

Fellfoot Forward



For more information
northpennines.org.uk

Fellfoot Forward is led by the North Pennines AONB Partnership and supported by the National Lottery Heritage Fund.

In partnership with:



Fellfoot Forward Landscape Partnership Scheme

Led by the North Pennines AONB Partnership and funded by the National Lottery Heritage Fund, the Fellfoot Forward Landscape Partnership Scheme (LPS) is a major project to conserve, enhance and celebrate the natural and cultural heritage of a special part of the North West of England.

Fundamental to the living and working landscape of the Fellfoot Forward scheme area are the many stories of its people and places. These stories give us a strong sense of place and community and reflect the rich history and culture of this landscape, its past residents, current communities, hidden places and unearthed artefacts. A community arts programme, delivered over the life of the scheme, will draw together people across village and parish boundaries inspired by the rich natural and cultural heritage of the Fellfoot Forward landscape.



BlueJam is an innovative community music and arts organisation based in Penrith, Cumbria.

We run a full programme of inclusive creative workshops, training, and professional and community performance activities and events – everything from one to one music lessons, a children’s orchestra and jazz ensembles for young people to jazz training for adults, whole school singing projects, and live-streamed gigs (and most things in between!).

Contact us:

For more information about this project, to download this toolkit or find out about upcoming events, visit us at bluejamarts.org



Improvising the landscape.

Improvising is just another word for making it up as you go along. You improvise every day already... in your conversations! But people often think improvising with music is scary. We make it into a game - and if you have fun, you can't lose. You can also improvise with art, poetry, dance. Whatever feels right to you.

This project is all about connecting to the Fellfoot Forward scheme area, whatever that means to you. You might want to improvise in the landscape of the fells, or in your back garden. In the car, or on your bike.

Stay safe and have fun!

Listening is always a part of making music. Remember that your landscape will probably have other people in it, too. Listen to yourself if you feel uncomfortable. You can always pause, listen, and start again later.

With all the games in this booklet,
remember
that any sound can be music.
You don't have to sing, or play an
instrument - although you can if you want!

The important thing is to enjoy it – you don't
have to follow all the suggestions.
If you are part of a group, you could mix up
the games and do more than one at once.
Make up your own!

**Send us your recordings, stories or feedback
from trying out the games, and let us know if
you made any up yourself!**

bluejamarts@gmail.com

Small starters

Noticing

Simply stop in your landscape and be **still**.

Notice the sounds around you. Near sounds. Far sounds.
What is the quietest sound you can hear?

How do the sounds change?

Keep noticing for as long as you want.

Breath

Stop. Be still. Notice.

Breathe in slowly. Let the **breath out** with some noise.
Pause and listen.

Breathe in again. Let the breath out, with some **noise**, a bit longer. Pause and listen.

Keep breathing in, and then out, pausing and listening.
Some of your breaths may become **notes**.

Finish by becoming still again.

Earth hum

Get as close to ground level as feels comfortable.
Sense the ground underneath you.

Close your eyes if you like. Breathe in through the soles of your feet. Imagine the insects, bugs and creepy-crawlies in the ground somewhere, down underneath. Feel the plants growing.

Hum. Listen to the earth and let your voice follow.

Songshare

Take a song you know into your landscape.
Sing it to something, quietly.

Copycat

Listen to the sounds in your landscape. Choose three or four that you like.

Try to **copy** those sounds with your voice or instrument.

Change the sounds a bit – make them longer, shorter; higher, lower; repeat them.

Moving on

Music mandala

Create a small circle on the ground.

Gather objects (that are safe, and can't be hurt) from your environment, and place them in the circle.

Close your eyes. Listen. What music wants to come from the mandala?

Open your eyes. Which instrument is calling you?

Your instruments are playful – they want to be explored. Stroke, tap, rub, shake, hit your instrument. Take your time!

Copy the sound with your voice. Have a conversation with the instrument. Listen to them!

After you finish with each instrument, place it outside the circle.

The music is finished when the circle is empty.

Songs on the wind

Arrive in your landscape. Pause.

Think about all the people who might have walked through your landscape.

Some might be people you know.

What were they doing as they moved? How did they feel?

You are so close to them, you can almost hear the song they were singing as they inhabited the space you are in now.

