

TUNE UP REGISTRATION 2020

NAME:			
PHONE:			
ADDRESS			
PLEASE TICK WORKSHOPS BELOW			
MUSIC FRIDAY	<input type="checkbox"/>	COMEDY & Creative Writing FRIDAY	<input type="checkbox"/>
MUSIC SATURDAY	<input type="checkbox"/>	COMEDY & Creative Writing SATURDAY	<input type="checkbox"/>
If you need a RIDE to and from the venue please tick below. You MUST register by 16 July if you want transport.			
I want a ride on FRI	<input type="checkbox"/>	I want a ride on SAT	<input type="checkbox"/>

PROUDLY
BROUGHT
TO YOU by



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

Register by **FILLING OUT THIS FORM** and returning it to
306 Tristram Street
or you can register online using the link on our facebook page
For more information please contact

Centre 401 Trust 07 838 0199
email: admin@centre401.co.nz



ABOUT TUNE UP

Tune Up is a two day music, creative writing and comedy workshop event facilitated by experienced tutors who also have experience of mental illness. The purpose of Tune Up is to assist in the creation of original music and comedy. Originally developed as a launching pad for Mad Pride performers Tune Up is now accepted as an important recovery event in its own right. Tune Up is an incredibly supportive environment in which participants can gain skills and confidence to express themselves through performing arts. The Tune Up workshops are only open to people with experience of mental illness. This provides a very safe environment for attendees to express themselves. The facilitators we employ have also experienced mental illness and recovery and are ideally suited to supporting the participants through the creative process. Through music and laughter we arrive at a place where we have created something, achieved something that makes us a little bit more whole than we were before. This process

provides a platform for further self discovery, involvement, connection and hope.

Anyone with past or present experience of mental illness can register for the Tune Up Workshops.

Just fill out the registration form on the back page of this booklet and drop it off to **Centre 401 Trust at 306 Tristram Street** to book your spot. If you are a local performer who would like to help out get in touch with us. You can also register by clicking on the link on our Centre 401 facebook page.

WHO CAN ATTEND

Centre 401 Trust is a Peer & Self Help Centre for people with mental illness. We operate on a membership basis; you need to become a member to use our services. We assist people on their recovery journey with information, support and help to move forward with their plans. We offer one to one help, workshops, events, initiatives and an informal peer support hub. To become a member of Centre 401 just make an appointment via reception.

Peer Support means that we offer a range of ways to benefit from the unique wisdom which we all bring to the Centre from our own experiences of recovery.

People can learn and share this wisdom at some of our weekly workshops or by making an appointment with a Quest worker to have regular catch ups to move forward in recovery and work through challenges you are experiencing.

You can use your creative skills to help with our initiatives such as our Mad Pride Gig, Matariki celebration or Planet 401 Magazine which are creative ways of sharing our stories of recovery.

Or you may just want to enjoy an informal cup of coffee with another person who has come into the Centre for that very same thing in one of our conversation areas. To join Centre 401 Trust just make an appointment to become a member by calling 838 0199.



ABOUT CENTRE 401

MAD IN NZ



22th OCTOBER 2020 BIDDY'S BACK BAR

MAD PRIDE 2020

Many of the people who attend Tune Up are keen to be involved with Mad Pride which is celebrated all around the world. In Hamilton, Mad Pride is a gig held in Oct/Nov where people with experience of mental illness perform original songs, poetry and comedy.

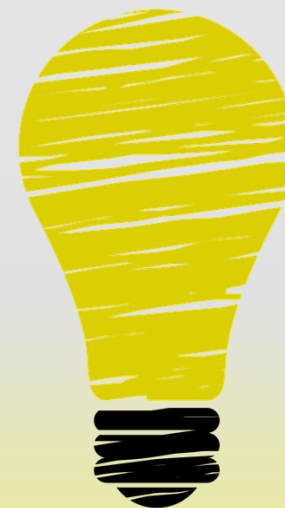
The purpose of Mad Pride is to bring people together to celebrate the unique and powerful culture associated with recovery while having the experience of mental illness. Mad Pride is about recognising and showcasing the talents of our community while expressing hope and acceptance through music and comedy.

Keep in touch with us to book your spot in the line up or come along and enjoy the show.

WHAT TO BRING

Any original lyrics, music or comedy ideas that you would like to develop, original poetry you would like to put to music or any half written songs or comedy ideas you would like to see come to life. If you have a musical instrument you can bring it along to use.

Please try and make it to our WHAKATAU on Friday morning . This is where we can get to know each other and what



WHAT WE PROVIDE

These workshops are FREE !

Centre 401 provides lunch Fri & Saturday. Tea, coffee and snacks are available throughout the day. Chocolate!!! PA equipment and a few guitars and ukuleles. Transport to and from the venue is provided if you register before 16 July. Please tick the transport box on the back of this pamphlet if you require transport.

Comedy & Creative Writing Workshops

Learning experiences in comedy and creative writing for all, regardless of skill level. Develop original lyrics, poetry, stand up or stories. These workshops are heaps of fun and totally pressure free. You must have a funny bone and bring your own sky hook and tartan paint.



