



About Us

Creative Connections offers unique music workshops and programs written to meet the needs of each individual group. Programmes aim to foster new relationships, improve health and wellbeing, equip with tools to manage anxiety and stress and introduce and up-skill musical techniques.

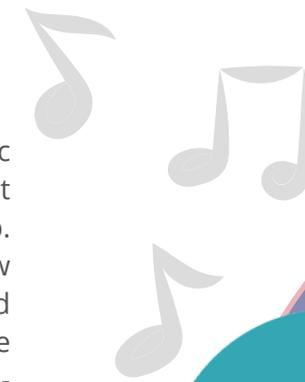
No musical experience is needed to take part in our workshops. We ensure that all instruments are accessible and that there is something to suit the needs of everyone. Instruments we use include Djembe's, percussion, guitar and voice!

Vision and Aims

We believe that everyone is a musical being! Everyone has the right to experience the joy that music can bring. We have experienced first hand the unique healing benefits of music and we aim to pass these experiences on to our participants.

Our aims include:

- To improve the health and wellbeing of individuals through the use of music.
- To alleviate loneliness and social isolation by bringing people together to participate in musical activities.
- To enhance mental health, emotional and physical wellbeing through musical expression and engagement.
- To create a safe, supportive, and inclusive environment for individuals to explore and enjoy music.
- To foster a sense of community and connection through shared musical experiences.



Creative music workshops to improve health and wellbeing



Programmes we offer

- Music for Empowerment and confidence
- Music for Reminiscence
- Singing workshops
- Drumming circles
- Workplace teambuilding
- Songwriting workshops
- Bullying
- Trauma
- Grief
- Autism
- Addiction recovery
- Managing stress and anxiety

Contact Us



07907907143 (Kathleen)
07729853431 (Mags)



creativeconnectionsni25@gmail.com



Creative Connections



Creative Connections NI



Meet the Team

Margarette McNamee (Mags)

Mags is an experienced community musician with over a decade of leading inclusive workshops and music projects across diverse settings. With a Bachelor of Music and a Master's in Creative Musicianship (Community Music), she has developed and delivered numerous successful initiatives and regularly performs with her inclusive choirs at festivals and events.



Kathleen O'Boyle

Kathleen believes deeply in music's ability to heal and connect. Recently completing her Master's in Music Therapy, she brings over five years of experience working with children, young people, and disabled adults. Kathleen is dedicated to making music accessible to everyone. She's passionate about creating opportunities for all to experience the joy and therapeutic benefits of music-making.

