

Hidden Voices **with BHCATS**

A big **hello** to you at BHCATS from us (Nicola and Kathryn) from Hidden Voices.

We have really missed getting to see you all at our sessions that we had started up before Covid-19 hit, and we are so pleased to be connecting with you all after the last few months of lockdown.

We are really looking forward to being able to make music with you again. We know this has been a very hard time for a lot of people, so we hope you find this useful, and we look forward to being able to provide some fun music activities for the whole family in the coming weeks.

We have put together some ideas for you to make some sounds and instruments at home.



I have been very busy at home with my 3 children but luckily have been able to do some music videos and online sessions for a few different groups I work with.

I have been keeping busy over lockdown teaching piano to children via video calls, but I am very excited we can start the Hidden Voices Project with you all again at BHCATS.

Listening at Home:

Nicola's Pick: A short sensory family friendly clip from 'Carnival of the Animals'

<https://www.youtube.com/watch?v=xjml0D-uoLo>

