



Together with Music

in partnership with

National Thank you Day



SUNDAY
5TH JUNE
#THANKYOU DAY

Community Music Pack

Sunday 5th June is the culmination of The Queen's 70th Jubilee Celebrations. Let's celebrate by making it the biggest **Thank You Party** ever. Let's come Together with Music to thank the Queen for her service and also all the people around us that make our lives better!

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This pack has been designed to help you connect with your community through music, but, first who are we and what is National Thank You Day?

What is Together with Music ?

Together with Music is a national, intergenerational programme. An innovative partnership between Care England and Intergenerational Music Making (IMM) that connects schools, community groups and creatives to their local care homes and older people through music.

The project tackles;

- ★ Loneliness and isolation by supporting older people
- ★ TWM supports those living with dementia
- ★ Aims to create stronger, healthier, intergenerational communities across the UK.

What is Thank You and Jubilee Day?

- ★ As part of Thank You Day, Together with Music are encouraging care homes, hospitals, sheltered accommodation, schools, community groups and choirs to take a moment to say **Thank you for the Music** and reach out to those around you! Sometimes music reaches the words that we struggle to find. There are so many ways that you can get involved and say Thank you for the Music and we are here to help you make it happen!
- ★ That's why Sunday 5th June is this year's Thank You Day. We're getting together as friends, families, neighbours and communities, to raise a glass to The Queen for 70 years outstanding service, and say a great big thank you to each other as well. Let's do it in style.

Let's make this the biggest thank you ever!

Click [HERE](#) for more info



Why Music?

- ★ Music is a universal language and has the power to promote wellbeing and social connection and build bridges independent of age, race or state of health.
- ★ Everyone has the ability to respond to music and we use this connection to facilitate positive changes in emotional wellbeing and communication.
- ★ Helps build confidence and empathy, develop cognitive and communication skills, improve learning and care whilst increase mutual understanding to tackle divisions whilst creating more cohesive communities.
- ★ Encourage socialisation and new connections, creativity challenging inhibitions and fostering musical expression.
- ★ Support people recovering from the widespread impact of Covid-19.
- ★ Music will continue to play a pivotal part in how we recover, rebuild and reconnect with our communities.

Benefits of Singing



- ★ Supporting our mental health and mood
- ★ Relieving stress
- ★ Nurturing our immune system
- ★ Developing a sense of belonging and connection
- ★ Enhances memory in people with dementia



How can you get involved on the day...

At 1pm on Sunday 5th June, we want the nation to erupt in music to kick off **The Big Jubilee Lunch**

We want to help you connect with your neighbours, family, friends and community.

Here is how -

- Step 1 -** Start planning your Big Jubilee Lunch. Who do you want to invite and how do you want to celebrate? Check out more information **HERE**
- Step 2 -** Invite your friends, neighbours and family to your Big Jubilee Lunch using the invitation below.
- Step 3 -** Sign up to **Together with Music** if you would like support in connecting with care homes, schools and community groups in your area
- Step 4 -** Learn the song, ready to sing with you community on June 5th - we have included the lyrics and backing track in this pack
- Step 5 -** Print our your decorations, ready for the party. We have included some bunting and posters
- Step 6 -** Enjoy your Jubilee Celebration, say thank you to your community and keep us posted



Simple ideas to get involved...

**Dust off your instruments and warm up those vocal chords.
Play or sing-a-long in a UK wide performance with your friends,
local community or music group!**

- ★ Step outside your front door and just sing
- ★ Start a choir and sing outside together
- ★ Sing outside a care home or hospital
- ★ Sing with your friends
- ★ Sing along to the radio
- ★ Learn the song and perform with your choir or music group

Or

Join Together with Music's National

ONLINE THANK YOU DAY PARTY



- ★ Live performances
- ★ National networking
- ★ Songwriting workshops
- ★ ONE BIG SING

Sweet Caroline - Neil Diamond

LYRICS:

Where it began, I can't begin to knowing, But then I know it's growing strong

Was in the spring, And spring became the summer

Who'd have believed you'd come along

Hands, touching hands

Reaching out, touching me, touching you

Sweet Caroline

Good times never seemed so good

I've been inclined

To believe they never would

But now I

Look at the night and it don't seem so lonely, We filled it up with only two

And when I hurt, Hurting runs off my shoulders

How can I hurt when holding you

One, touching one

Reaching out, touching me, touching you

REPEAT CHORUS X 2

- ★ **Print off the lyrics and chords**
- ★ **Learn the song by singing along to the**
[Original Backing Track](#)
- ★ **or Play along with your guitar!**
[Tutorial HERE](#)



Dancing Queen - ABBA

LYRICS:

Ooh You can dance You can jive Having the time of your life Ooh, see that girl
Watch that scene Digging the dancing queen

Friday night and the lights are low Looking out for a place to go Where they play
the right music Getting in the swing You come to look for a king Anybody could
be that guy Night is young and the music's high With a bit of rock music
Everything is fine You're in the mood for a dance And when you get the chance

You are the dancing queen Young and sweet Only seventeen Dancing queen
Feel the beat from the tambourine, oh yeah You can dance You can jive Having
the time of your life Ooh, see that girl Watch that scene Digging the dancing
queen

You're a teaser, you turn 'em on Leave 'em burning and then you're gone Looking
out for another Anyone will do You're in the mood for a dance And when you get
the chance

You are the dancing queen Young and sweet Only seventeen Dancing queen
Feel the beat from the tambourine, oh yeah You can dance You can jive Having
the time of your life Ooh, see that girl Watch that scene Digging the dancing
queen Digging the dancing queen

