



Open Musicality Sessions

A Creative and personal Development Programme for all Young People.

E-mail

info@instinctivebehaviour.com

Who We Are

Who We Are. ➔

Open Musicality Sessions



Open Musicality Sessions is a creative collective and professional music studio that blends art, culture, and education to create meaningful opportunities for young people. Major, founder of Open Musicality Sessions, has worked in the music industry for over 30 years, collaborating with artists such as Amy Winehouse, Clive Davis, Jazzie B (Soul II Soul), Beverley Knight, Siera, Madi Mai, Damage, Howie B, Tricky, and Madness.

info@instinctivebehaviour.com

Alongside his artistic career, Major has been a dedicated foster carer for over 12 years, specialising as a therapeutic foster carer. He has extensive experience supporting young people with autism, social and emotional needs, challenging behaviours, and trauma-related barriers. His background includes working in an SEN school, where he supported students with complex needs, emotional regulation, and behaviour management.

Major also mentors young people involved in or vulnerable to gang affiliation, providing guidance, positive male role modelling, and safe, structured pathways away from risk and towards creativity, confidence, and stability. Through Open Musicality Sessions, Major brings together his professional creativity, trauma-informed caregiving, and youth development experience to create a safe, empowering space where young people can discover their voice.



Our mission is to use  music as a therapeutic tool and a bridge that helps young people explore  creativity, build confidence, connections, emotional expression, and belonging.

Through hands-on studio experiences and mentorship, we support  young people in discovering new skills and using creativity to express themselves in a safe space.



What is the Open Musicality Sessions?

A creative development programme using the mediums of songwriting and music production as a key tool to engage each cohort of young people. At Open Musicality Sessions young people are at the heart of what we do and throughout the project, they are supported and led by professional artists and trained mentors. Young People learn valuable new skills and explore who they are, what they feel and how to turn their life experiences into art. The Arts Award is a key component of the project and each young person will have the opportunity to have their experience accredited with the relevant level of the qualification.



Why Music Works



Music reaches places that words often cannot and has the power to transform lives. It helps young people...

01.

Express complex feelings and emotions

02.

Reduce stress and anxiety

03.

Build connection and trust through rhythm and sound.

04.

Experience pride and ownership

05.

Increases dopamine and reduces anxiety and stress.

Research shows that music making:

06.

Supports language acquisition, verbal memory and executive function skills

07

Develops creative expression & improves self-awareness and focus

08.

Builds social bonds, interpersonal skills and confidence

09.

Supports cognitive growth and academic attainment

10

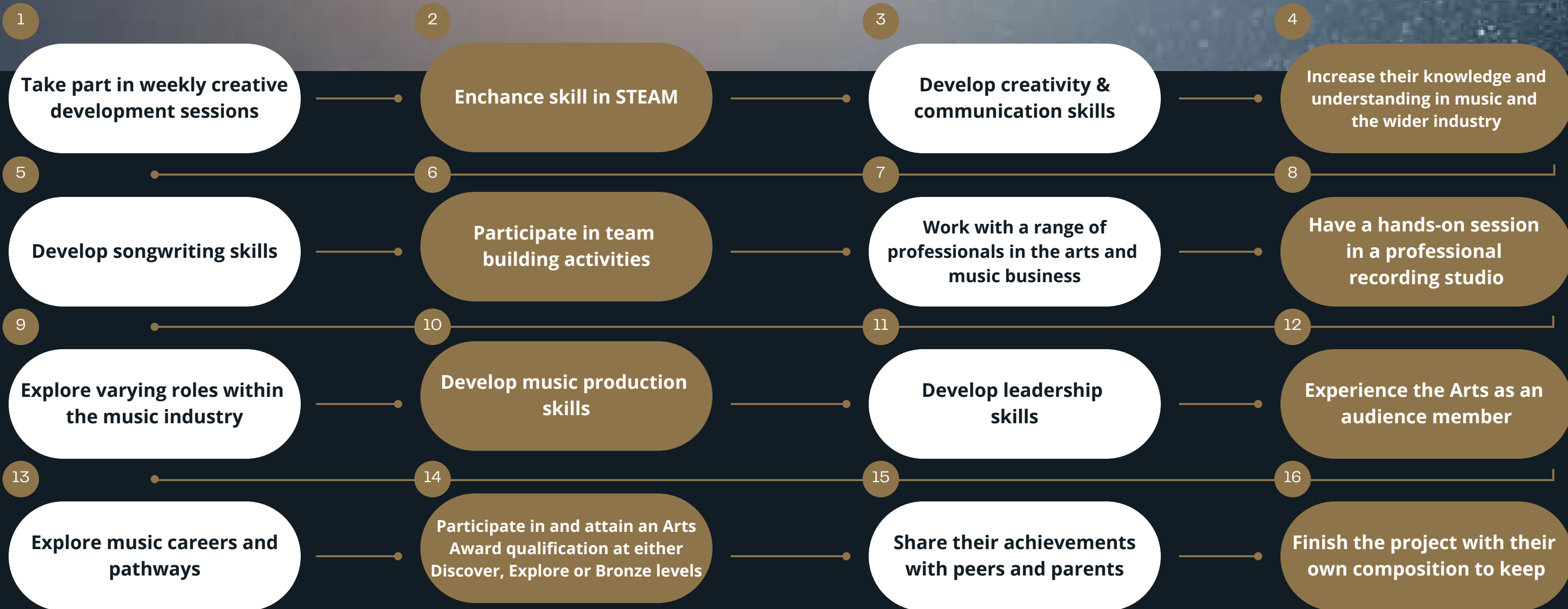
Can support retention or reintegration into formal education



