

CONFETTI STUDENT MAGAZINE

Wire

AUT/WIN 2019

BRIA

MAKING IT AT CONFETTI

SPLENDOUR SPECIALS

EXCLUSIVE BAND INTERVIEWS

25TH ANNIVERSARY

CONFETTI TURNING 25



confetti

Institute of creative technologies

PART OF
NOTTINGHAM
TRENT UNIVERSITY



Editor's Note

Hello! This month, Confetti turns 25 and 2019 has turned out to be one of the most memorable in our history.

We've been visited by some incredible guests during Industry Week, wowed by student work at both the Degree Showcase and Celebrate, and inspired by some fantastic live performances at the now one year-old Metronome.

Our students have been hard at work on a number of 'Do It For Real' opportunities, which have included working behind the scenes at

Glastonbury, performing and crewing at Splendour Festival, and helping coordinate Notts TV's huge 5th birthday live broadcast, to name just a few.

With our 25th anniversary event just around the corner, it's a great moment to reflect on some goings-on from the past year. We hope you enjoy reading about them in this issue. Help share your memories using **#confetti25**

The Confetti Team



wire

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Front page: Confetti band, BRIA performing at Splendour Festival 2019 (credit: Andrea Bottino)

Left: Confetti students working at Splendour Festival 2019

Bottom: Film students at Splendour Festival 2019

Right: Confetti Arrows Overwatch Esports team 2019/2020

TWENTY-FIFTH ANNIVERSARY

We turn 25 this year - happy birthday to us!

After an amazing quarter of a century, we thought it was a good moment to look back and reflect on some of the technology, buildings and people who have been part of this journey.

Have a look through some of the photos through the years and enjoy some nostalgia with us as we mark this very special year in Confetti's history.



25 YEARS YOUNG

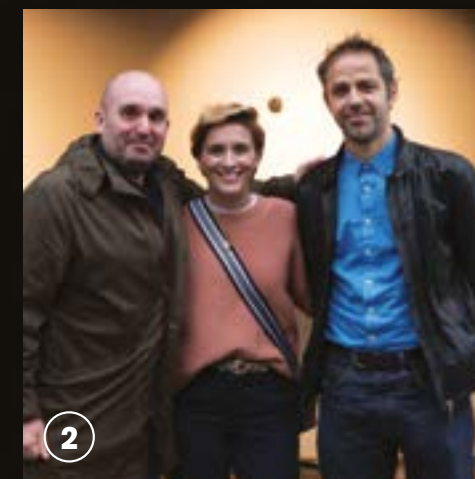
DEGREE SHOWCASE



Each year, the Degree Showcase gives our HE students a stage for their work to be seen. Not only did some phenomenal projects get shown amongst students, their families and tutors, but industry names including BAFTA winning director, Shane Meadows, actor Vicky McClure, Sumo Games' Carl Cavers and Framestore's Max Solomon presented awards to students at the awards ceremony. It really was a night – and day – to remember.

Image credits

1. Games Art & Technology student work
2. Shane Meadows, Vicky McClure & Max Solomon
3. Student award-winners
4. Metronome's auditorium ready for the awards ceremony
6. Film and TV crew vox pops



CELEBRATE

A true celebration of our college-level students' creative work, the aptly named 'Celebrate' saw some amazing projects being showcased to fellow students, their families, staff members and industry visitors. View some of the shots from the day!



Check out our Celebrate course showreels by holding this snap code on Snapchat.



1



2



3



4



5



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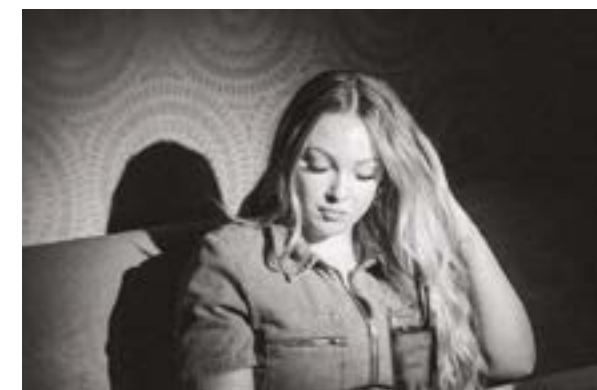
Image credits

1. Student band performing
2. Games Technology display
3. Live and Technical Events student crew
4. VFX work showcase
5. Games Technology students take a breather
6. VFX work being displayed

BRIA

MUSIC PERFORMANCE STUDENT
COVER STORY

From performing on the Confetti stage at Splendour, to recording and launching a single on Spotify and vinyl, it's been a roller-coaster of a year for student Bria Buxton. We chatted to her about her developing career in the music industry and what it takes to succeed.



What's the most important lesson you've learnt from being in the industry?

Don't expect success to happen overnight – it's so disheartening when you don't instantly 'make it', but it's important to keep playing gigs and plugging away. I've played so many unpaid gigs and performances to try and get my name out there – it's what you've got to do.

How has Confetti been instrumental in your success as a musician?

Before I came to Confetti, I'd never really sung in front of anyone. I didn't play any instruments and I was a bag of nerves when it came to performing.