- ★ **Print off the lyrics and chords**
- ★ **Learn the song by singing along to the**
[Original Backing Track](#)
- ★ **or Play along with your guitar!**
[Tutorial HERE](#)





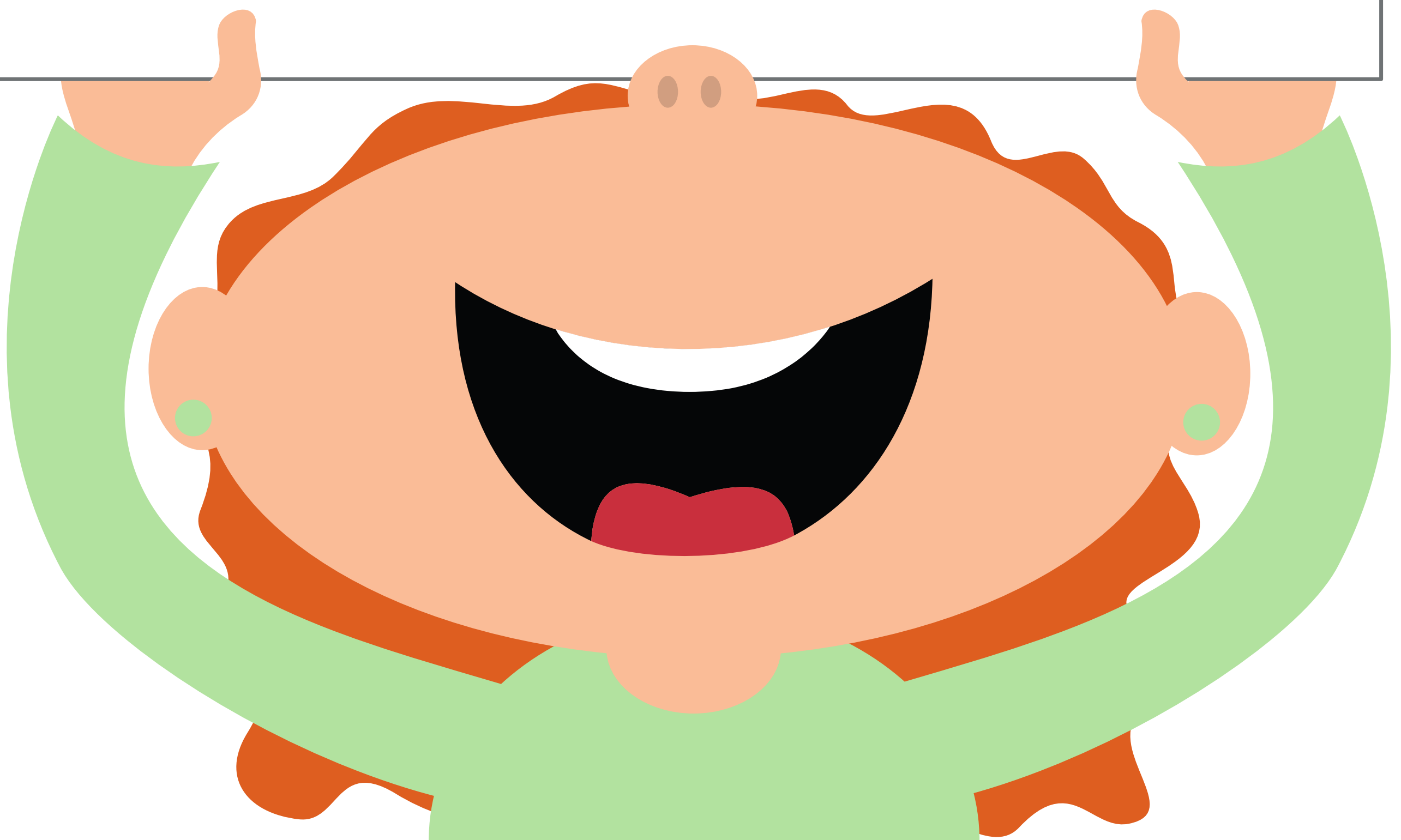
