

## Birch Tree Folk Choir Workshops

### Sutton Women's Centre

An eight week course of workshops using traditional songs to open up conversations about emotion, women's place in society and female empowerment while connecting to the body and building self esteem.

### Wooden House Forest School

An introduction to the concept of folk music. Exploring landscape connection by 'singing the garden'. Using folk music to learn more about the folk history of Cuckoos, and how they can be used as metaphor.

### Mary Frances Trust

An ongoing project beginning in September, supporting adults to manage mental health, build connections, and working towards integrating self sufficiently into a mainstream choir.

### The Village - Nature Based Mothering

A morning exploring Ashdown Forest with adults and young children, connecting through song to its rich heritage of magic and folklore.

### Ashtead Wing

An introductory BTFC session - a guided visualisation to connect to self and kickstart the parasympathetic nervous system, followed by learning a song together, embedding connection to self and the group.