Now, I've had the chance to learn guitar, I've found my stage presence, released two singles and performed at Splendour Festival. I've also met my fantastic guitarist Lewis who has been a massive part of me finding my sound. It sounds clichéd, but Confetti really has changed my life!

Is social media the key to success?

Absolutely, it's probably the most important bit – I know it sounds dreadful, and I wish we lived in a world where this wasn't the case, but the more followers you have then the more popular you are and will become.

The competition is already saturated on social media, so if you don't have it then you're really missing out – the power of social media is huge for any artist out there.

What advice would you give to anyone wanting to get into the industry?

One really huge bit of advice I'd give is to support other acts and musicians. Don't forget to go and watch others when you're producing your own music – you never know who you may meet and what you may learn. It's great to get your face out there and support other people doing the same as you – I've started going to gigs alone and love it!

Which is more important – gigging or recording?

When you first start out as a performer, gigging is really important, as that's how you work out your stage presence, and you realise what does and doesn't work for you as an artist. You also learn a lot vocally when you perform live – I'll be honest, I much prefer performing live; I actually prefer how I sound. Recording is important too, but start out with gigs and have some fun with it.

What's your favourite performance you've done to date?

Splendour, without a doubt. I love performing live anyway, and so many amazing things happened – I bumped into Rag 'N' Bone Man backstage, and then a couple got engaged right before my set – so when I sang my set it felt like there was a lot of love in the air already. My family came and supported me; Mum's been watching it back non-stop ever since!

SPLENDOUR SPECIALS

We caught up with some of the fantastic acts at this year's Splendour Festival about their experiences in the music industry and what they love most about being musicians.



Watch our Splendour documentary by holding this snap code on Snapchat.



THE CORONAS

Tell us something surprising about the music industry.

Probably the fact that there are so many amazingly talented bands and musicians out there who don't make it. It's a tough industry and you need luck among other things to be successful.

Is there a key to success in this industry?

Be well rehearsed; get used to setting up and striking down your equipment; be nice and respectful to local crew/venue staff/other performers; play charity nights and play for free while honing your skills.

What are your tips for developing a fan base?

Gig as much as possible; get your live set tight and impressive; write your own music and when you feel it's ready, release some stuff online.

If a band is just starting out, should they be spending more time playing live or in the studio recording?

Live gigs are more important I think. Being a touring band is the best way to make a living out of this industry. We've had multi-platinum albums in Ireland and we've barely made any money off album sales or downloads. You need to be a great live act to survive.

What advice would you give budding musicians looking to start a career?

Write and rehearse as much as possible. Gig as much as you can. Get a good manager who you trust. Write music for yourself, not what you think might sell or is popular. Enjoy the journey.

AVA SAINT

Holly Taylor-Gamble is a bit of a Confetti all-star. Having studied Music Performance and Songwriting at BTEC Level 3, she stayed at Confetti to do her FdA and top-up in BA (Hons) Music Performance, and is now studying a postgraduate degree with us.

What was one thing that took you by surprise about the music industry?

It doesn't matter how good you or your band are, if you don't act nicely, you won't get very far. I've heard lots of stories of bands acting badly and basically ruining their career because of it.

We have a lot of students who are just starting to get gigs, what advice would you give them to get as many bookings as possible?

Never stop slaving away, sending emails and making contacts! Making people simply aware of your existence is what will get you gigs – so don't let anyone forget your name. Be persistent, but do not be annoying.

What's the best way for a performer to develop a fan base?

Being authentic is key – if you don't act yourself, people will be able to see straight through it. If you enable people to get to know you and your story,

as well as your music, they will feel involved in your journey! Sometimes, people will support an artist simply because they like them as a person. Image and social media are probably the two most important factors underneath the music itself.

Image communicates everything about you – your confidence, your sound and your story. If you and your social media has a consistent and interesting image, people will be more inclined to pay attention. Why would anyone pay attention to someone who comes across just like everyone else? As I said before, be unapologetically yourself and be loud about it – especially on social media.

Should a new, unestablished band or performer spend more time in the recording studio or playing at live gigs?

Initially, gigging should definitely be the priority. Gigging allows you to network with people and get your name in people's consciousness. Once you have networked,

“

Image communicates everything about you - your confidence, your sound and your story.

Holly Taylor-Gamble
Lead singer

there will be an audience waiting to hear what you record in the future. After you do release your first bit of material though, there should be a good balance between gigging and recording as they both support each other.

What advice would you give budding musicians looking to start a career?

1. Do it because you love it. It's a tough game and you have to put a lot of work in, but as long as you're doing it out of a place of love, it won't feel like hard work.

2. Only work with people you like. You will end up having to spend a hell of a lot of time around your team and your band – having people you like around you will make the process so much easier.

3. There will be a lot of hurdles – don't let them get you down. If you have a bad gig or you don't win that Battle of the Bands, use it as motivation to work even harder. Hurdles are opportunities for growth.



Image credit: On set at Splendour Festival 2019

DO NOTHING

What's the most important lesson you've learnt from being in the industry?

