TOGETHER WE MOVE

These activities are inspired by collaborative workshops delivered by artist and produer team, Sally Gilford, Ben McDonnell, Liz Wewiora and Over60s across Greater Manchester.

1. Creating your own 'Rhythm and Rhyme Postcards'

This activity is an opportunity to dust off your old records, CDs, tapes or simply sing along to an old favourite tune, and make the song come to life in a 'visual score' postcard.

Music can hold lots of memories for us, and with these postcards you can celebrate these memories and share with others.

What is a visual score?

A visual score is a representation of music through the use of visual symbols and drawings, outside of traditional musical annotations. So think how you might draw the sound of a drum gradually getting louder, LOUDER and LOUDER, or the HIGH pitch of a violin before it suddenly goes very, very quiet.

What you will need:

- Access to music from your favourite era
This could be from your own music collection or from music you listen to on the radio perhaps? If you like the music which inspired the *Together We Move* programme, and have access to the internet then you can listen to a huge range of tracks from the 1950s and 1960s, just search the year's playlist on sites such as YouTube or BBC music.

- Art Materials
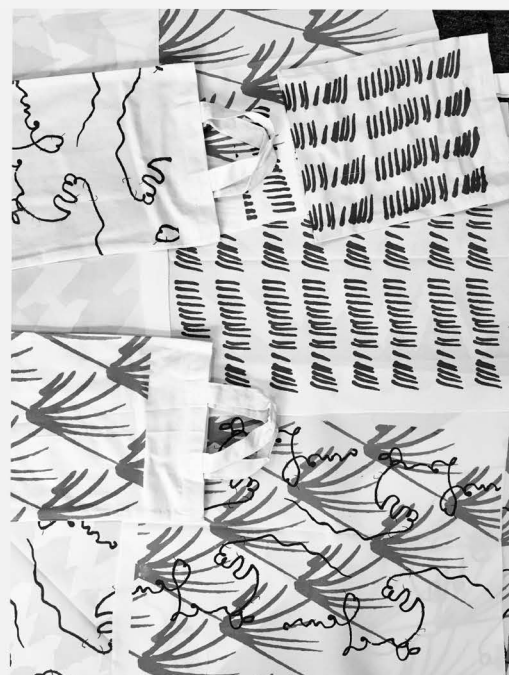Pack of coloured pens / pencils
HB pencil
Pack of A3 paper (for practicing)
Pack of A5 card
Ruler
A second-class stamp
(If you would like to post your card)

Examples of tracks from the era:
We asked some of the musicians and participants involved in the *Together We Move* programme to share their favourite tracks of the era, to translate into visual scores.

The previous page shows some visual scores in response to these combined tracks:
Moon River by Danny Williams (HMV) 1961
Oh Carol by Neil Sedaka (RCA) 1959
Because You're Mine by Nat King Cole (Capitol) 1952.

Step 1:
Once you have picked your favourite tune, select one colour pencil and your A3 piece of paper.

Play the tune and try to focus on one particular instrument or sound – how does that instrument change over the course of the song? Can you draw responding to the sound? When it gets LOUD, when it gets SOFT etc. Try not to lift your pencil off the paper often, imagine you are taking your pencil on a musical walk from one end of the paper to the next.

Step 2:
Take a new coloured pencil and play the track again. Focus on a different instrument or sound this time, and repeat Step 1. Take a third coloured pencil and repeat the process with a different sound. Don't worry if your lines cross over each other on the paper – it adds to the pattern.
*If you want to make a neater design you can pre-draw some straight lines across the paper – like musical sheet paper, so you can draw within and on each line.

You can then repeat this exercise with lots of different tracks / songs of your choice.

Step 3:
Select your favourite visual score to copy the design onto your A5 card. Draw the design on one side of the card.

Step 4:
Now you are ready to make a musical message on the back of your postcard. Take your favourite lyrics from the songs you selected and try to make a HAIKU.

A traditional haiku is a poem, which consists of 17 syllables, divided into 3 lines of 5, 7, and 5 syllables, respectively. It does not need to rhyme but can if you would like it to.

Here is an example of a haiku from Rock Island Line by Lonnie Donegan (1956) Decca Records.

We need a bit of steam
Like trains passing Rock Island
Our road to New Orleans

*Now you have your music inspired postcard, who would you like to send it to?

2. Creating a badge for your music memories

This activity is an opportunity to dust off your old records, CDs, tapes or simply sing along to an old favourite tune, and make the song into a crafty keep-sake pin badge.

Music can hold lots of memories for us, and with these badges you can celebrate these memories and share with others.

First you will need to transform the music you hear into music you can see, with a visual score.

What is a visual score?

A visual score is a representation of music through the use of visual symbols and drawings, outside of traditional musical annotations.

So think how you might draw the sound of a drum gradually getting louder, LOUDER and LOUDER, or the HIGH pitch of a violin before it suddenly goes very, very quite.