Hum, whistle or sing the song.

You might only catch a fragment of tune – that's ok.

Pause and keep listening for songs from other inhabitants of your landscape.

If you end up making your own song, that's ok too!

Whatever song you sing, hum or whistle, you have now added one more to the landscape.

Someone in the future might catch your song on the wind.

Landscape stories

Pick one of the prompts and start talking about your landscape.

Find a word or short phrase and repeat it until it doesn't sound like words anymore.

Carry on with the prompt or start a new one.

“**Looking** and **listening** to the landscape, I **notice**...”

“As I **move** through this landscape, I **remember**...”

“**Being** here in this landscape, I **feel**...”

“As I **think** about this landscape, I **hope**...”

Optional extras:

Record yourself on your phone. Repeat the piece with the recording as a second voice. Notice when you coincide with yourself.

In a group, either try all speaking at the same time; or one at a time - trying to minimise any gaps as you change over from person to person. One person can conduct by pointing, or not.

Musical map

Choose a place to view your landscape from. Look out and make a mental map. Notice the main features.

Now *notice* any contours, paths, or lines in your landscape.

When you look at the features of your landscape, what do you feel in your body? Is there a connection? What comes up for you? Memories, stories, emotions?

Send your voice or instrument on a musical walk along the contours, paths or lines of your landscape. How will your voice move – will it march, jog, skip, or drag its feet?

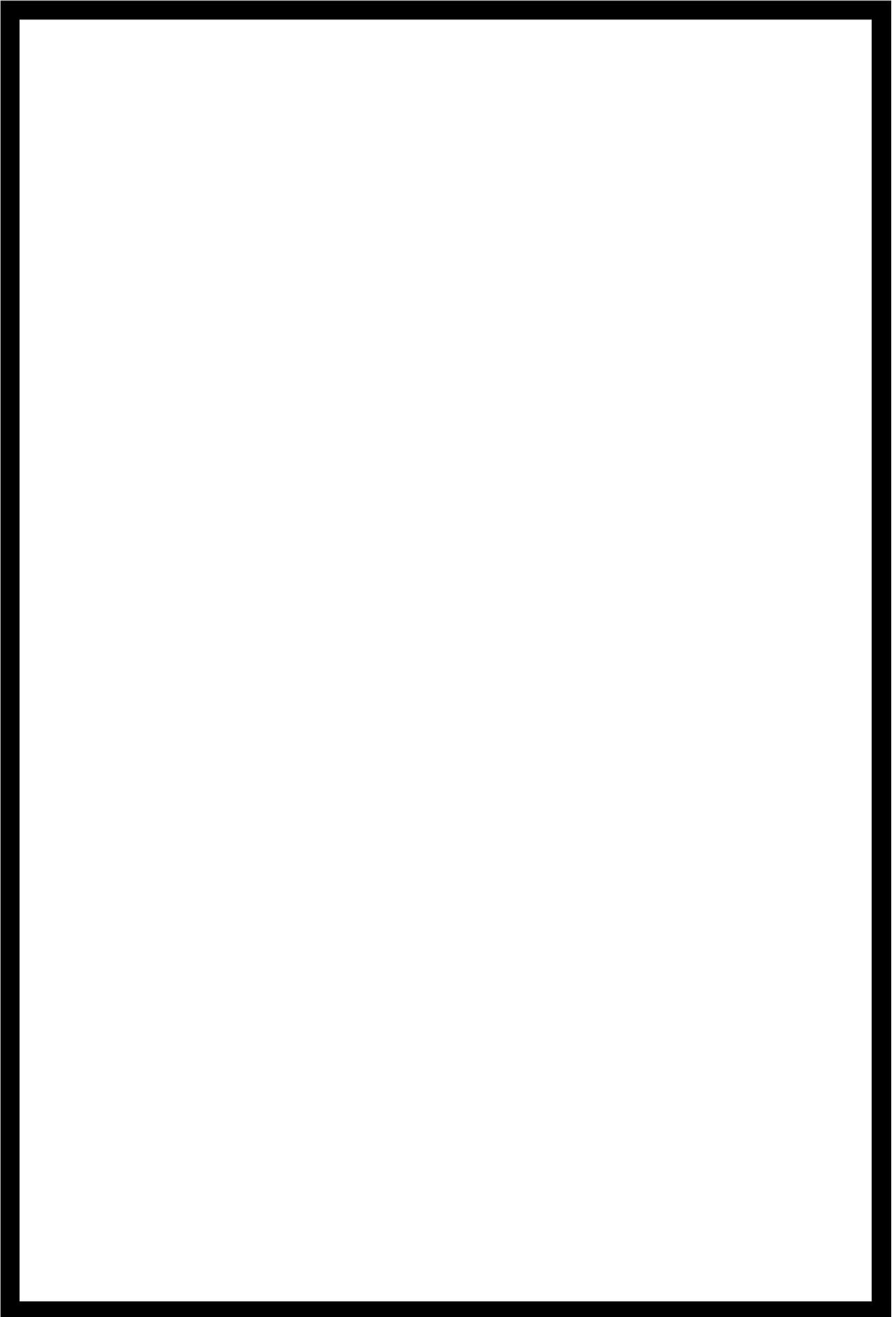
As your voice arrives at each feature, let the words out. You can say how you feel in your body, tell the story or memory you thought of, or make something up. If you don't feel connected to the landscape, say so. How does that feel?

