an understanding of our emotions and way of coping, managing and communicating them to those around us.

The events will run over 3 days. Full programme and links to book below.

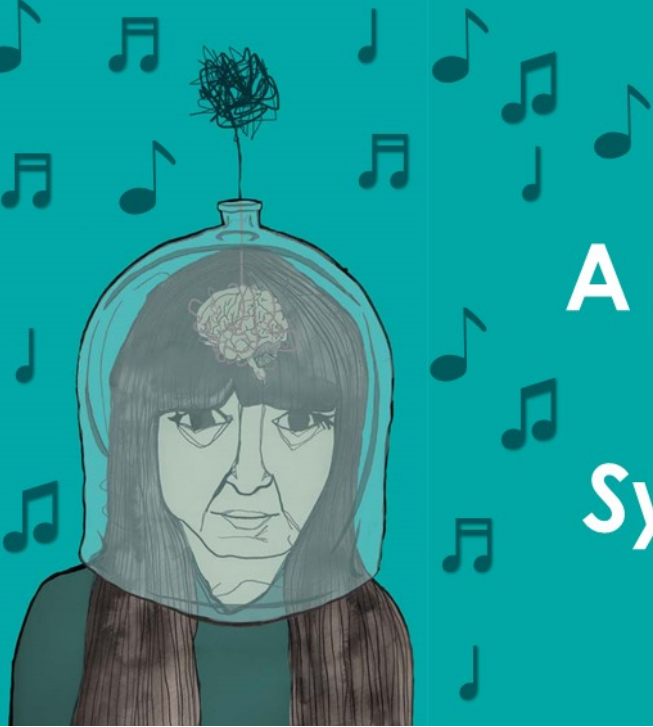
**[Symphony of Stories, 17th June \(6:00–8:00pm\)](#)** – An opening event of a facilitated discussion between practitioners and individuals working with the broad theme of 'conflict' and 'music'

**[WORKSHOPS, 18th June \(varied times\)](#)** – A series of workshops aiming to achieve a practical discovery and comprehension of music which can help as a coping mechanism, a personal and emotional discovery and form of communication.

**[An Emotive Ensemble, 19th June \(6:00–7:30pm\)](#)** – A closing concert to provide attendees an oral experience of music and to take them through an emotional journey.

We acknowledge the support of the Scottish Government through a CYPFEIF and ACLES Fund Grant. Cyrenians is a Scottish Charitable incorporated Organization (SCIO), registered charity SC011052





# A Discovery of Voice

## *Symphony of Stories*

Illustrations copyright Hannah Foley © commissioned by SCCR

## Symphony of Stories

### Thursday 17th June (18:00-20:00)

An opening event of a facilitated discussion between practitioners and individuals working with the broad theme of 'conflict' and 'music' [Book now!](#)

#### Meet our speakers!

**Dr Vanessa Collingridge** is a broadcaster, author and impact coach. She's spent the last 25 years working with thousands of people, listening to their stories and experiences, and helping to make themselves heard. Vanessa particularly enjoys working with those who struggle with the skills and the confidence to find their voice. She believes we need to hear a diverse range of voices, bringing for the individual, their relationships with others and for society at large.

**Jenny Laahs** is a music therapist based in Edinburgh. Since completing her MSc in Music Therapy at Queen Margaret University, she has worked with a variety of client groups, including adults and children with learning disabilities, autism, complex needs, social/emotional/behavioural needs, and end of life care. Jenny works for Nordoff Robbins, the UK's largest music therapy charity. Outside of her therapy work, Jenny is a community musician, songwriter and performer.

**Mohammed Yahya** is a hip hop musician and music facilitator who specialises in working with young people. Originally from Mozambique, he uses his own experience of war and displacement to help create empathy amongst different communities. In collaboration with Music Action International, he facilitates programmes for refugees and asylum seekers who have been forced to leave their countries and find themselves living in the UK.

**Iona Fyfe** is a folksinger from Aberdeenshire, based in Glasgow. She graduated from the Royal Conservatoire of Scotland and sings in Scots, one of Scotland's three national languages. Iona works with Oor Vyce to campaign for a Scots Language Act, to promote the language and protect speakers from linguistic discrimination. Iona is a committee member of the Musicians Union Scotland and NI regional branch and is a director of the Traditional Music and Song Association of Scotland.

**Jordan Butler** is the CEO of Heavy Sound. He has over 15 years of hip hop, music making and creative writing experience as well as more qualifications in business, creative arts, and community work. He has over 10 years of front-line youth work experience which is informed by Jordan's own lived experience of the issues faced by our target groups, including trauma, offending behaviours, substance misuse and homelessness.

