



Sounds of Music

Registered Scottish Charity Number SC036995 SCIO



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Sounds of Music (SoM) is a unique performing arts programme for 16-25 year olds with Additional Support Needs (ASN) who are currently in or have recently left supported education.

Our Offer

Music 4 U offers a guided creative journey for those aged 16+ who struggle within mainstream education or society. Music 4 U supports each individual on a lifelong path towards confidence, self-expression and performance as a meaningful vocational pathway.

How It Works

Running 50 weeks a year, we deliver high-quality training in music, singing and performance from professional tutors with specialised enablement skills. The programme gives young people the chance to build technical expertise, develop stage presence and explore their creative potential within a supportive environment.

Our focus is on preparing young music makers to step onto a stage and perform with skill and confidence. Sessions stretch ability, refine technique and build the presence needed to engage an audience. Participants grow not only as artists but also as contributors who can share their talent in a way that has real impact on their community.

SoM is inclusive in its ethos but selective in practice. The programme runs on weekdays and we create a bespoke plan to place each young person in the session that best supports their growth and musical development. Every placement is chosen with their needs in mind, ensuring they are in the right environment to thrive, which is central to the SoM experience.

Performances

Performance opportunities are central to the programme. Public showcases and community events allow participants to experience the demands and rewards of live performance. For some this has meant overcoming challenges they never thought possible. For others it has been about finding their place in a community that values their voice and their talent.

Who Can Join?

Sounds of Music is designed for young people with a genuine affinity for music who can benefit from structured, vocational training. We begin by meeting each eligible young person and their family before shaping a pathway that is tailored to them

SoM is not an open-door activity. It is a carefully curated programme that celebrates individuality, nurtures talent and shapes each participant's experience with intention.

SoM may not be the right fit for every applicant and we carefully consider the needs of the wider group and what each young person would gain from joining. This thoughtful approach is what keeps the programme supportive and enriching for everyone involved.

The Results Speak For Themselves

One student shared, *"I now sing on stage, have friends and when I'm in pain or sad, music is my medicine."* Another said, *"I didn't think I really belonged anywhere, then I found Music 4 U."* These reflections show how SoM combines professional training with a sense of belonging, creating change that is both personal and lasting.

What Next?

We have sessions running at Merchants House, 87 Waterloo Quay, Aberdeen, AB11 5DE.

We are currently looking to start a group in Huntly, Aberdeenshire.

Fees

SDS Accepted

Get In Touch

For more information please call on 01224 061155 or email info@m4u.org.uk

Apply Today

www.m4u.org.uk/apply