The importance of building a great team around you (artists, videographers, photographers, managers, agents) and knowing when to do things yourself, or when to lean on talented friends.

What's the best way for a performer to develop a fan base?

Develop something good, something you think matches the originality and quality of other artists you like, then practice loads, then play loads of gigs.

Is social media the key to success?

It certainly helps, but it's not the massive deal that people make it out to be.

What advice would you give to anyone wanting to get into the industry?

Talk to people! Communication is always key, the more friends you make in the industry, whether it be promoters or other bands/artists, the more opportunities you'll find being presented to you. Then, make sure you figure out what kind of music you want to make, and hone it, before you

start putting yourself out there. It'll help give you a bit of a running start if you're already super tight and have good songs right out of the gate.

Which is more important – gigging or recording?

Both are super important and rely on one another – a good live show is less effective if you don't have good studio stuff, and paying loads for studio stuff then being terrible live isn't great either. Put hard work into both and you can't go wrong.



SPLENDOUR GALLERY

Image credits

1. BRIA crew
2. Live and Technical Events student crew
3. Camille Christel
4. Film & TV student
5. Live and Technical Events student crew
6. Ava Saint performing



FLAMINGODS

Flamingods are coming to Metronome this Autumn, and we were lucky enough to chat to them about their musical journey, the power of social media for bands and their favourite tracks of all time.



Photo credit: Ali Sharji



Photo credit: Elle Hardwick

What's it really like being a musician – what don't they tell you before you work in the industry?

I guess the most surprising thing is all the non-musical skills you have to learn. You have to know how to tour manage, become business savvy and, more importantly, you need to know your service stations before pulling over somewhere.

Is social media key to developing a good fan base and following?

We wouldn't really say it's the key but it definitely helps! Having a rapport with fans is just fun anyway and you get to know them as much as they get to know you.

Do you prefer recording or performing live, and why?

We enjoy both, but it's always fun just getting to play the music to an audience. We write the music for the stage and it's meant to be heard loud and with a big crowd, so when we're able to do both it's always a treat for us.

Who/what are some of your biggest musical influences?

The list is endless but to give you a spectrum – Pharaoh Sanders, Candido and Deerhunter. Besides music, getting to travel and experiencing different cultures is a big influence on us.

What advice would you give to anyone wanting to get into the industry?

To surround yourself with good people in your team and that by being a decent person can go a long way for not just you but everyone around you.

Favourite song, album and live band?

Song: Locomia by Locomia is an absolute banger.

Album: Before Today – Ariel Pink's Haunted Graffiti

Live band: Boredoms are one of our all-time faves to watch live.

Want to go and watch Flamingods play at Metronome on Friday 25 October?

Visit metronome.uk.com and book your tickets now.

FILM & TV CONNECTIONS IN NOTTINGHAM

Confetti's roots are spread throughout the city of Nottingham, with links to many film and TV organisations benefiting our students through work experience opportunities and industry connections.

1

Broadway

Documentary filmmaker Jeanie Finlay works from offices in Broadway Cinema. She has made several acclaimed documentaries including *The Last Watch* – the official *Game of Thrones* documentary and *Seahorse* which has just premiered on BBC 2.

Wellington Films is a Bafta-winning production company also based at Broadway, with whom Confetti have a strong connection – providing working opportunities and invaluable experience to our students over the years.

2

Spool

Known for their audio post work on *Shane Meadows' the Virtues* and *This Is England*, Spool also produce original content. Part of Confetti Media Group, Spool the production company also support student internships and placements from their amazing studios in Antenna.

3

Confetti

Actor Vicky McClure has strong Nottingham roots, and has attended Industry Weeks and Degree Showcases at Confetti, giving great talks to students and presenting awards through the years. As well as this, Vicky is a Confetti ambassador!