Resources

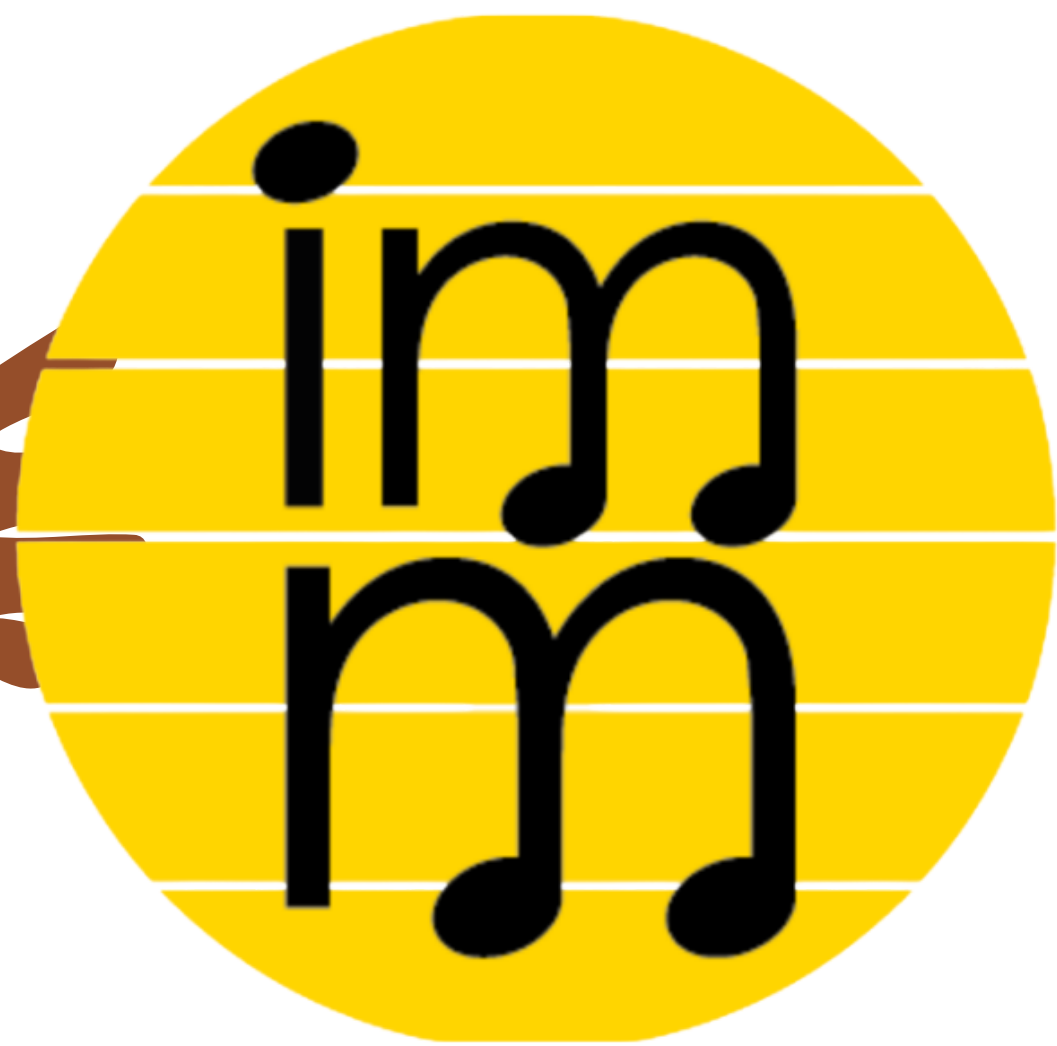
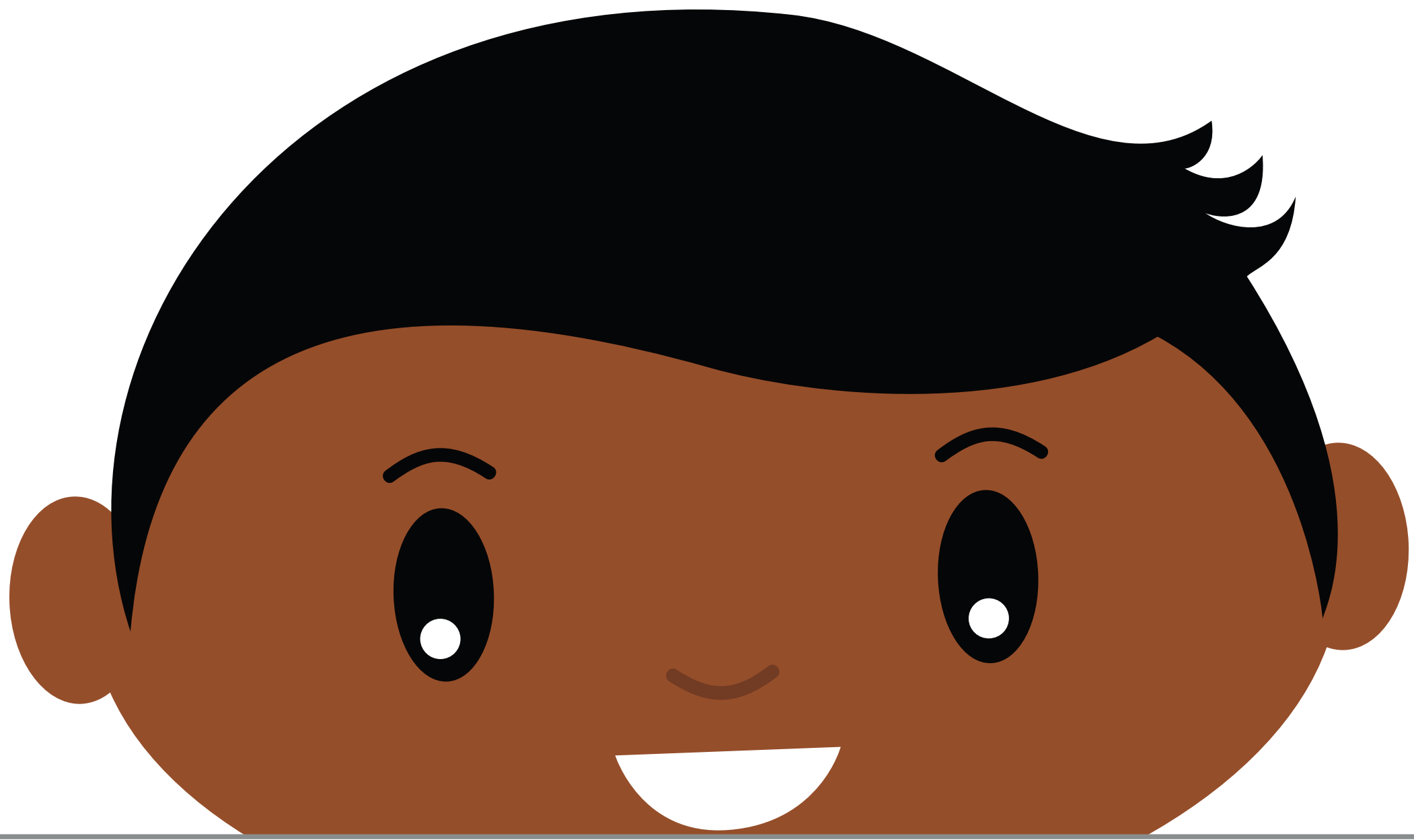
Why not use some of our resources?
Hang up our posters and decorate your school or
care home with bunting!



