



In May 2025, a string quartet from the Lindow Ensemble presented seven workshops on the subject of "How we can use music to improve our Mental Health" to years 5 & 6 at seven Primary Schools in Tameside and Bolton.

The workshop incorporated stories from celebrities and included music written by composers and songwriters who have openly shared their mental health issues. The main message of the workshop was to encourage the students to use music to help their mental health.



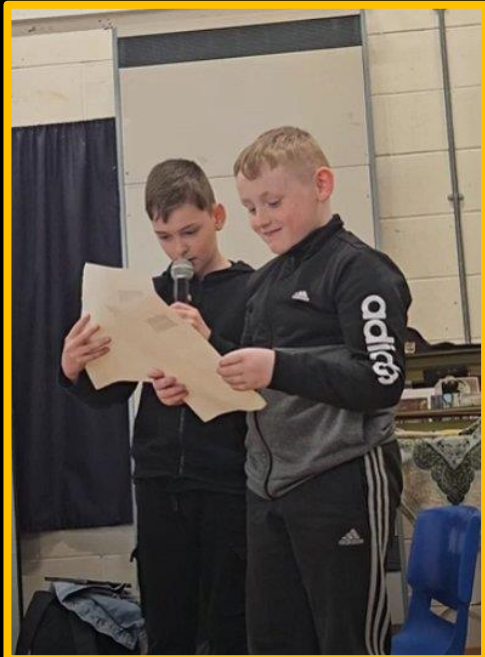
The children created their own poetry & prose on the subject of mental health, which they narrated during the workshop as the quartet played music by Schumann, The Beatles, Rachmaninov, Michael Jackson, Stormzy, Jelly Roll, Freddie Mercury and Tchaikowsky.

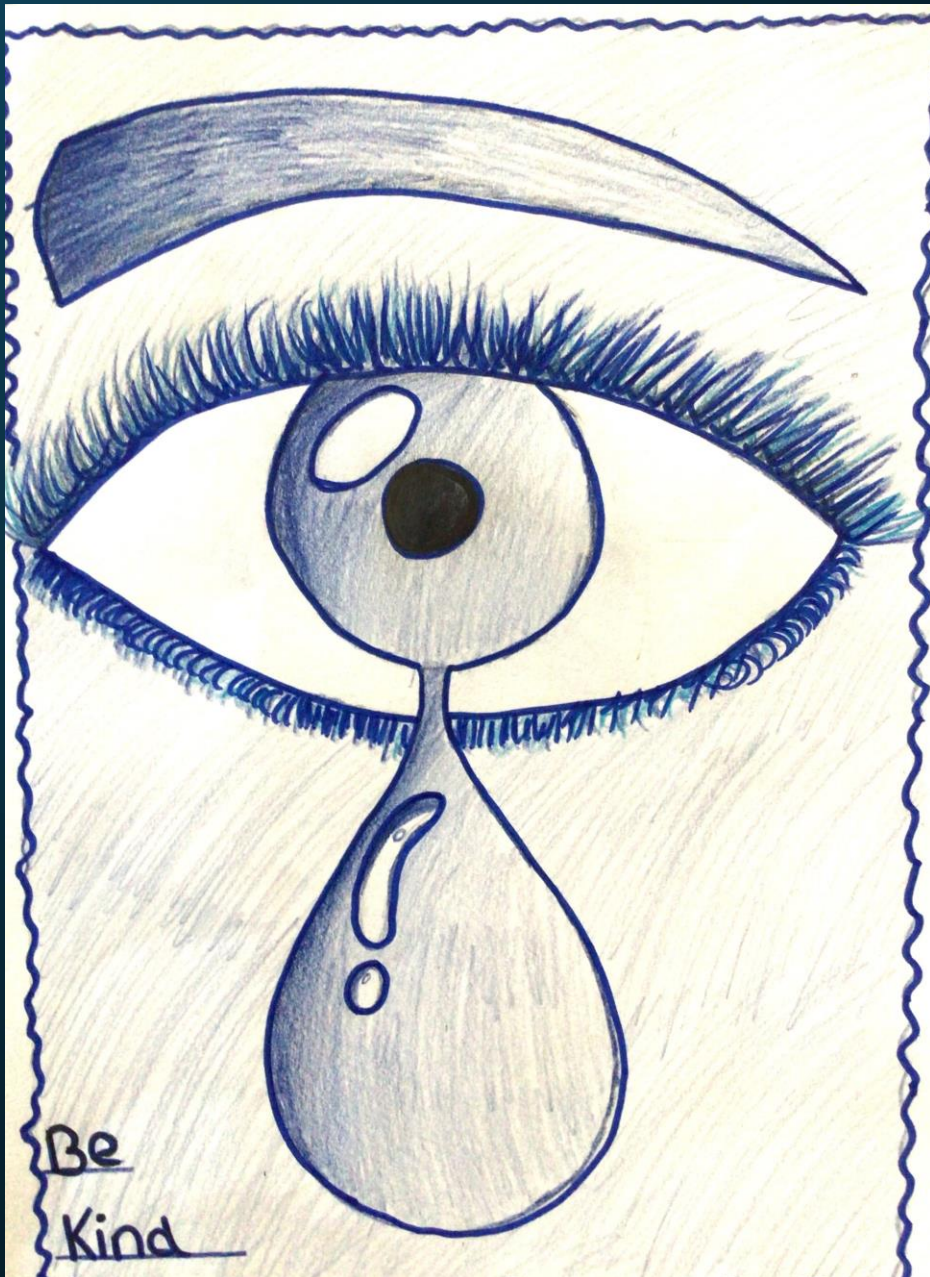
A short musical improvisation with a group of children and the string quartet ended the workshop, demonstrating that anyone can make music to express themselves creatively - individually or with others.