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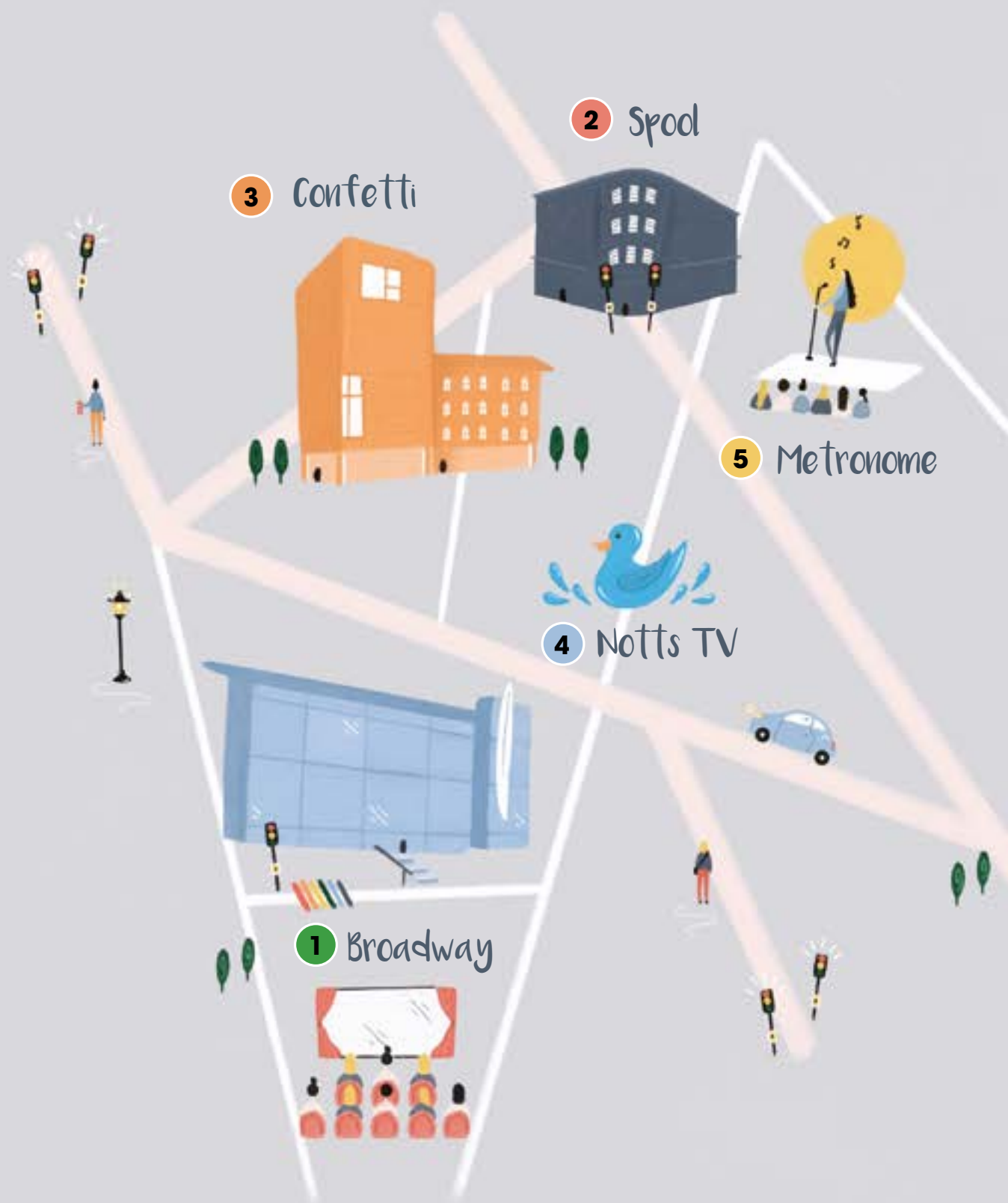
Notts TV

Situated in the Creative Quarter alongside Confetti, Notts TV provides hundreds of hours of experience for students each year, both behind the camera and on the studio floor from live shows, to pre-recorded programmes.

5

Metronome

Metronome is a hive of activity, hosting live music performances, TV programmes, productions and awards events. With the likes of the BBC, Notts TV and Nottingham Post frequently visiting, it's at the centre of Nottingham's media scene.



HIDDEN GEMS OF NOTTINGHAM

Nottingham isn't a huge city, but the streets are packed full of fantastic independent cafés, restaurants and bars. Here are some of our favourite picks from across the city...

Junkyard, Bridlesmith Gate
junkbars.com

Located in Nottingham's Bridlesmith Gate, Junkyard is a craft beer bottleshop and pour house, jammed full of bottles and cans of craft beers for drinking in or taking home. In the bar, fifteen taps dispense the very best American, British and European craft keg brews and you can even order from their nibbles and food menu if you get peckish. Did we mention there's a big outdoor beer garden in the back?

Tier, Pelham Street
tiermelts.co.uk

Blink and you'll miss it! Tier is a tiny hideaway on Pelham Street with a great menu of gourmet grilled cheese melts and cocktails. With a happy hour offer and a wide selection of cocktails – Tier is the best place to go for brunch or date night.

31k, Goose Gate
bar31k.com

Opened by a group of passionate friends with 35 years' experience in the hospitality industry, 31k uses a scratch-card style menu – customers choose their sauce (tzatziki, arrabiata, gravy or salsa), carbs (pasta, chips, mash or pitta) and greens (salad, edamame bean medley, broccoli or picked veg). Apparently there are 250 possible combinations – so even the fussiest eater can definitely find something to enjoy!

Cured, Carrington Street
Conveniently located right next to Nottingham train station, Cured is a great stopover on your way in or out of town with coffee, beer and wine and platters of charcuterie and cheese. As well as serving late into the evening, the bar opens early each morning for that first caffeine fix or

a quick breakfast. There's more to the bar than just a quick stopover – with views over the canal and comfy seating, Cured is a great place to grab some food and drink with your mates.

200 Degrees, Flying Horse Walk/Carrington Street
200degs.com

A staple of the Nottingham coffee scene, 200 Degrees is not to be missed! With two shops opened in Nottingham already, 200 Degrees is one of the best independent coffee shops in town. With a quiet, relaxing atmosphere and fully working Wi-Fi – this could easily become your new favourite revision spot! Takeaway is also available for coffee and fresh food for those days when you're running late!