What you will need to make your badges:

- Access to music from your favourite era
This could be from your own music collection or from music you listen to on the radio perhaps? If you like the music which inspired the *Together We Move* programme, and have access to the internet then you can listen a huge range of tracks from the 1950s and 1960s online, just search the year's playlist on sites such as YouTube or BBC Music.

- Art Materials
Plain paper or card
1 x scissors
1 x pencil
Pack of colouring pencils or pens
Pack of 5 x pin badge sets

Examples of tracks from the era:

We asked some of the musicians and participants involved in the *Together We Move* programme to share their favourite tracks of the era, to translate into visual scores. They chose Moon River by Danny Williams (HMV) 1961, Oh Carol by Neil Sedaka (RCA) 1959, Because You're Mine by Nat King Cole (Capitol) 1952.

Step 1:

Once you have picked your favourite tune, select one colour pencil and your paper.

Play the tune and try to focus on one particular instrument or sound – how does that instrument change over the course of the song? Can you draw responding to the sound? When it gets LOUD, when it gets SOFT etc. Try not to lift your pencil off the paper often, imagine you are taking your pencil on a musical walk from one end of the paper to the next.

Step 2:

Take a new coloured pencil and play the track again. Focus on a different instrument or sound this time, and repeat Step 1. Take a third coloured pencil and repeat the process with a different sound. Don't worry if your lines cross over each other on the paper – it just adds to the pattern.

*If you want to make a neater design you can pre- draw some straight lines across the paper – like musical sheet paper, so you can draw within and on each line.

Step 3:

Now you need to select sections of your paper design. We suggest ones, which you think make the most interesting pattern or you are drawn to the most. Use the plastic front of your badge as a guide to draw a circle on the paper in your desired section.

*TIP: Use the scissors to cut the section out, it is best to cut outside of the circle and trim down later, rather than cutting too small to start with.

Step 4:

You are now ready to assemble your badges. Simply place your picture between the two covers and close them together tightly by hand. You can tug on the pin on the back to check if the two covers have snapped together properly.

3. Create Your Own Music inspired Poly Prints

This activity is an opportunity to dust off your old records, CDs, tapes or simply sing along to an old favourite tune, and make the song come to life in a 'visual score' print.

Music can hold lots of memories for us, and with these poly prints you can celebrate these memories and share with others.

What is a visual score?

A visual score is a representation of music that makes use of visual symbols and drawings, outside of traditional musical annotations.

So think how you might draw the sound of a drum gradually getting louder, LOUDER and LOUDER, or the HIGH pitch of the violin before goes very, very quiet.

What is a poly print?

Poly printing is a type of print created by carving into polystyrene. You carve the design into the surface of polystyrene with a pencil. Using ink and an ink roller you can then transfer the design onto another surface. (See below for step-by-step guide).

What you will need:
- Access to music from your favourite era
This could be from your own music collection or from music you listen to on the radio perhaps? If you like the music which inspired the *Together We Move* programme, and have access to the internet then you can listen a huge range of tracks from the 1950s and 1960s online, just search the year's playlist on sites such as YouTube or BBC Music.

- Art Materials
Plain paper or card
1 x scissors
1 x pencil (best used when blunt)
Block printing ink (darker colours are most effective)
1 x ink roller
Polystyrene sheet

- Materials found in the home
To make your own 'ink tray' you use anything with any firm, flat surface e.g.
thick card, or you can use an old plate. For a home-based Polystyrene sheet you
can use any form of old polysytrene packaging or a takeaway tray cut into flat sections.

Examples of tracks from the era:

We asked some of the musicians and participants involved in the *Together We Move* programme to share their favourite tracks of the era, to translate into visual scores.

They chose:
Moon River by Danny Williams (HMV) 1961,
Oh Carol by Neil Sedaka (RCA) 1959,
Because You're Mine by Nat King Cole (Capitol) 1952.

What song will you choose?

Step 1:
Once you have picked your favourite tune, select your blunt pencil and polystyrene sheet (or plain paper if you want to do a practice run on a piece of paper first).

Play the tune and try to focus on one particular instrument or sound – how does that instrument change over the course of the song? Can you draw responding to the sound? When it gets LOUD, when it gets SOFT etc.

When drawing onto the polystyrene sheet, press firmly into the sheet with your blunt pencil so you make an indent in the sheet. Take care not to press too hard and pierce the surface.

Step 2:
Take your ink and squeeze some out onto your ink tray, and smooth out with your ink roller. Make sure you have plenty of ink evenly spread on your ink roller.

Step 3:
Roll your ink-covered roller up and down, onto the polystyrene sheet (on the side where your drawn pattern is), until completely covered. You should continue to roll it until you hear a strange bubbly noise but be careful not to put too much ink on, as it will affect the detail of the print.

Step 4:
Flip over and push the pattern side down onto your plain paper. Carefully peal back the polystyrene sheet, from top end to bottom, and you should then find your final music inspired poly print is revealed.

You can make multiple prints with the same printing plate, and as the paint fades you will create prints with different textures and colours!