The Experience



Throughout this project young people will typically;



Who It's For

Open Musicality Sessions



Who It's For

Our programme is suitable and highly accessible for all children and young people aged 8-25yrs. However, it works particularly well as a targeted intervention project and is well-suited to:

- Those in care or leaving care
- Young people at risk of exploitation and serious youth violence
- Those not in education or at risk of exclusion
- Young people needing a safe, creative, supportive environment
- Targeted enrichment provision in mainstream schools
- Special Education Needs
- Pupil Referral Units

No musical experience required, only willingness to take part.



Arts Award

We believe that young people deserve to be recognised and accredited for their arts achievements, and as such, we have chosen Arts Award as an integral part of our programme.

Arts Award is a highly accessible and attainable, unique range of UK qualifications managed by Trinity College London in association with Arts Council England. It is designed to inspire young people up to the age of 25 to explore the arts, develop their creativity, and build leadership and communication skills.

On our programme, through the medium of music, young people will build a portfolio of their creative activities, experiences, and research. Rather than grading the technical skill of the artwork itself, the award assesses a student's personal progress, ability to review arts events, and skill in sharing their knowledge. We deliver Arts Award at the following levels;

- Discover: An introductory level for all ages where participants discover the arts, find out about artists, and share their experiences.
- Explore: An Entry Level 3 qualification where participants take part in arts activities, research arts organisations, and create their own work.
- Bronze: A Level 1 qualification where participants develop their arts skills, experience a live arts event, and share their skills with others.
- For further information on Arts Award please go to www.artsaward.org.uk

Frequently Asked Questions



➔ How long is the project?

The project is typically 40 hours in length, which also enables us to deliver Arts Award Bronze Award (level 1 on RQF). The session lengths and number of weeks can be tailored to suit the needs of the individual setting. It can alternatively be delivered in a more consolidated timeframe, over the school holidays, for example.

➔ Where does the project take place?

In the main, the project takes place in your setting. There will be 1 session delivered in our professional studio space.

➔ How much does it cost?

The project cost is dependent on the number of young people participating. For a quote, please contact us directly.

➔ How many children/young people can take part?

The project is best suited to smaller groups of 6-10 students. However, this is negotiable, and we can bolt on additional experiences for wider/larger groups. Please discuss with our team.

➔ What is Arts Award and the RQF?

Arts Award is a nationally recognised qualification, for young people up to age 25. It's offered at 5 levels, 4 of which are formally accredited on the Regulated Qualifications Framework (RQF). We can currently deliver 3 levels: Discover, Explore (entry level 3 RQF) and Bronze (Level 1 RQF). To find out more Arts Award please visit the website www.artsaward.org.uk

➔ Do you offer CPD opportunities?

Yes, we can offer bolt-on CPD opportunities for teachers/youth workers/practitioners as part of the project. Please discuss directly with the team.

➔ Do you offer funding?

We are not a regularly funded organisation and therefore do not offer funding for the programme, however we are happy to help sign post organisations to potentially relevant funding streams. We are happy to support any funding bids you may wish to submit for the programme. We may, on occasion, be able to access some funding streams for targeted projects.

Our enviroment

Open Musicality Sessions

Our Space

A safe, welcoming environment where music becomes a therapeutic tool. It's a place designed to inspire creativity, build confidence, and support emotional expression.



Contact Us

Open Musicality Sessions



Get In Touch With Us

For further discussion about making a referral, the programme, or upcoming dates, please contact us.

- ✉ Email: info@instinctivebehaviour.com
- ☎ Tel: +44 750 835 3853