Top right: Tier
Bottom: 200 Degrees



ZERO LATENCY

Over the past year, Confetti BSc (Hons) Games Production course leader Gin Rai has been busy forming a partnership with Nottingham's new virtual reality space, Zero Latency.



The relationship is set to provide a number of student enrichment opportunities, as well as a space for student VR work to be showcased at different points in the year. Indeed, students will be able to use the facilities for project development and some live brief setting; a fantastic addition to the roster of facilities available to Confetti students.

Zero's Chief Technology Officer, Luke Petchey

is excited for the partnership, and is happy that the space will provide opportunities for the students. Gin, alongside colleague Paul Allen, have been instrumental in setting up this partnership since Zero Latency first came to the city back in 2018, and are excited about its presence for students.

Gin said: "We have been looking at a number of different opportunities with ZLVR, which have been

met with equal passion and excitement from both sides. Having the world's most advanced free-room VR centre on your doorstep, opens up a range of really exciting collaborative opportunities which we are all really hyped about! We are currently looking at embedding projects for our second and third years, looking at innovative VR technologies that can be repurposed for use within the VR games industry."

STUDENT CREW AT GLASTONBURY



Tutor Rob Baldock also attended the festival, supervising the students, and spoke of how impressed he was by their work.

Rob said: "Both Aaron and Jordan were fantastic, and provided Ceri and the Arcadia team with invaluable help! Our students really are industry-ready once they've studied with us, and this was a great opportunity to showcase this."

Check out some shots of the pair in action.

Could you see yourself working at a festival or another live event? Each year, there are always a ton of opportunities to get involved in exciting work like this through Confetti, so remember to keep an eye out and put yourself forward for anything and everything! You never know where it might lead...



Being behind the scenes at Glastonbury would be many music lovers' dream come true, so when two of our lucky students got to work at the festival it was set to be something they'd never forget.

Confetti prides itself on 'Do It For Real' opportunities, and this year was no exception as two of our BSc (Hons) Live and Technical Events students went to work at Glastonbury.

The students helped out at the Arcadia area over the duration of three weeks, doing everything from digging trenches, to building stages and sound systems and even firing pyros during Arcadia's opening set.

Head of Arcadia – Ceri Wade – visited Confetti during Industry Week 2019 to deliver a fantastic talk to students about the live and tech events industry, from which the opportunity for the work experience arose.



STUDYING GAMES TECHNOLOGY AT CONFETTI



“ Confetti really helps you grow and become more employable.”

Recent graduate Maggie spoke to us about her time at Confetti and what she's been up to since she got her degree...

Which course did you study at Confetti?

I started with FdSc in Games Technology, which took two years. Then I did a top-up year, which was BSc (Hons) Games Production for a year.

What made you choose Confetti, and what do you think sets us apart from other unis/colleges?

It's hard to describe it, but it really feels like a small family here. Teachers are really motivated and it's clear that they love what they're doing.

When I joined Confetti three years ago, I felt it straight away. Tutors were incredibly nice to me, people were super supportive. I was straight away in an environment where I could grow by doing what I really loved - making games. I have never been in a place like this. Even despite the fact that my English wasn't perfect, I never felt excluded from anything, people were very patient and supportive.

What was the best project you worked on?

This is a tricky one as there are so many to pick from, but one time we got to build an arcade machine in just two weeks! That was so much fun. I feel like the best projects are those ones when you work with people who want to succeed just like you do.

How has Confetti helped you pursue the career you want?

Confetti really helps you grow and become more employable. Industry Week was always a big thing for me and helped me to understand what I need to do to be more employable. If I didn't attend, I wouldn't know how to properly write my CV and cover letter or how to prepare my portfolio. If I hadn't attended employability talks put on by Confetti, I would never know about opportunities like Grads4Nottm.

What are your future career plans, and have you got any jobs lined up currently?

I'm going to work for Supermassive Games, which is amazing because when I came to the UK to study it was so I could work for someone like them one day - and now I am!

What advice would you give to someone wanting to study or currently studying at Confetti, to get the most out of their time on their course?

Make sure you take part in every opportunity you're able to. Finishing university with a degree - even if it's a first - just isn't enough anymore. At the end, everyone has not only got a degree, but experience too - which is invaluable. Group up, work on a game over summer. Where other people see something pointless, or too hard, you should seek something which would help you improve and impress other people. Getting into industry is hard, university is hard, moving away from home and friends is hard, but you need to do it.