An illustration of a person's head and shoulders. The head is shown in profile, with a brain visible inside. A small, tangled mass of black lines is positioned above the brain, with a thin line connecting it to the brain. The background is a teal color with several musical notes scattered around the head. The person has long, dark hair and is wearing a dark top.

# A Discovery of Voice WORKSHOP

*Using music for wellbeing: can  
music do more for the people you  
support?*

Illustrations copyright Hannah Foley © commissioned by SCCR

## Using music for wellbeing: can music do more for the people you support?

**Friday 18th June (10:00-11:30)**

This workshop is for professionals/practitioners/volunteers working with young people and families [Book now!](#)

Music is an innate part of human life. It is part of our identities and cultures, creates opportunities for shared experiences, and allows us to express ourselves. It can change how we feel, and we can use it to show others how we feel without the need to put it into words. For these reasons, music can be an effective means for breaking down barriers to communication and self-expression. Based on these principles, music therapists use music in a purposeful way to achieve positive change for the people they work with.

In this workshop, we will consider why music can be such a powerful tool and explore some practical ideas for how you can integrate music into your work with young people and families, inspired by music therapy techniques. After the workshop, you will be given a list of resources to explore these ideas further and develop your practice.

### MEET THE FACILITATOR

**Jenny Laahs** is a music therapist based in Edinburgh. Since completing her MSc in Music Therapy at Queen Margaret University, she has worked with a variety of client groups, including adults and children with learning disabilities, autism, complex needs, social/emotional/behavioural needs, and end of life care. Jenny works for Nordoff Robbins, the UK's largest music therapy charity. Outside of her therapy work, Jenny is a community musician, songwriter and performer.

An illustration of a person's head and shoulders. The head is shown in profile, with a brain visible inside. A musical note is shown emerging from the top of the head, and several other musical notes are scattered around the head. The background is a teal color with a pattern of musical notes.

# A Discovery of Voice WORKSHOP

## *Sing Up!*

Illustrations copyright Hannah Foley © commissioned by SCCR

## Sing up! Friday 18th June (12:00-12:45)

This workshop is for young people [Book now!](#)

Everyone can sing! You might not think you have a good voice, or you might have been told you can't sing, but David and Veronica are on a mission to convince you otherwise!

Join them for lots of fun vocal warm-ups, silly (and not so silly) songs, as well as discussing the benefits of singing for wellbeing. All participants will be on mute, so feel free to sing like no-one's watching!

### MEET THE FACILIATORS

**David Munn** was born in Glasgow and attended the Music School of Douglas Academy before going on to study Music at the University of Glasgow, University of Illinois and Royal Conservatoire of Scotland (RCS). He now works alongside Veronica as a Senior Musician at Big Noise in Stirling, as well as tutoring for the Benedetti Foundation, RCS Junior Conservatoire and National Schools Symphony Orchestra.

**Verónica Urrego** is from Venezuela and studied violin at El Sistema music programme, where she obtained her Bachelor in Music. She now lives in the UK where she works at Sistema Scotland as an upper string tutor and conductor at the Big Noise centre in Raploch. Additionally, she regularly works with National Children's Orchestra of Great Britain and Benedetti Foundation and has recently completed a Master's Degree in Learning and Teaching in the Performing Arts at the Royal Conservatoire of Scotland.



# A Discovery of Voice WORKSHOP

*Learn a Scottish song &  
sing in harmony*

Illustrations copyright Hannah Foley © commissioned by SCCR

## Learn a Scottish song & sing in harmony Friday 18th June (13:30-14:00)

This workshop is for young people, parents/carers and those  
working with families

[Book now!](#)

Learn a Scottish song with Rachel and then join in the fun by singing in harmony  
and in a round with friends and family.

### MEET THE FACILIATOR

**Rachel Newton** is a singer and harpist who draws on poems and ballads that are  
hundreds of years old, working them into her contemporary compositional style to  
create a rich sound that is ambitious, original and unique. Rachel works across a  
range of performance platforms including theatre and storytelling. A skilled  
collaborator, Rachel is a founder member of The Shee, BBC Radio 2 Folk Award  
2017 Best Group The Furrow Collective and is a part of the Lost Words: Spell Songs.  
She has recently launched the new duo project Heal & Harrow with long time friend  
and colleague Lauren MacColl.



# A Discovery of Voice WORKSHOP

## *Learn a Scottish tune!*

Illustrations copyright Hannah Foley © commissioned by SCCR

## Learn a Scottish Tune Friday 18th June (14:30-15:00)

This workshop is for young people, parents/carers and those working with families

[Book now!](#)

This workshop is suitable for any melody instrument. Lauren will teach a Scottish tune by ear, with music provided for anyone who prefers to use it. We will explore how to discover your own voice within a tune, how to make it your own and have fun with it.