MEET THE
COMEDY &
CREATIVE WRITING

Andre King

Comedian Musician Actor Voice Artist

Andre King is a stand up comedian from small town New Zealand (Mangakino) and a veteran of the NZ comedy circuit. He has performed at comedy festivals and venues all over the world and was rated 5 stars for his show 'An Audience With The King' at the Edinburgh Fringe Festival. In addition, he has found critical acclaim as an actor and screen writer.

This is Andre's seventh year at Tune Up and we are thrilled to have him returning. If you've ever fancied yourself as a stand up comic or musical parody or are interested in creating sketch comedy just for fun then this is the event for you.

Feedback from 2014 participant...

"The comedy tutor (Andre King) allowed us to laugh and be ourselves without any judgement or pressure to perform; providing a healing atmosphere and unique approach to mental well being"

PROGRAMME

FRIDAY

- 9:00 - Whakatau & cuppa -
- 10:00 - **Music and Song Writing**
Components of song writing
Comedy & Creative Writing Workshop Starts
- 10:30 - Individual and Group/Band planning
- 10:45 - Music and Songwriting Time
- 12:00 - Lunch
- 1:00 - Recap - Whole Group
- 1:10 - **Music and Song Writing**
Comedy & Creative Writing Workshop
- 1:40 - Music and Songwriting Time
- 3:00 - Afternoon Tea
- 3:30 - Music and Songwriting Time
Comedy & Creative writing Workshop
- 5:00 - Finish, group reflect for the day

SATURDAY

- 9:00 - Cuppa and warm up - Gareth
- 9:15 - Music and Song Writing Check In - Individual and Group/Band planning
Comedy & Writing Workshop
- 9:30 - **Music and Song Writing**
- 10:00 - Music and Songwriting Time
- 10:30 - Morning Tea
- 11:00 - Music and Songwriting Time
Comedy & Creative writing Workshop
- 12:00 - Lunch
- 1:00 - Recap - Whole Group
- 1:10 - **Music and Song Writing**
Performance and Stagecraft
Comedy & Creative Writing Workshop
- 1:40 - Music and Songwriting Time
- 3:00 - Show Off
- 5:00 - Poroporoaki

THE VENUE

The Link Community Centre,
6 Te Aroha Street, Hamilton East,
Hamilton

The venue has different spaces to work in and is located close to a large park. The Link is operated by St Andrew's Presbyterian Church and is a development in the church's social outreach programme in Hamilton which stretches back to 1885.

The redevelopment comprises a variety of halls and lounges which are available for seminars and small conferences. The venue is available to hire in its entirety or one room at a time, and both commercial and non-profit community organisations are welcomed. In addition, The Link is an excellent venue for weddings when combined with the historic St Andrew's Church next door.



MUSIC WORKSHOPS

The music workshops are structured with four 20 minute sessions on different aspects of song writing along with unstructured time to go about your own work. Participants come together at the beginning of Tune Up to discuss music writing ideas and tips. You can collaborate as a group or work by yourself. Tune Up music mentors help you to complete a song by the end of the Tune Up.

Song writing tips, lyric development, matching the melody and song structure are all things we can help you with.

Often people bring a song they have already started working on which they can get help to finish off. You will also get a chance to perform your song if you want. This can be at the show off concert at the end of the two days or during the two days just with mentors to give you performance tips.

We will have basic recording gear available to capture your music for future development.

MUSIC WORKSHOPS

Gareth Edwards

Born and bred in Manchester, England there were only two choices - football or music. Gareth is an average footballer. But his musical talents were nurtured by his musical parents and a piano teacher from the Hallé Symphony Orchestra. Even at a young age, music was first and foremost a refuge - a magical place to get happily lost in composition and melody. Unusual circumstances were the catalyst for Gareth's exploration of songwriting and sharing with others. A quarter-life crisis in his mid-20s saw him experience extreme lows and highs resulting in homelessness and hospitalisation with a diagnosis of bipolar. The psychiatric ward was the venue for Gareth's first gigs and his post-hospital recovery journey saw the start of songwriting about life, love and happiness. After moving to Aotearoa | New Zealand, kiwi legend Johnny Matteson (the original 'Mad Musician') took Gareth under his wing and gave him his first break at a local *MadPride* gig. The warm response that night showed him that there was a hunger for music that fed the soul and celebrated life. Gareth has been running *MadPride* songwriting workshops and gigs for over a decade, whilst performing his blend of songs and story telling across the country at mental health services and conferences.



MUSIC WORKSHOPS

Arana Pearson

Arana Pearson is an educator, musician and writer who became involved in the mental health service sector some years after his own experience of using mental health services in New Zealand. Arana released a CD music recording of the mental health consumer anthem "I'm just a little mad" (2000) and a relaxation CD of Piano music (2003) and is involved in Mad Pride concerts throughout Australasia. Arana was also involved in founding The Hearing Voices National Network and Keepwell LTD. Arana is passionate about recovery and Peer Support for Mental Health having worked in several Peer Support Services NZ over the last 20 years.



Johnny Matteson

Johnny has performed original music and been involved with Mad Pride with the release of his song "Psychiatric Survivors". He visited high schools in Auckland for 6 years teaching song writing along with teaching about stigma and discrimination associated with mental illness. Johnny was a founding member of Toi Ora Live Art Centre in Auckland and did a cameo performance in the movie, *Insatiable Moon*.

