

COMMUNITY DRUM CIRCLES

@ Lancaster Music Festival

For healthcare organisations, their service users, carers, staff and volunteers



What is a Community Drum Circle?

A community drum circle is an informal group of people who gather together to make music with drums and hand percussion instruments. The participants sit in chairs arranged in a circle. It is free-form without a firm beginning or end to the music. Players in drum circles are all equal and there are no wrong notes. They listen to what others are playing and join in. It's not about perfection but rather participation. No musical experience is necessary. Full instruction will be given and all equipment will be provided.

Where & when

Each session will be approximately 45 minutes for between 16 and 30 people and will take place in an accessible city centre location. This will be a free activity. The sessions will be on Saturday 14th and Sunday 15th during the festival weekend – 2 each day at 1.45pm and 3pm.

The facilitator, Filomena Ianni, specialises in running drum circles in healthcare and has run drum circles at the last three music festivals including one with Defying Dementia.

Contact

To book a session and arrange a date and time for your organisation please contact: **Stuart Marshall, stuart@lancastermusicfestival.com, 07765 120926**. Alternatively, please get in touch if you are unable to fill a full session but would like to join a session with others.