SUNDAY
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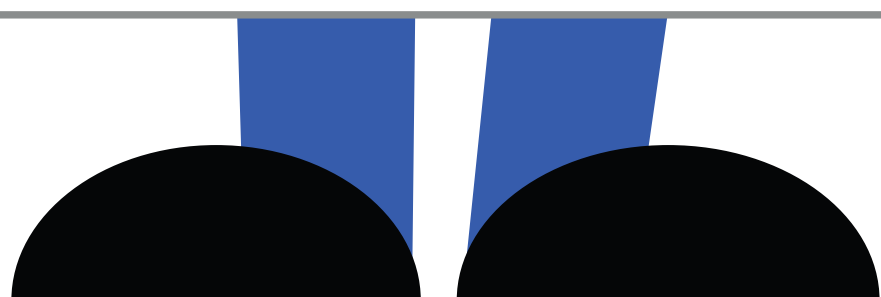
#THANKYOU DAY





SUNDAY
5TH JUNE

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THANK



YOU

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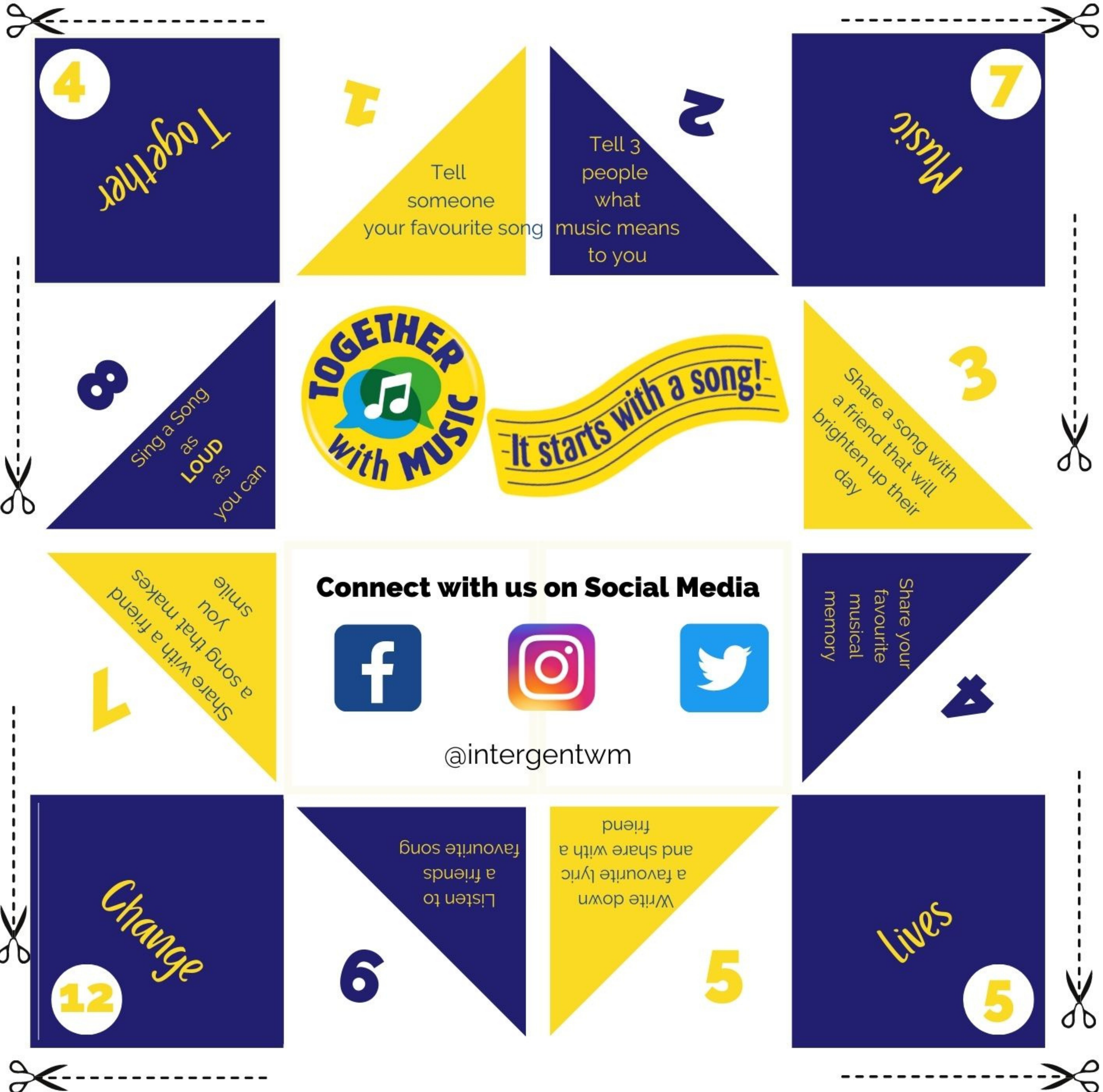
YOU

