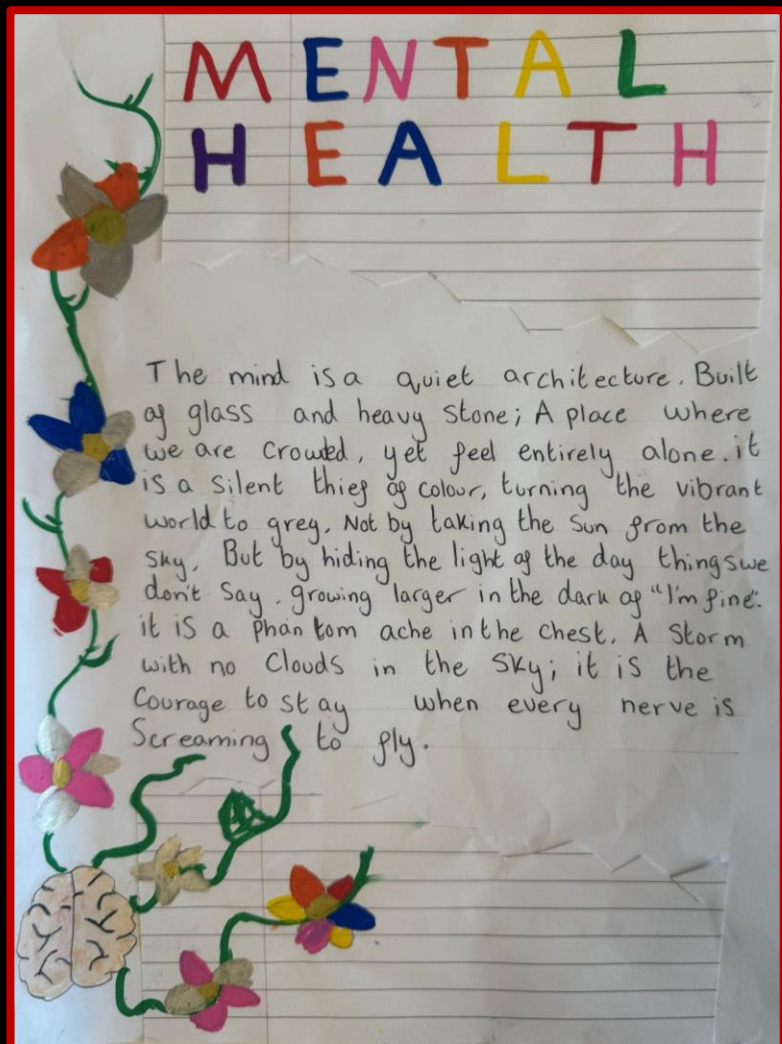


THE LINDOW ENSEMBLE

Playing With Passion. Connecting With People.

In June 2026 a string quartet from the Lindow Ensemble presented six interactive workshops on the subject of "Using Music to Improve our Mental Health" to 350 year 5 & 6 children in Primary Schools in Bolton & Manchester.



"Year 5/6 enjoyed a fantastic workshop from The Lindow Ensemble this week focusing on how music can support their mental health. We had some children dancing alongside the music, children who performed some poetry and others who had created some art on how to support mental health. Thank you for coming in to deliver this to the children we thoroughly enjoyed it."

"We always thoroughly enjoy the Lindow Ensemble visiting our school. The powerful music and words have a fantastic and positive impact on the children. The musicians talked about are very relatable to the children and the workshop has given the children lots of strategies to support their mental health. It has helped us all realise how important music is for us and how we can use it to support us in everyday life. Thank you for a lovely morning."



HAVE HOPE



When you think you're at your bottom,
When an end comes to your rope.
When you're out amongst the ocean,
And there's water in your boat.
When you're close to giving up on things,
And feel like you can't cope.
Try to find one positive,
One thing that gives you hope.

And make that hope your beacon,
Let it guide you back to shore.
Make that hope your reason,
As you get up from the floor.
Let that hope surround you,
Like a light that frames a door.
And let that hope remind you,
Things are still worth fighting for.

"An amazing experience for our children (and staff!) to get the opportunity to listen to live musicians. The theme is appropriate and thought provoking. The collaboration which occurs during the workshop between the pupils and the ensemble is moving and works brilliantly."



The children from each school prepared artwork that was displayed throughout the workshop and wrote poetry and prose, which they narrated as the string quartet played. There were also two sets of dancers who performed their own creative dance alongside the quartet. We finished the workshop with a group improvisation to show that anyone can make music to express themselves, alone or with others.

**The beach is my mind,
full of memories and emotions.
If you look deeper,
there is lots of commotion.**

**When the sun rises high
way up in the sky
it wipes tears from my eyes
I feel happiness rise.**

**The smell of the ocean,
the touch of the sand,
with love and devotion,
I will take your hand.**

**If we work together
the worries that we feel
will not seem quite so scary
and forever we will heal.**

Mental Health

Take care of your mind, it's true
Mental health matters for me and you
Stress and anxiety can weigh us down
But seeking help can turn it around
Break the stigma, let's talk free
About our feelings and what we see
Self-care habits can make us strong
And a healthy mind will keep us moving
Reach out to friends, or a pro too
Don't hide your emotions, let them shine
Mindfulness and calm can ease the pain
And a clear mind can help you gain
Take a deep breath and let go
Your mental health is worth the show

You are worthy of love and care



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"Thank you for a lovely and uplifting morning. The children got a lot out of completing all parts of this project."



"I would highly recommend the workshop and would love it if our children could have the opportunity to work with the Lindow Ensemble in the future. Thanks so much for the opportunity."

Be Kind

To Yourself