SOCIAL SNAPSHOT

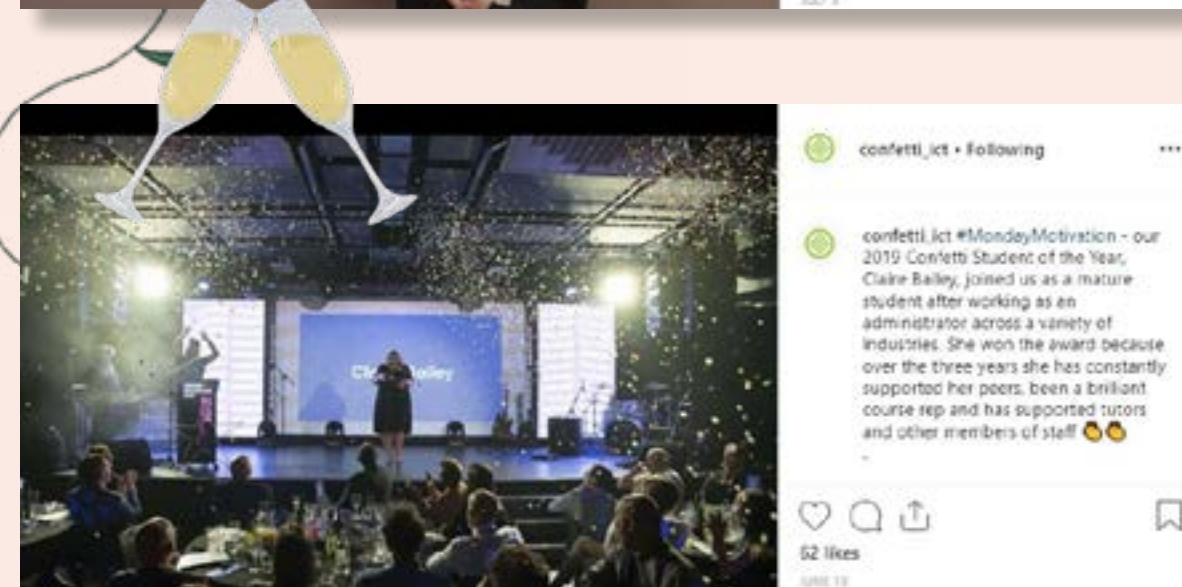
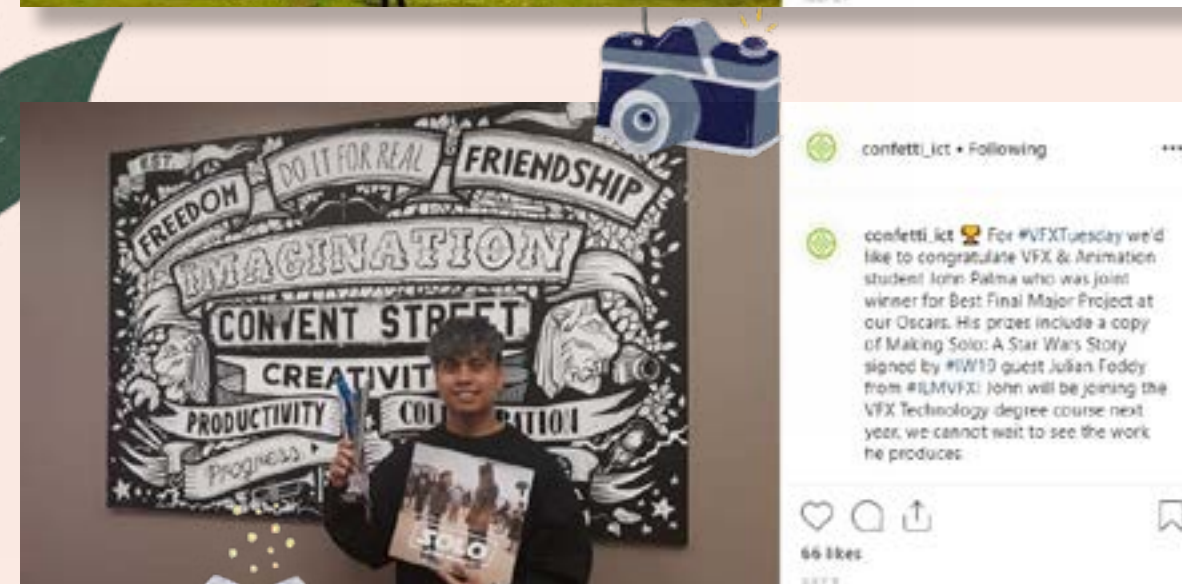
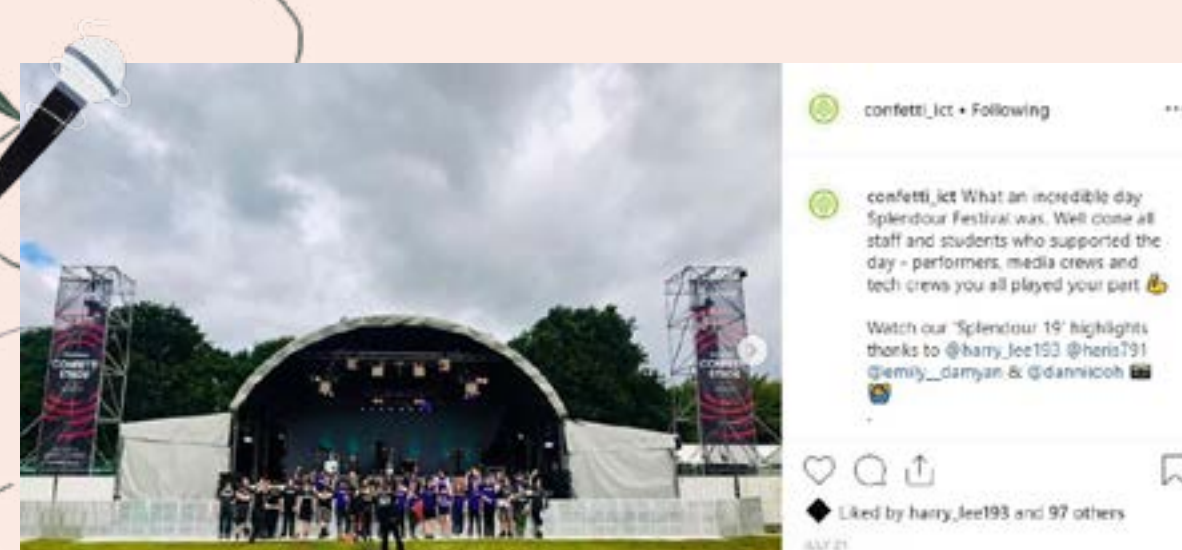
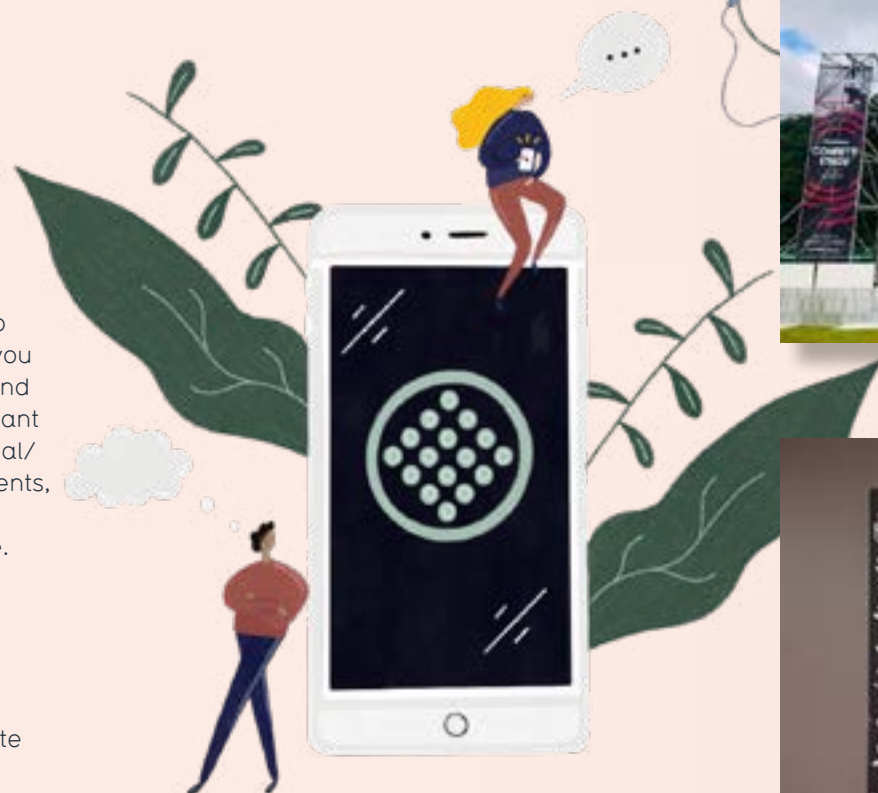
BE FIRST, GET CONNECTED WITH US