### MEET THE FACILIATOR

**Lauren MacColl** is considered one of Scotland's most expressive fiddlers. Originally from the Black Isle, she is particularly interested in the old traditional music from across Scotland, and passionate about engaging young people through music. She taught fiddle for 11 years for RCS Junior Dept, and now living back in the Highlands teaches community classes for arts organisation Feis Rois, as well as touring globally with various bands.



# A Discovery of Voice WORKSHOP

*Creating music with people  
affected by conflict*

Illustrations copyright Hannah Foley © commissioned by SCCR

## Creating music with people affected by conflict Friday 18th June (17:00-18:30)

This workshop is for young people [Book now!](#)

Join Music Action International to meet musicians from around the world, exploring beats, tunes and lyrics from different cultures, including places people have had to escape from conflict. Music is a powerful way to increase well-being, express ourselves and connect people across cultural, religious and geographical borders to create positive change. In this session, our facilitators will talk about the experience of conflict in other countries and use their music and production skills to facilitate participants to create their own piece of music on-line together. All levels of music experience welcome.

### MEET THE FACILITATORS

**Mohammed Yahya** is a hip hop musician and music facilitator who specialises in working with young people. Originally from Mozambique, he uses his own experience of war and displacement to help create empathy amongst different communities. In collaboration with Music Action International, he facilitates programmes for refugees and asylum seekers who have been forced to leave their countries and find themselves living in the UK.

**Kensaye Russel** is a Paris born, London based music producer, composer, engineer, percussionist and creative facilitator. Inspired by his Haitian roots, he merges Afro-Caribbean rhythms with the energy of Hip Hop and the sounds of Electronic music. He has been involved in projects across schools, detention centres and refugee initiatives, working primarily with children and young people. His sessions aim to provide a progressive and accessible experience that resonates with young participants and stimulates their creativity.

**Sindy Czureja** is a young Roma singer/songwriter, actor and beatboxer. She was born in Poland but raised in East London. The ability to play different instruments, sing, dance and even beatbox have been passed down to Sindy's family for generations and they are part of a family band called Romany Diamonds who are one of the leading bands in the Roma community. Sindy is a key member of the Music Action International facilitation team working in schools through Harmonise and with teenage refugees through Everyday People:LDN



# A Discovery of Voice

## Closing Concert: An Emotive Ensemble

Illustrations copyright Hannah Foley © commissioned by SCCR

### An Emotive Ensemble Saturday 19th June (6:00-7:30pm)

A pre-recorded closing concert to provide attendees an oral experience of music and to take them through an emotional journey. We encourage you to enjoy this journey of music in a space that feels relaxed to you – whether that be indoors or outdoors!

[Book now!](#)

**Hannah Rarity's** is a Glasgow based folk singer and one of Scotland's foremost vocalists. Winner of BBC Radio Scotland Young Traditional Musician of the Year award, she has had numerous nominations at the Scots Trad Music Awards, including shortlisted nomination for Album of the Year (2019). Her spellbinding vocals have been well-suited to her collaborations and performances with esteemed musical acts such as Blazin' Fiddles, Phil Cunningham, Cherish the Ladies, as well as UK television appearances and touring.

**Heal & Harrow** – A new multi-disciplinary work produced by Rachel Newton and Lauren MacColl pays a humanising tribute to those persecuted during the 16th and 17th Century Scottish Witch Trials, while also exploring historical beliefs in the supernatural and modern day parallels in our society. Each piece is inspired by and in remembrance of real women who were persecuted and tried as witches, and characters from the folkloric tales and mythology enshrined in our oral culture

**Kinnaris Quintet** burst onto the scene in 2017 with a unique, highly emotive, energetic, powerful sound. Their music has been described as 'euphoric' and combines Scottish and Irish folk with Bluegrass, Classical, Scandinavian and Appalachian influences. They have become the folk band to see, with sell-out shows at Celtic Connections, and appearances at most other major folk festivals, including Shetland Folk Festival, Celtic Colours (Cape Breton) and Cambridge Folk Festival.

**Iona Fyfe** is a folksinger from Aberdeenshire, based in Glasgow. She graduated from the Royal Conservatoire of Scotland and sings in Scots, one of Scotland's three national languages. Iona works with Oor Vyce to campaign for a Scots Language Act, to promote the language and protect speakers from linguistic discrimination.

**Sian**, originally brought together to celebrate Gaelic songs composed by women, the band keep their material firmly rooted in this theme. Their individual voices blend seamlessly, intertwining atmospheric harmonies to create a unique sound. The subtle and sympathetic accompaniment is provided by award-winning multi-instrumentalist Innes White, whose understanding of the songs shines through.