Keep moving your voice through the landscape until it gets tired and needs a snack.

Optional extra:

You can make an actual musical map – draw in the space provided. The map can either represent the physical landscape, or the sounds you make – or both!

My musical map



If you dare!

Waves

Waves whizz around us, unseen, all the time. Waves vibrate in our bodies and brains.

Sound waves bounce off buildings, trees, mountains; deliver noises to our ears.

Imagine all the different kinds of waves in your landscape.

Use your voice or instrument to make long, slow waves. Fast, high-pitched ones.

Suddenly you find a radio wave. Is there music, or talking? **Make the sound of the radio.**

You let the radio program dissolve into static sounds, and then back to the sound of the waves in the air.

You could use distortion fx to emulate radio static

Find two, three, or more different radio programs this way.

Visit us at

www.bluejamarts.org

for ideas about using music fx and sound apps in your improvising

Finish on a very long, slow, wave.

Usual/unusual walk

As you walk in your landscape, notice the sounds that you are making, or would usually make. (Your clothes moving. Footsteps. Breath.)

Trudge. Rustle. Laugh. Whistle.

Make those sounds, more consciously. (Have the conversation you would usually have, but be aware of it.)

Call your dog. Notice that you are calling your dog.)

The sound of the beck. Here girl. Tramping through leaves.

Play with making some of the sounds a bit more... unusual. (Say one word a bit louder. Pause mid-step.)

Move as silently as possible for three seconds.)

Walk - tiptoe - walk. Whistle backwards.