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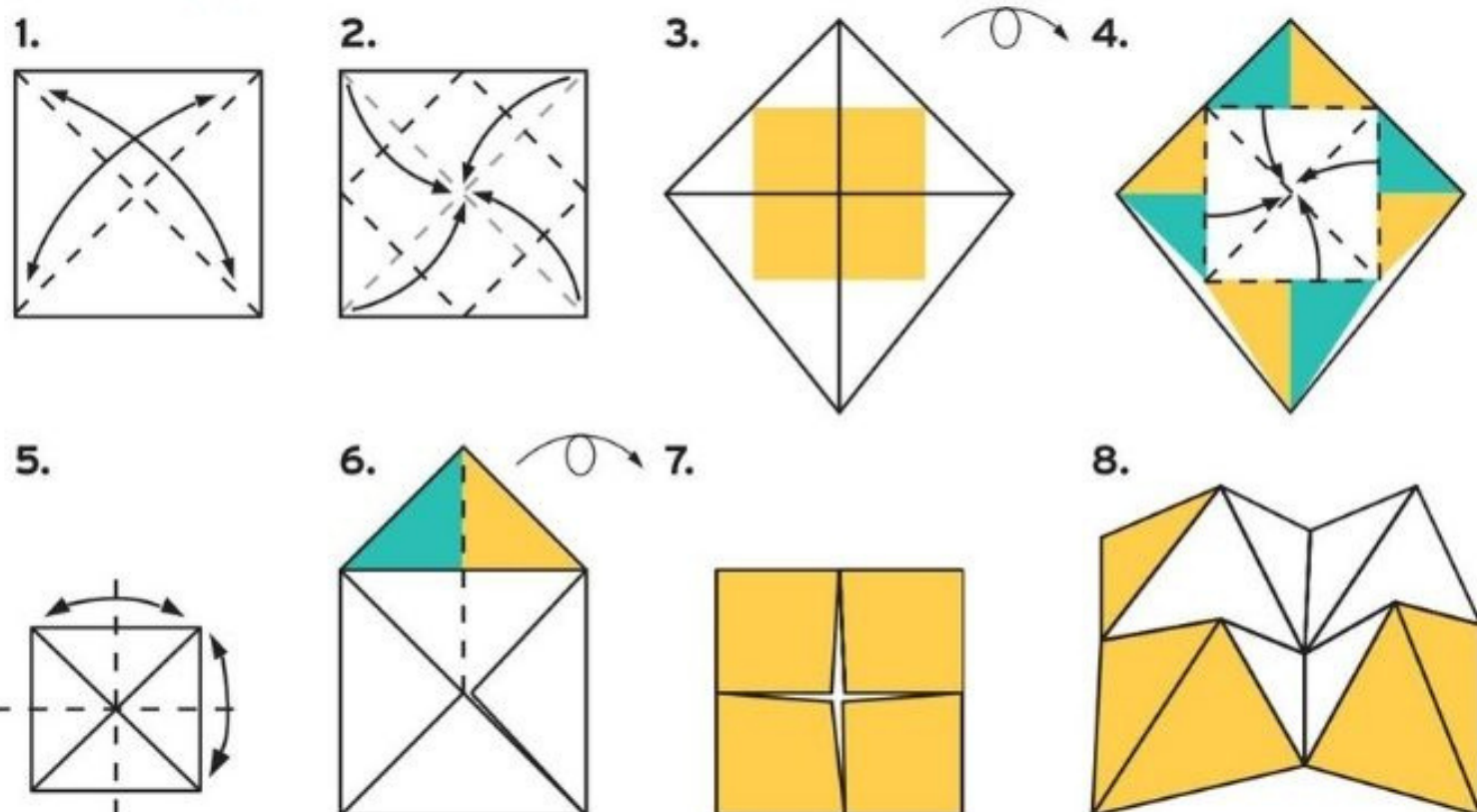


DAY





Folding instructions



How to make a conversation

Pick a circled number and open in alternate directions that amount of times

Pick a blue or yellow number and open alternately that amount of times

Pick your final number, open flap and start conversation

Take it one step further and
support Together with Music by
Fundraising on the day!

**Together with Music
Fundraising 'How to' Guide**



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Why Fundraise?

Together with Music relies on fundraising, but it's not just about the money. Fundraising helps promote our programmes message and goals, encouraging others to get involved and to spread the word across the UK.

Your support will help us continue to:

- ★ Tackle loneliness and isolation and improve the lives of those living with dementia.
 - ★ Improve mental health and wellbeing across the generations encouraging self-confidence, creativity and community spirit.
 - ★ Build stronger communities for years to come.
 - ★ Inspire others to join the Together with Music network of connection.
-

We recognise the importance of access to specialist intergenerational Music Therapy/Making and we want everyone to benefit. Your support matters and together we can spread more joy and connection through music.





How will your donations be used?

Any funds raised will go towards supporting
Together with Music.

Your donations will go towards:

- ★ Helping us sustain, manage and develop our online membership platform so that we can create more intergenerational connections and bring more people together through music.
 - ★ Supporting our team of UK wide TwM connectors and facilitators, enabling them to continue offering vital support to our members, both young and old.
 - ★ Continuing TwM Live sessions and other creative initiatives that encourage connection and the use of music in everyday life.
 - ★ Spreading awareness around Together with Music, highlighting the importance of music within health and wellbeing and showcasing the role it can play in creating positive social change.
 - ★ Helping us deliver on the ground music projects and training for care staff, teachers and students to empower and embed these wonderful intergenerational connections across your community.
-






How to fundraise on the day?

