

Musicworks – Lady Bay Newsletter Article March 2021

Despite the pandemic and the restrictions we have all had to endure this year has been surprisingly busy for Musicworks. At the start of lockdown we were unable to run our live Heron Music café for Well Being sessions at the Poppy and Pint so we decided to try running something online to help to keep people connected. What started out as an experiment, to see if we could help to maintain contact between those who would have attended the live sessions, has far exceeded our expectations. The virtual sessions have been posted on the Musicworks Facebook page and YouTube Channel since April 2020 and have been viewed an incredible 80,000 times (and counting!). We know that we are joined by many of our regulars from around the Rushcliffe area, but we have also found an audience across the country indeed we have had messages from Australia.

We became very aware that some of our café participants did not have an internet connection to access our online sessions. To combat this, in December we started a campaign to raise money to create DVD's containing four café sessions that could be given to those who were not able to join us online. If you know someone that you think would benefit from one of our DVDs, we still have 10 that were donated without a specified recipient waiting to be claimed. Just get in touch with Musicworks on Facebook, Twitter or via the 'Contact Us' tab on our webpage (<http://musicworksnet.co.uk/contact/>) and help us reach out to more members of our Lady Bay community.

In December 2020 we won the Health and Well Being Award in the Celebrating Rushcliffe Awards – it was great to be recognized for the efforts everyone has put in throughout the year.

We hope that there will soon be a time when we can get back to running our live sessions but in the meantime we would like to thank everyone for their continued support, especially the Lady Bay Community Assn., the Lady Bay Fund and Cllr. Sue Mallender Mayor of Rushcliffe who has chosen Musicworks as one of her charities for her time in office.