

**SONGWRITING with Sam Slatcher**

**Thursdays at 10am and Mondays at 2pm, from Monday 22nd March**

**Biography**

Sam Slatcher is a Durham-based singer-songwriter and community music practitioner. Sam runs a social enterprise called Citizen Songwriters that facilitates group learning on music and songwriting. Ove the past 5 years, Sam has developed a unique programme of learning that enables individuals and communities to write their own music on issues that matter to them. Sam has a PhD from Durham University in arts-based creative community engagement.

Facebook/CitizenSongwriters  
Twitter @CitizenSongs  
Instagram @CitizenSongwriters   
[www.citizensongwriters.org](http://www.citizensongwriters.org/)

**Course overview**

‘Life in a Song: Songwriting Experience’ is a 12-session online course that explore the art of song writing and gives you the skill needed to write your own song.

The sessions cover different aspects of songwriting: the art of listening to music, writing lyrics, using chords, creating melodies, singing techniques as well as composing songs. You will be guided through writing your own song, whether about a fond memory, a family member, or a passion that interests you.

The sessions highlight the power of music for self-expression, boosting your confidence and self-esteem, whilst meeting others in a nurturing and safe, online space.

These sessions are for anyone who would like to have a go. No musical skill and experience required! You are very welcome to join alone or with a family member or care

**VISUAL ARTS with Pui Lee**

**Mondays and Thursdays at 2pm, from Thursday 25th March**

**Biography**

Based in Gateshead, Pui Lee is an artist & arts educator working throughout the UK. Arts engagement forms much of her practice and she aims to make a positive difference in life by empowering others through creativity. Trained in a range of artistic disciplines, she uses both traditional and contemporary 2D & 3D art-forms including drawing, printmaking, craft, junk art, sculpture/installation, photography, parade art, and moving image. She has exhibited and sold work nationally and internationally.

Website: [www.puilee.co.uk](http://www.puilee.co.uk/)

Social media: [www.facebook.com/puileeartist/](http://www.facebook.com/puileeartist/)

**Course overview**

In these creative workshops with artist Pui Lee, you will explore a range of visual arts techniques and processes, and work towards creating a unique mandala-inspired artwork to be proud of by the end of the 12 sessions. During this time, you will learn about art and practice with some of the formal elements that make up a piece of artwork, such as line, colour and composition. There will also be opportunity for some fun games along the way as well as time to chat to others to make new friends; each session will conclude with gentle stretching and breathing exercises to complete this mindful experience. These sessions are ultimately about responding to the now, using our imaginations, and will be tailored to the interests and needs of the participants with the aim of building confidence and improving overall wellbeing.

No prior experience necessary – just the willingness to have a go!

**MEDIEVAL HISTORY with Richard Asquith**

**Mondays and Wednesdays at 10am, from Monday 29th March**

**Biography**

Richard has been teaching medieval history for several years, and loves bringing new and interactive methods into a learning environment. He has worked in communicating about our medieval past with lots of different people in different contexts, from universities to heritage sites to online, and believes that we can gain a lot from considering the past in relation to and as a reflection of our lived experience today.

**Course overview**

History isn’t just about dates…it is about people! Want to learn about how people lived in the Middle Ages and discuss whether they really lived *that* differently from us? This course will answer your questions about medieval life in the North East and beyond.

This course introduces life in the medieval world, covering topics such as food, drink, music, theatre, books, poems and popular songs, houses and castles, graffiti and travel. Each session will involve a new activity such as cooking a medieval dish, examining items such as coins, graffiti and other objects, and listening to medieval music. One week, Richard will lead you on a virtual tour of a medieval building. Each session activity will be followed by a discussion about our own modern-day experiences, how the way we live has changed, and which things stay the same.