1

Choose your fundraising activity!



We have come up with two simple ideas to get your fundraising kickstarted:

1. **Thank you Cake Sale!**
2. **Musical Icon Dress up!**

However, you can be as creative as you like and come up with your own idea too or opt for choose from one of our other ideas!



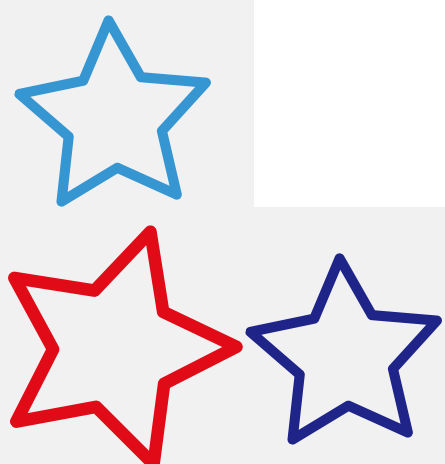
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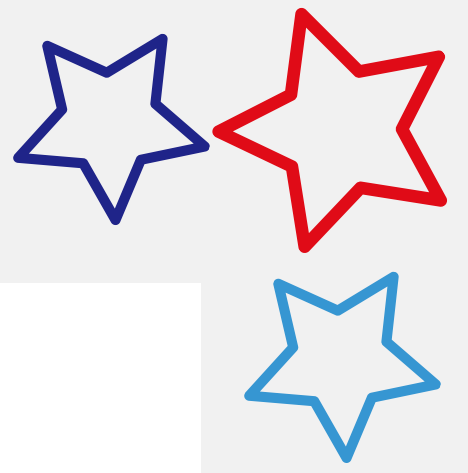
Spread the word!

Let everyone know what you're doing, why you're doing it and when!



Use our handy '**Spread the word**' poster on **Page 11**.





3 Start raising money!

Now you're ready to start raising the funds!
Let everyone know how to donate to support your fundraising activity. You can do this by using your usual fundraising method. See our Step by step guide on setting up a Just Giving on page 12.

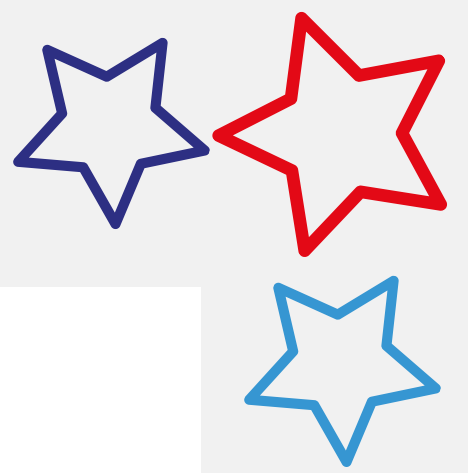
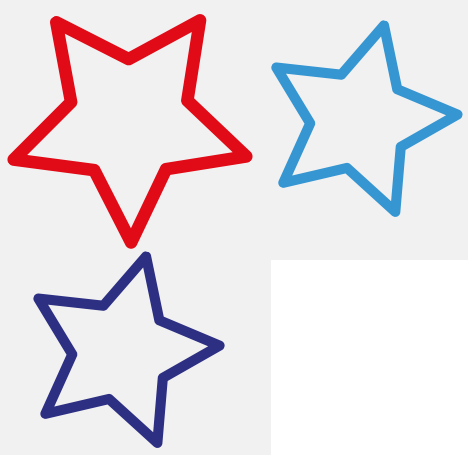


Donate your funds!

4

Simply visit our donation page [here](#) and donate the funds you've raised!





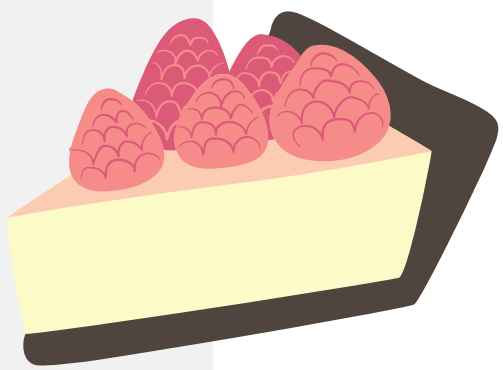
Cake Sale

If you love cake and buns... Why not do a bake sale?

Get your entire organisation involved in a Together with Music Cake Sale! Get family, friends, teachers, care staff, care assistants and others involved! Time to put your baking skills to the test!

Bake some cakes and buns!

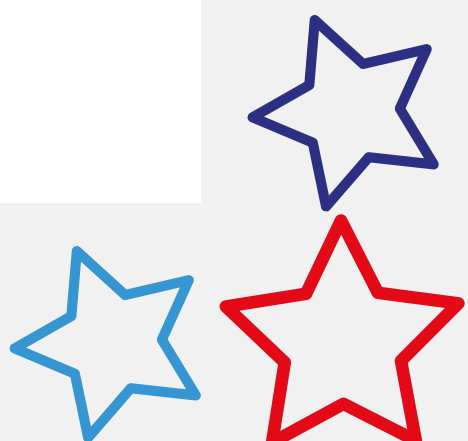
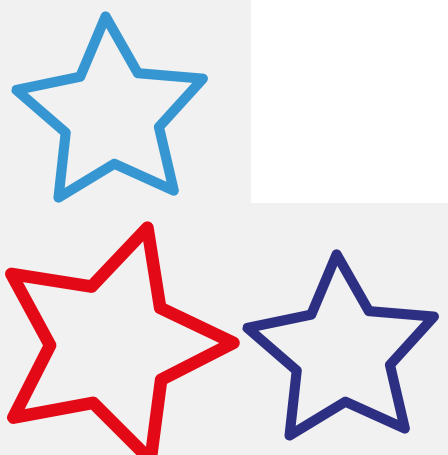
Encourage everyone to get involved and find a spot in your venue to sale some cakes! Spread the word, invite people to come and chat, sing and eat!