Don't fall behind everyone else in knowing what's going on in and around Confetti. Be the first to know by following us on social media.

From seeing news about events and competitions, to blogs promoting student success stories, our social channels are the go-to spots for students and staff.

We're always keen to hear from you, so if you have news, events and fundraisers, or just want to share your personal/academic achievements, just send one of our accounts a message.

-  ConfettiICT
-  Confetti ICT
-  Confetti ICT
-  Confetti ICT
-  TheConfettiInstitute



DO IT FOR REEL



Earlier this year, three lucky students had the opportunity to work with Wellington Films on the production of a short film, to be released in 2020. The project saw students Rowan Stothard, Christie Ellis and Honor Webb work on exciting traineeships in the lighting, sound and production design departments during the filming of 'Such Small Hands'. This short film was directed by Maria Martinez, funded by Film4, and produced by Tom Wood for Wellington Films.

The students involved received glowing reviews from Wellington Co-Founder Rachel Robey, who believes wholeheartedly in the benefit of 'doing it for real':

"We know the value of bona fide, hands-on industry experience – and these properly managed placements, organised through Confetti, made it very easy for us. The three trainees threw themselves into their roles and were all brilliant – we have no doubt that these traineeships will be the first rung on the industry ladder for them."

Confetti's Head of Talent Development, Alison Whitlock, was instrumental in setting up the work experience for students, and is pleased with how much of a success it has been:

"Working on a professional film set is the very best form of training students can get to equip them with the skills and contacts to support their future careers. Our students responded without hesitation within a few hours of finding out about this amazing opportunity, packing up and travelling to Hastings for a week. Their individual trainee roles gave them a huge confidence boost, invaluable experience and positive feedback from Rachel. Confetti is always keen to arrange hands-on work experience for our students and look forward to supporting Wellington with similar opportunities in the future."

UCAS

Thinking of going to university after college? Then you'll need to start thinking about applying. Confetti can help you with completing your application and writing your personal statement.

