Culture Quest
MUSIC APPRECIATION GROUP

Do you enjoy music?
Would you like to share the music that you enjoy with others?
Are you curious to know more about music?
Would you like to listen to different types of music?

If the answer to any of the above questions is YES you may be interested in the Culture Quest Music Appreciation Group (CQ), run in partnership with Julian Support.

CQ is a welcoming place to listen to music in the company of others. We call it active listening, because the music is not a background for another activity.

Whatever music you are interested in can be played; it might be Bach, The Clash, Dolly Parton or Wagner, to name a few contrasting possibilities. We listen to a varied playlist with an open mind, respecting other people’s choices.

CQ meets weekly at Norwich Arts Centre, on Mondays from 12 to 3 pm. Light refreshments are available but people provide their own lunch.

CQ is open to anyone who lives in Julian Support supported housing services in Norwich, as well as support workers and carers.

The group is facilitated by Dave Pullin, a professional musician and music teacher who also works in mental health.

Dr Vicky Scaife, a Senior Psychology Lecturer at the University of East Anglia, is researching how well CQ works as a wellbeing project. The research conforms to NHS, University of East Anglia and Norfolk County Council ethics procedures. It is your choice whether or not to take part in the research. If you decide not to, you can still take part in CQ.

CQ costs members £1.50 a session, to cover some expenses. We plan to go to an event in the Norfolk and Norwich Festival and members buy their own tickets for that.
Some Questions you may have.

Do you have to have musical knowledge to be part of CQ?
No. You just need to enjoy music and to be interested in exploring different sounds.

Do I have to talk about the music I want to share?
Everyone is welcome to talk about the music but it’s fine if you don’t want to.

I’d like to come to CQ but I don’t know what music I would bring.
That’s fine. You can join the group as a listener but there will always be an opportunity to play your own choice of music if you decide to.

I am a musician, so would I be able to perform to the group?
You are welcome to. All members of CQ have equal space to share their music.

How will I get there?
You make your own way to Norwich Arts Centre, or you can arrange how to get there in discussion with your support worker.

What happens if I can’t make it to a session?
That’s fine. Just come along when you can.

How will I be looked after if I feel unwell in a session?
Dave Pullin is a mental health professional so it is his job to take care of your health needs during the sessions.

What happens if I am no longer a Julian Support client but I want to stay in CQ?
Once you join CQ you can continue to be a member whether or not you are still a Julian Support client.