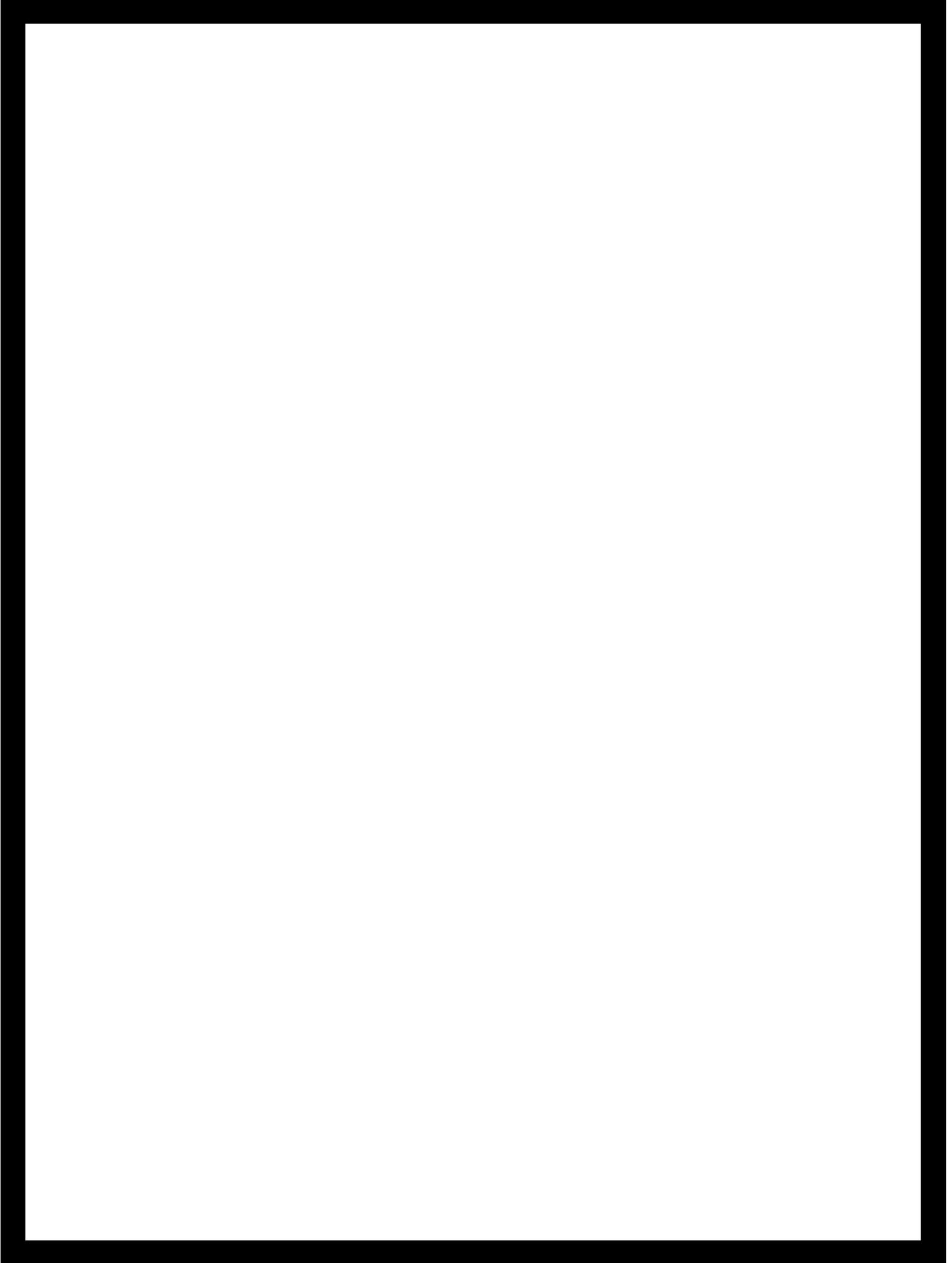
Disrupt your sounds even more. (Make a sound that has never been heard here before. Melt into the sound of the landscape. Jump out with a bang.)

Sing a song in a made-up language. Scare a tree.

Go back to making your usual sounds. The piece is finished when you stop being conscious of them.