To connect your application to us you'll need to use the buzzword **ConfettiNTU20**.



Don't worry – the official UCAS deadline isn't until 15 January 2020, but at Confetti we have an internal deadline to make sure we have time to check your application, attach your reference and send it to UCAS. The deadline for you to complete your UCAS application is **6pm on Friday 13 December 2019**.

Choosing a university course might seem daunting, but we're here to help. Here are some of our top tips when choosing the right course for you:

- Choose a course that you'll enjoy and can see yourself studying for the next few years
- Think about what you like doing day to day

and how you want to use your skills and experience to form your future career

- Think about the entry requirements for the course you're interested in – are they realistically achievable?

Confetti offers a range of degree-level courses in music, media and games and as part of Nottingham Trent University, you'll be studying at the Guardian's University of the Year 2019, with access to NTU's societies and facilities.

So why not continue your studies in the creative industries – take a look at our degree level courses now at confetti.ac.uk/degree-courses-nottingham



WOMEN IN LIVE & TECH EVENTS

The Guardian recently published an eye-opening article about women working in live and technical events.

This really got us thinking about our fantastic female students, staff and visitors who crew live events – and do an incredible job of it, despite the industry being pretty saturated with male professionals.



Recently there have been some more encouraging statistics published, however – according to a study by UK Music, the number of women working in the music industry alone rose from 45.3% in 2016 to 49.1% in 2018 – and amongst these are some of the talented graduates emerging from Confetti!

Let's take a look at some of the events our students have been involved in during their time here...



TV Workshop at Metronome

Earlier this year, some of our Live and Technical Events students helped out at the TV Workshop's production of Wendy and Peter Pan at Metronome. They worked on everything involved in the successful showing of the production, including lighting, audio and video technology, ensuring the production went smoothly.

Radfest

Level 3 Live and Technical Events student Holly worked at Nottingham festival Radfest, helping with audio and lighting across a number of acts at the festival. When we asked about being a female in the live and technical events industry, she said:

"For Radfest I worked on FOH with two other students and I really enjoyed it. I was aware when starting the course that there are not many women in the live events industry and I know that Confetti are keen to get more women interested in live and tech events. I feel very supported in terms of my studying on the course and have tutors who give great advice about how to get to where I want to be in terms of my future career. I don't feel that I am treated differently to the boys in my class on the course and I hope that I am treated just as equally outside college when I do eventually start my career."

Ceri Wade at Industry Week

Famous for her involvement with Arcadia Group – creator of the Glastonbury 'spider' – Ceri Wade is a well-known industry name in live and technical events. She visited during Industry Week 2019 to talk to students about her experiences of the events scene and how she got to where she is today; despite fierce competition, often from men in the industry.

We're always thrilled to see women at the top of their game in their chosen creative industry, and the talk certainly proved inspiring for students and staff alike!

Splendour

At Splendour each year, our female students help with all elements of live events – whether it's working on audio quality for a performance, helping with visuals, or coordinating lighting displays.

Some of our students have gone on to work as stage managers, tour managers, sound and lighting engineers and many other exciting positions in live and tech events, thanks to the experience they've gained at Splendour.

CIRCLE OF LIGHT ALBUM

This summer, Metronome hosted Circle of Light – a free-to-access workshop promoting mental health support through the arts. The project aimed to give young people a chance to create not only music, but conversations around any mental health issues they may be facing.

Organiser Tricia Gardiner of Green Shoots Nottingham explains that it's important for young people to have a platform through which to talk openly about any issues they may be facing in a safe space, and music offers a wonderful way for people to open up.

By going through the process of writing and recording songs – and even having a vinyl cut – teamwork and communication was put to the test which was a challenging and yet rewarding task for many.



Tricia said: "This project has been a great success – our group have all grown massively in the space of just three weeks. Many of our practitioners have had mental health issues themselves, so have been able to relate to the group, encouraging them to talk openly."

We spoke to a couple of the young people involved in the project, including Tiffany (23), who says the project "came at the right time" during a tricky moment in her life.

She said: "I was unhappy and facing some tough things in life, and this project has lifted my spirits massively. In such a short space of time, I've made friends for life and found a vocation – the way I feel when I sing is so great that I want to pursue it as a career."

Poppy (18) was struggling with her confidence, but has explained she now feels much less guarded than she did before.

Poppy said: "I feel like a different person after just three weeks with this amazing group. Music really has the power to change lives!"



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I feel like a different person after just three weeks with this amazing group. Music really has the power to change lives!

Poppy

Credit – Fred Glenister



After such a successful project, organiser Tricia vows to set up another in future.

"I feel we've got a duty of care to this group now, and I'm very keen to repeat this project – or others like it – in future. We're already putting in a funding bid to Youth Music – fingers crossed!"

A group and a project described by the organisers as a

"microcosm of life", the workshop was made possible through access to Metronome's studio facilities for the duration of the three weeks.

The album created by the group was released on vinyl on **10 October – World Mental Health Day** – with an official launch at Metronome that night. Visit the Metronome website for more information at metronome.uk.com.



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