Not sure what to bring/make?



Cookies
Cupcakes
Cakes
Brownies
Rocky Roads
Fudge
Scones
Donuts
Cake Pops
Chocolate Strawberries



Musical Icon Dress Up Day!

A chance to dress up as a favourite musical icon and donate £1 to support the work of Together with Music. Follow our simple guide below to making your fundraising day a success!

1 Pick a Musical Icon!

Get everyone thinking about their favourite musical icons of all time and who they want to dress up as!



2 Spread the word!

See our handy '**Spread the word**' on the next page with all the information you need to help spread the word!

3 Plan your day!

Don't forget to remind everyone to donate to your Thank You/Jubilee Day! Who can be the most creative? Who can get involved in helping? Who can you invite? Who can decorate using our resources?



Spread the Word!



We recently took part in **Together with Music** - an intergenerational programme centred around connection, community and music! This has been a truly worthwhile and rewarding initiative to be involved with. Not only has it helped to tackle loneliness and isolation of some of the most vulnerable in our community but it has also encouraged self-confidence, creativity and community spirit amongst all those who took part.

We are taking part in this year's Thank You Day. We're getting together as friends, families, neighbours and communities, to raise a glass to The Queen for 70 years outstanding service, and say a great big thank you to each other as well. Let's do it in style.

This is what we will be doing on Sunday 5th June...

How can you sponsor us?

Simply visit [here](#) to donation platform and make your donation.

Every penny raised will help **Together with Music** continue creating intergenerational connections through music and song, bringing joy and positivity across our communities!

You may like to take a look at the **TwM** website [here](#) and follow them on Facebook / Twitter / Instagram - @intergentwm

Need any help?

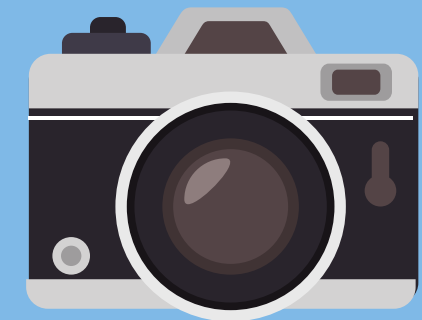
Help?

Together with Music is always on hand to help you in any way. The Together with Music programme has always been about making it work for our organisations and their individual needs so if you need further support please don't hesitate to get in touch [here](#).

Document the day!

Share your pictures and videos:

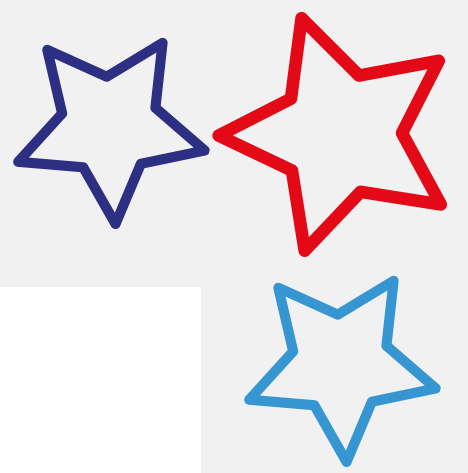
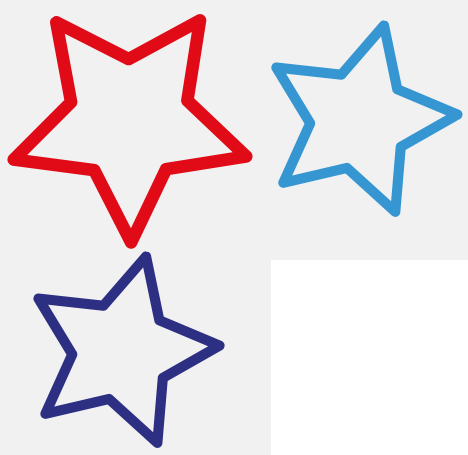
- on social media and don't forget to tag us @intergentwm #itstartswithasong #thankyouday
- by email - hello@togetherwithmusic.org.uk



Not for you? Try something different...

Every pound raised counts so we welcome all of your fundraising ideas! Here are some more suggestions to inspire you:

- Musical themed cake sale or cake decorating competition
- Sponsored walk with a singalong
- Musical games and activities day
- Danceathon with a theme (eg. dance your way through the decades)
- Dress up as favourite musical icon
- Joint dance / disco with your TwM connection
- Afternoon tea party with your TwM connection
- A TwM concert for family and friends



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WE ARE PROUDLY FUNDRAISING FOR
TOGETHER WITH MUSIC!

