

# NATURAL *Free* RIDDIM



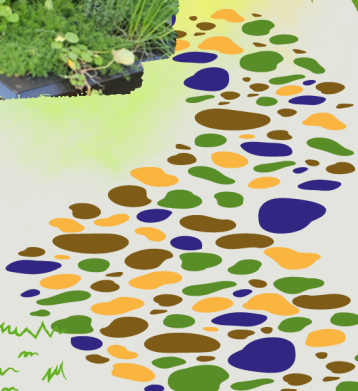
WITH:  
**CHRISTELLA LITRAS**

& FEATURING:  
**LEROY JOHNSON**



*Starting:*  
**January 2025**

*Meeting point:*  
**Music House  
LS2 9BN**



**Natural Riddim** is a project for young people aged between **13 - 18 years**.

This project is about connecting **music, nature** and **mental health wellbeing** with and for young people.

You'll be given the opportunity to explore local community parks on guided walks, recording the natural outdoor sounds along the way, as well as enjoy a day trip to the Yorkshire Dales in partnership with the Yorkshire Dales Trust.

Walks will take place at different times of the day (1 per session):

- **AM** walks - **11:00am**
- **PM** walks - **4:30pm**

There will be chances to visit the cutting-edge Digital Learning Innovation Hub (Helix) at the University of Leeds, where your recordings will serve as the foundation for creating immersive soundscapes. Additionally, you'll contribute ideas about mental health that will be shared widely with young people across Leeds and beyond.

If you are interested or know of anyone that would be interested contact Nekela on:

**01132 431605**

**Nekela@music-house.org.uk**

or scan **QR code** to sign up.

