

Seeds and Songs

An exciting singing project for children aged 7 – 11yrs.



- singing
- songwriting
- drama
- make new friends
- learn new songs from different cultures
- share songs you know
- opportunity for parents to sing with the CROSSINGS Womens CHOIR (see overleaf)



Join us to sing and have fun at our weekly sessions.
Plus a special 3 day project in February Half term!

Travel costs refunded – please keep bus/metro receipts.
Taxi transport available if required.

All activities are **free** and no previous experience of singing is needed.

The Sage Gateshead

4.30 – 6pm each Tuesday during term time
4 January – 1 March 2011 - FREE!

Call Sylvia Hesketh on 0191 443 5165 if you have any questions.

CROSSINGS WOMEN'S CHOIR

Come to our women-only choir – bring your songs, learn and create new songs, make new friends

Crossings is a cross-cultural music project and ALL WOMEN are welcome!

We meet every Tuesday from 4.30 – 5.30pm at The Sage Gateshead

Crossings Women's Choir is working in partnership with the Seeds and Songs project, an exciting new singing project for children aged 7 – 11yrs.

Children of choir members are welcome to join this project which takes place at the same time as Crossings Women's Choir

Free crèche places for under 7s are available but **must be booked**, with one week's notice. Local travel costs available (through Seeds and Songs, for parents of children participating in Seeds and Songs or by application through Crossings – please keep bus/metro receipts).

For further information and to book a crèche place, call Lucy: 07960 417 324 or Chantelle Warden: 07728 552 255.

How to Get to The Sage Gateshead

By Bus The bright yellow Quaylink buses run every 10 minutes during the day, around every 20 minutes during the evenings and directly serves The Sage Gateshead. The Quaylink Service 1 (Q1) starts from both Newcastle Central Station and Gateshead Interchange. It takes 10 minutes from Central Station to The Sage Gateshead; the last return bus leaves The Sage Gateshead at 11.59pm. It takes 4 minutes from Gateshead Interchange, with the last return service leaving The Sage Gateshead at 12.28am. <http://www.nexus.org.uk/bus/guide-buses/quaylink>

Metro nearest stop is Gateshead Interchange (a couple of minutes journey time) then either a ten minute walk to The Sage Gateshead or catch the yellow Quaylink Q1 bus.

From Gateshead Metro Exit onto West Street. Turn left and walk down to the traffic lights. Turn right onto Askew Road, straight over the traffic lights at the end of the Tyne Bridge and then left at the next traffic lights onto Oakwellgate. The Sage Gateshead is on your right. This walk takes about ten minutes.

Cycle racks are available adjacent to the building.

Pedestrian routes are clearly signed.

Walk across the Tyne Bridge from Central Station (twenty minutes).

Take a taxi (eight minutes).

Seeds and Songs is a partnership between Oval House Theatre, London, Slough Music Service and The Sage Gateshead. Seeds and Songs is funded by Sing Up Beyond the Mainstream – the Music Manifesto National Singing Programme, produced by Youth Music, The Sage Gateshead, AMV-BBDO, and Faber Music, supported by Government.