**BRINGING GENERATIONS TOGETHER THROUGH
MUSIC AND SONG!**

We will be taking part in:

.....
(fundraising activity)

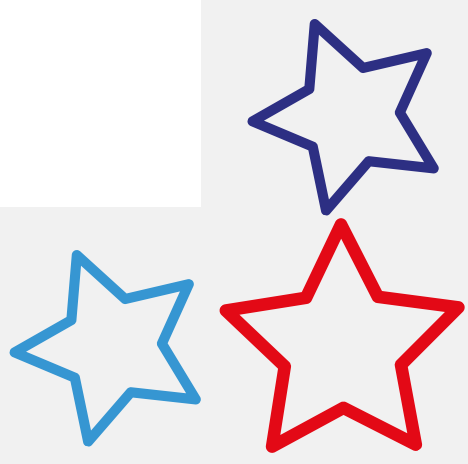
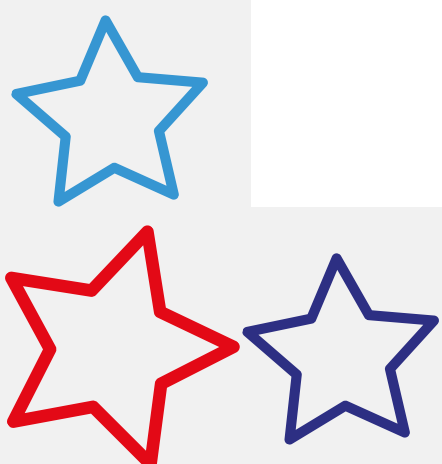
On:

.....

Every pound raised will help Together with Music
continue creating intergenerational connections through music
and song, bringing joy and positivity across our communities!

YOU CAN MAKE A DIFFERENCE AND DONATE NOW!

.....
(fundraising details)





Step by step guide

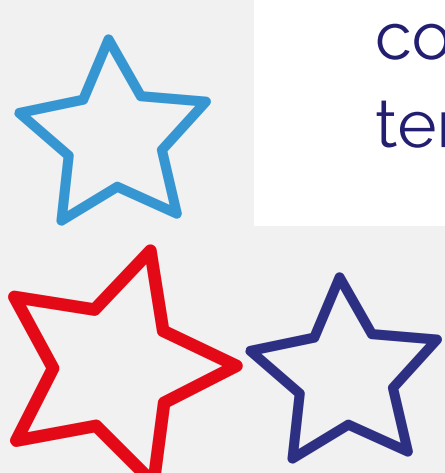
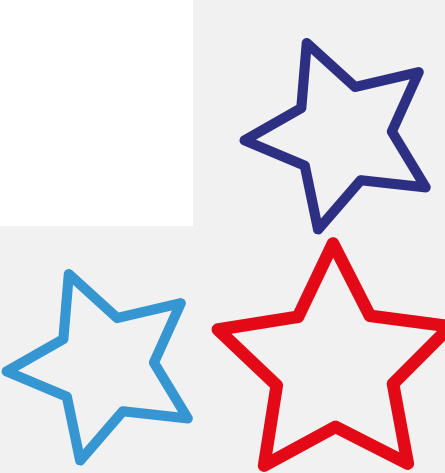
How to set up a Just Giving page

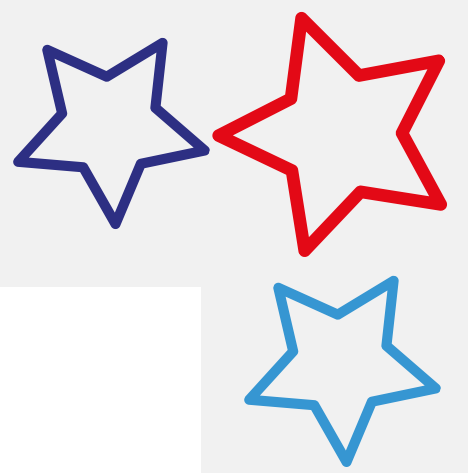
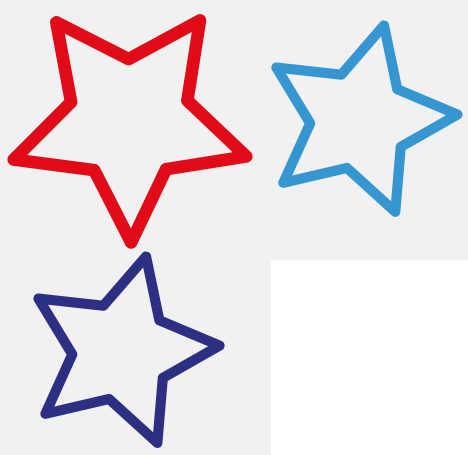
1. Visit [here](#)
2. Click on "Start fundraising"
3. Click on "My own cause"
4. Click on "Sign up" and enter your details if you are new to Just Giving or simply login if you already have an account
5. Under "Let's Get Started" you can then enter a financial target if you wish and add what you are raising money for. Some suggested wording:

For donations to support TwM: "Support the work of Together with Music, working to tackle loneliness and isolation, improve mental health and create stronger communities by connecting care homes and schools / community groups through music"

For funding your own TwM project: "Fund our very own Together with Music project (add details of your bespoke project here)"

Finally, select "social welfare" from the drop down 'Category' box and click continue

6. You then have the option to add a photo and write your story - these are optional!
 7. Customise your page link
 8. Confirm your details as requested
 9. Follow Just giving's instructions on adding your bank details
 10. You're ready to share your unique Just Giving link in your communications to families and loved ones using our suggested templates!
- 
- 



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A BIG Thank you!

Thank you so much for starting your fundraising journey and for getting involved in Thank you Day!

If you have any questions please email
hello@togetherwithmusic.org.uk

