

Retired? Bored? Need time out?

THE *ACOUSTIC MUSIC*



THE W.I HAS JAM, MEN IN SHEDS HAS JAMMING



Why music?

- Listening to music has been shown to relieve depression and increase self-esteem in older people
- Playing an instrument or singing in a choir can enhance emotional well-being, brain health, cognition and hearing functions.
- Listening to music 'lights up' some parts of the brain, however, playing music lights up practically every part of the brain.
- The structured format of playing music improves the ability of the brain to carry out other activities, such as fine motor skills, linguistics, mathematical precision.
- There is often an emotional aspect to music
- It's fun!



How it was set up

Initial public meeting to gauge interest
(11 men and one woman turned up)

Find a venue:

- Accessible
- Musician friendly
- Social feel
- 'private' (not disturb other customers)
- Is there opportunity for further socialising before / after the group
- What to charge?



What we have?

- Use of whole venue (normally closed at this time)
- Bar is open!
- £2 fee each week – includes a free cup of coffee or tea (& biscuits if there is fair winds and following seas)
- The fee goes direct to the owner / manager
- 2 hours per week, Wednesday evenings 6-8pm.
- Our session precedes the venue's weekly 'Open Mic Night'. We aim to perform here (for those who want to) on the last Wednesday of the month.



What you may need?

- Exclusive space, preferably with access to a bar area
- Somewhere where furniture can be moved about to suit your needs
- Opportunity to socialise – bar or café area close by
- Self funding – weekly fee with agreement of venue manager
- Set up for evenings (feels more natural)
- Someone to take the lead
- Ability to print out sheets. Putting music on-line is also advantageous.



How are we doing?

- Self-funding from day one
- Usually between 10 and 13 men at each session (any bigger and it will become unmanageable)
- We have been running around 11 months and new members joining all the time
- Performed in public at Open Mic Night several times
- Always getting positive feedback from members
- Every week is enjoyable

Although it's not for everyone.











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**NATIONAL
LOTTERY FUNDED**

What do the men say?

You asked about why we turn up on a Wednesday to the acoustic shed - I guess its for exactly the same reason as those who turn up at the other sheds.

For people with the typical shed attributes of making things or painting things its a good place to come and exchange ideas, learn new stuff, drink tea and talk about stuff.

For us its the same, except our "skill" is guitar/uke playing. Everyone has a different playing style and its informative to hear and watch how the shedmen perform the songs.

Its also, of course, a place to network and make new friends..... Some sheds make nest boxes, some make I don't know what, but we make music!!



What do the men say?

Please convey to anyone who'll listen, just how much fun the Acoustic Shed is and how it has quickly become a 'band of brothers' rather than a disparate group of lapsed musicians!

..... it's become an absolute must every Wednesday!

And the women?

From my point of view, he always comes back happy on Wednesday evenings 😊 ! He enjoys the company of like-minded blokes and the fact that you all work hard and get through a large number of pieces in 2hrs. It's a perfect outlet for him so 'thank you' from me 😊 .





Lois Prior

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