

THIS SCHOOL IS FOR:

- 🎤 All ages, abilities and disabilities
- 🎤 Anyone who loves music, singing and movement
- 🎤 Anyone who feels/responds better when they listen to, create or move to music

WHAT WE DO:

- 🎵 Individualised programs with one on one tuition (or small groups)
- 🎵 Use a variety of resources and techniques to facilitate learning (visual aids including PECS, body and hand gestures, facial expressions, microphones, instruments, books, props, costumes, whiteboards, electronic devices and apps)
- 🎵 Teach singing/music concepts such as pitch, rhythm, dynamics and duration in a fun way
- 🎵 Address communication, interpersonal and other cognitive and life skills through music, movement and singing
- 🎵 Use music, singing and movement to develop and assist mood/emotional expression and regulation
- 🎵 Incorporate a reward system (if need be) that motivates the student to achieve goals
- 🎵 Providing opportunities for our students to showcase what they have learnt to family and friends in an informal, welcoming environment
- 🎵 We can offer a service where we pick up the Participant from home, school, work or another venue and drive them to the home studio.
- 🎵 After the lesson, we can drive the Participant home or to an agreed venue, if required

THE RESULTS YOU'LL SEE:

- 🎵 Reduced stress/anxiety and a greater sense of calm
- 🎵 Joy from releasing creative expression
- 🎵 Increased confidence in one's ability across many areas of life
- 🎵 Better communication skills (receptive, verbal and non-verbal)
- 🎵 Cognitive benefits such as improved learning, memory and comprehension
- 🎵 Improved ability to focus and concentrate on the task at hand

The 6Cs help you make **CONNECTIONS** with:

- 🎵 people, the community and the world
- 🎵 physical and natural environments
- 🎵 your body, mind, senses, emotions, thoughts, behaviours and creative self




Music, singing and movement develops the 6Cs







OUR DIFFERENT TYPES OF PROGRAMS & THEIR MAIN FOCUS:

- ♪ **TIME TO SING** – learning to sing loved songs; applying breathing and voice techniques; working on pitch, projection, body language and conveying meaning through song
- ♪ **COME & PLAY** – playing instruments of different types such as the guitar, ukulele and keyboard, and different percussion instruments such as the xylophone, tambourines, bells, shakers and djembes (West African drums)
- ♪ **GROOVE & MOVE** – listening and moving to music using the body and other instruments to express themselves; with or without instruments
- ♪ **BALANCE MY MOOD**– understanding, expressing and regulating emotions to release negative ones, frustrations etc and converting them into positive or more appropriate ones
- ♪ **LET’S COMMUNICATE** – learning to communicate more effectively using their voice, body language or other aids to express meaning, desires and needs; also work on the Participant’s ability to understand instructions and information, check for clarification and feedback and improve overall comprehension
- ♪ **UPLIFT ME** – this can be used to help depressed or anxious students where the music of focus is upbeat, positive and encourages new thought patterns
- ♪ **CREATE & MAKE** – guided music making or writing songs/changing lyrics to songs for own pleasure; recording these visually and aurally
- ♪ **MAGICAL MEMORIES** – this is a great program for elderly people or those with dementia who can remember songs and music quite well from the past which brings them joy, builds confidence and sparks important memories of their past
- ♪ **CAN’T DECIDE?** – why not combine any of the above programs or we can create a customised one for you




COMMUNICATION/PARTNERSHIP WITH PARENTS & CARERS:

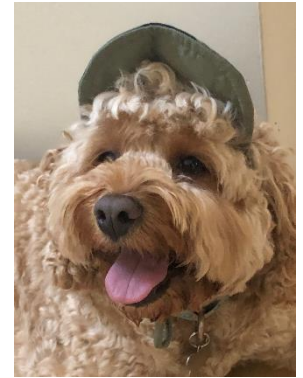
-  Parents/Participants will receive a FREE end of term Report which includes a summary of what was covered in the term and skills/goals/achievements which includes videos, photos and possibly music links.
-  If at all possible and appropriate this email will suggest follow-up “homework” for the student to do which may enhance and accelerate progress towards his/her goals.
-  Students may receive CDS, USBs or links to songs, recordings or music for practise or enjoyment between lessons.

WHEN:

-  Mondays to Sundays (afternoons between 2-6pm, Wednesday all day)
-  We offer 30 minute or 45 minute lessons
-  School terms only with the offer to catch up 2 missed lessons in the school holidays
-  We offer small group workshops (for child and adult participants) in some school holidays

WHERE:

-  Convenient Forestville location in a spacious, welcoming home near a café. The lessons will take place in two adjoining rooms of the house with plenty of area to move around in.
-  We have a steep driveway with steps and a rail down to the entrance.
-  There is a medium sized dog, a Spoodle called Barney at the home, but he can be kept away and out of sight if need be.

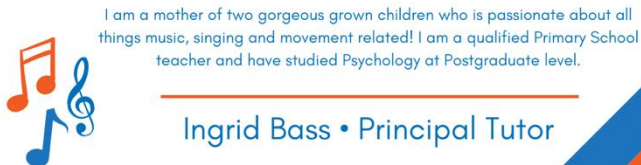


ABOUT THE TUTOR:



In recent years, Ingrid has worked as a support worker for people with disability and the aged, taking pride in caring for them and improving their lives in many aspects including social participation.

Previously, Ingrid started and ran her own musical theatre school for all ages and abilities across 5 venues on the North Shore and Northern Beaches of Sydney. She offered some classes for children and adults with disability and these were a huge success! Her students were given amazing opportunities to perform on a stage at least twice a year where they had their own individual moment in the spotlight to shine for family, friends and the wider audience.




In September 2021, Ingrid launched *Umbrella School of Music* to tutor children and adults of all ages, abilities and disabilities (one-on-one or in small groups) in music, singing and movement so that they can experience the joy and many benefits that engaging in these areas brings.

Through music as a medium, many Participant's goals related to life and other skills (including cognitive, communication, mood regulation and interpersonal skills) as well as musical skills of course, can be addressed and developed in a fun and innovative way.

Ingrid has a current and valid Working with Children Check as well as First Aid and CPR training. She has business insurance, is fully vaccinated (3 jabs) and adheres to Covid Safe practices.

CONTACT US:

-  Call Ingrid on 0405 495 099 or email ingrid@umbrellasom.com.au to discuss the Participant's needs/goals and enquire about our programs and fees.