



## Case Study, July 2019

### Linda – Resonate Glasgow

Linda is an absolute joy to have as a participant on our Resonate project in Glasgow. She first came along to a gamelan course in 2016 after picking up a flyer in the Pearce Institute in Govan. She didn't know what to expect, but something caught her interest and, three years later, she has become one of our most committed members of the project.

Playing gamelan for the first time, Linda says, she felt that she could finally do something, and be appreciated for her ability, not judged for her disability. Linda, now in her 60's has lived in Glasgow since she was very young. She has a physical disability, some learning difficulties and mental health needs, but despite using a wheelchair Linda will always take part in activities if she can. Led by our experienced facilitators, in partnership with Independence, the course included expressive movement and was fully inclusive to all. Linda loved it, and soon progressed to our weekly gamelan course in Campbell House, which she still attends regularly. In 2019 Linda gained a nationally-recognised Level 1 Music Ensemble Skills OCN qualification award through Good Vibrations:

*"I'm so happy. I got my OCN certificate today. It's so cool. I'm so pleased. That's made my day. It's my very first qualification of any kind . . . It's absolutely fantastical."*

Linda has contributed a huge amount to Resonate Glasgow, and to Good Vibrations as a whole. She suggested that we run an extension group in Glasgow so that participants like herself, who really wanted to learn and improve, could play music together. This extension group is in the process of being set up, co-designed by participants and has great ambitions for future performances across the city. She has also linked us to The Advisory Group (TAG), who she is an advisor for. TAG is a national organisation that promotes inclusion and fights discrimination. As a result of this, Good Vibrations has set up a gamelan project with TAG and two of its partner organisations, Community Lifestyles and KEY Community Supports.

We, in turn have supported Linda in other ways. For example, we advocated for her to improve her level of care, and to improve the service she received from her local taxi company. We linked her up with Common Wheel, a group supporting people with mental illness. We told Linda about concerts with the BBC Scottish Symphony Orchestra and Gamelan Naga Mas performances at the Royal Conservatoire of Scotland and Kibble Place so she could hear gamelan played at a professional level. We linked her to an inclusive new music ensemble, Sonic Bothy, who she attended a workshop with at The Royal Concert Hall. This has been one of the biggest benefits for Linda – getting access to hearing about activities, as she does not use a computer and cannot always read leaflets with small print.

Within Resonate sessions and breaks we talk about where and when these activities are, how to get to the venues, access into the buildings and also chat about the type of music it will be. Afterwards we can discuss things like the difference between a grand piano and an upright piano, traditional and improvised music, and share stories about the experience.

Linda loves being part of the Resonate project: *"I find it very, very therapeutic and unique because it's Indonesian music ... I love the whole group. They're so good to me ... It's the only group I've been to that has treated me as a person, as a human being, and ignored the wheelchair ... The time I did OCN, Mags was fantastic. Really good. And it's good news about joining Common Wheel too. I also went to a [concert] at the Pearce Institute with Mags and there was dancing and everything. It was a really good night."*

And we too have benefited hugely from having Linda as a participant. She is enthusiastic, a great team player, and is an inspiration to those around her. We hope she will carry on being part of Resonate for years to come.

You can see Linda talking about her experience at *Resonate Glasgow* here:

[www.youtube.com/watch?v=ztbZ8E71vNg](http://www.youtube.com/watch?v=ztbZ8E71vNg)