The children also created artwork on the subject of mental health which was displayed throughout the workshop and there were also dance performances created by the students as the string quartet played.

This workshop was presented over two weeks to 563 children, yet the impact of it will hopefully make a difference to these children's lives both now and in the future.





"The quality of the experience and musical performance was exceptional. The children were very moved and in awe. It was excellent at the end when the children created their own piece of music."

"An amazing, vivid and wonderful experience. The children were enchanted and mesmerised by the live music. As a primary School, we rarely hear live musicians and this was simply fantastic. The links to PHSE, Mental Health & Music were very apt and useful. Thanks."

"Great for the children to witness live music and make connections with music to mental health. Liked the engagement of children and incorporating them into the performances."

"The content was pitched appropriately for their age. The children were fascinated by the beautiful music created by the string quartet. The combination of the lyrics being read confidently by the pupils and the music was powerful. A really thought - provoking session which we thoroughly enjoyed."



"A BRILLIANT PRESENTATION AS ALWAYS. TALENTED MUSICIANS THOUGHT PROVOKING PRESENTATION OF DIFFICULT BUT CRUCIAL THEMES."

"FANTASTIC MUSIC, GREAT MESSAGES PUT ACROSS IN THE WORKSHOP REFLECTIVE OF CURRENT ISSUES FACED BY YEAR 5 & 6. EXCELLENT TO INCLUDE THE CHILDREN'S WORK THROUGHOUT THE PRESENTATION."

"GOOD LINKS TO 'REAL LIFE' EXAMPLES OF HOW THE CHILDREN CAN APPLY THE SESSION TO THEIR OWN LIVES."

"LINKING YOUR OWN MUSIC TO THE POEMS WAS LOVELY. ALLOWING THE CHILDREN TO BE EXPOSED TO NEW/OLDER MUSIC AS WELL AS SONGS THEY ARE ALREADY AWARE OF. GETTING THE WHOLE GROUP INVOLVED AT THE END WAS VERY ENGAGING ENDING FOR US ALL."

"LOVED THE CHILDREN SPEAKING OVER THE MUSIC - VERY EMOTIONAL.
THE IMPROVISATION AS A WHOLE GROUP WAS LOVELY - VERY ENGAGING."

"THE CHILDREN THOROUGHLY ENJOYED SHARING THEIR WRITTEN PIECES AND SEEING THEIR ARTWORK ON THE SCREEN. THANKS FOR ALL THE PREPARATION THAT YOU DID WITH THE PHOTOGRAPHS AND FOR THE BEAUTIFUL MUSIC THAT YOU AND THE REST OF THE ENSEMBLE SHARED WITH US ALL."

Garden in my Mind

In the garden in my mind,
Where thoughts and feelings grow,
There's are flowers of all kinds
And some weeds we need to know.
When the sun is shining bright
And the skies are clear and blue,
My heart feels light and right
And happiness blooms through.
But sometimes clouds appear,
And rain begins to fall,
It's okay to shed a tear,
We all have moments small.
Remember to be kind,
To yourself and others too,
A gentle heart you'll find,
Can help to see you through.
Talk to friends and share
The worries that you feel,
Together you can care
And help each other heal.
In the garden of your mind,
With love and care you'll see
A place where you can find
Peace and harmony.



Put yourself in my shoes
Scared
You don't know how hard this is for me
Isolated
Words hurt more than you think
Teased
Just get out of my head
Lonely
Don't judge a book by its cover
Loneliness
Will this ever end?
Stop!
Make a positive difference
Unite
Treat others the way you want to be
treated
Change
Stand up to bullies
Act
Respect everyone
Just simply - be kind!