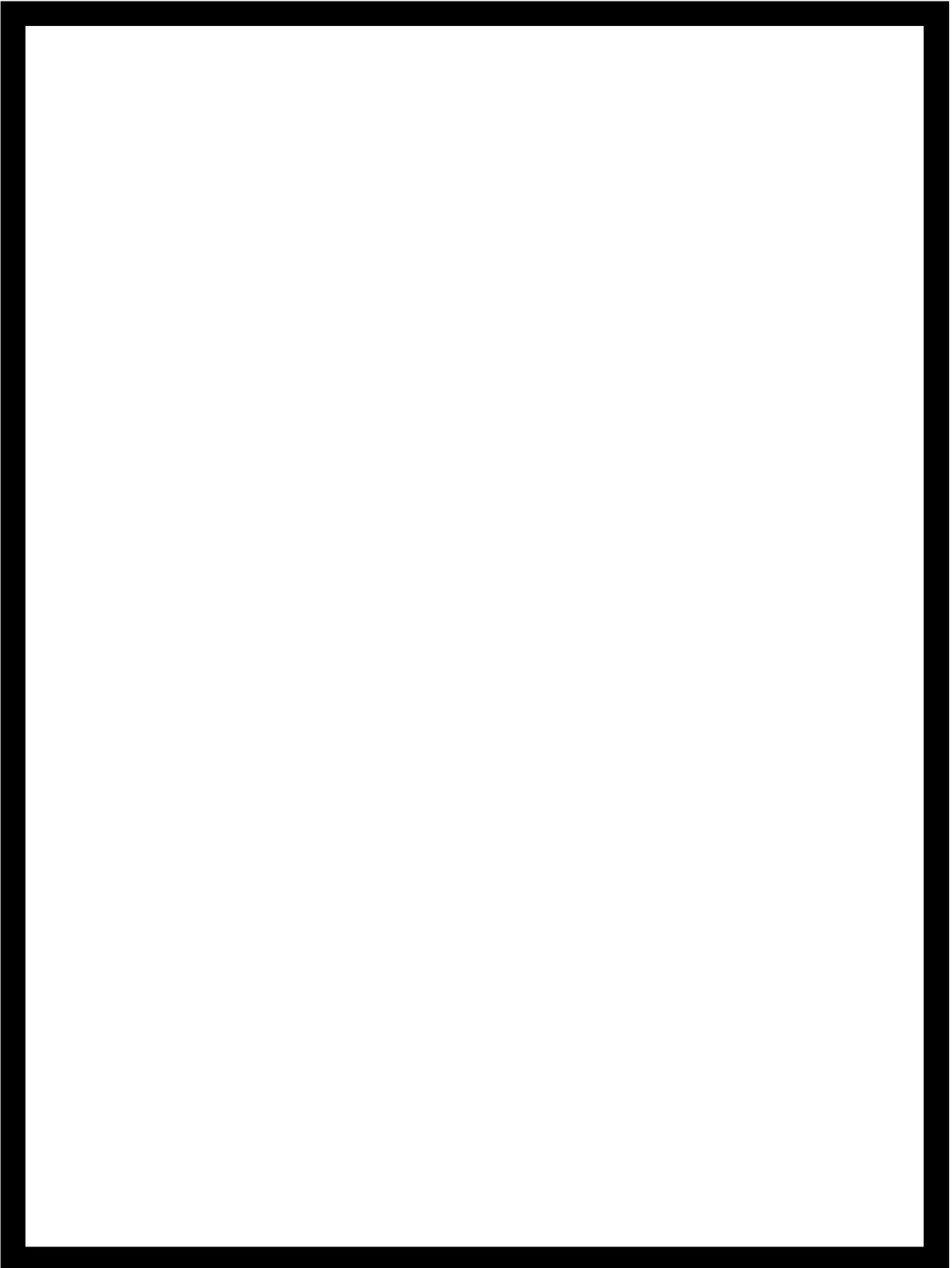
Reflections

What did you notice when you played these musical games?

A large, empty rectangular box with a thick black border, intended for students to write their reflections on the musical games.

Notes/ideas

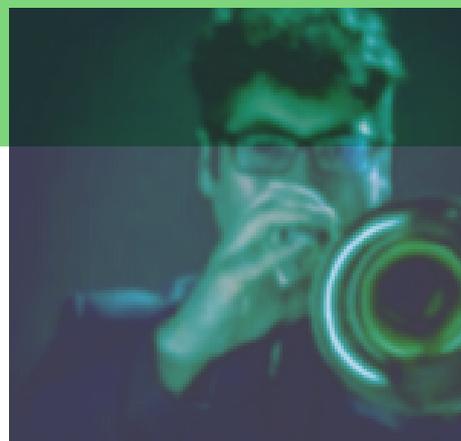
How did you make these games your own?
Do you have any new ideas for musical games?

A large, empty rectangular box with a thick black border, intended for writing notes or ideas in response to the questions above.



Jilly is an improvising jazz musician, composer, artist and founder of BlueJam Arts.

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Geoff is a jazz musician, composer and music therapist and a Director of BlueJam Arts.

Thank you for taking part in this strand of the Fellfoot Forward LPS Community Arts Programme.

We hope you enjoyed improvising in the landscape and connecting musically with the Fellfoot Forward area, and yourself.

We would really like it if you shared your experience of improvising in the landscape: how it made you feel, anything that occurred to you, or to share any music or art you made. Email us and we can send you a link to upload, or we can do it for you. You can submit material anonymously if you prefer.

Visit us:

www.bluejamarts.org/bluejamarts@gmail.com

facebook.com/bluejamartspace

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For further information on the Fellfoot Forward LPS visit northpennines.org.uk/what_we_do/fellfoot-forward