

Sounds Familiar – Working Life

Time: 1 Hour

Activity / Slides	Timing	Notes / Key questions
	Prior to session	<ul style="list-style-type: none"> • Select co-hosts to help facilitate online meeting – eg. admitting guests, muting etc. • Set up WhatsApp chat between volunteers and leaders • Prepare PowerPoint with sound and video enhancement checked.
Welcome + introductions	1:30 / 5 mins	<ul style="list-style-type: none"> • Thank people for coming, • Explain that the session uses specially selected sound clips for reminiscence and relaxation. • The aim is to stimulate memories, for them to have fun and may be visit the CultureLeicestershire website for more Sounds Familiar activities.
Ice breaker: 3 Breaths + listen to any sounds you can hear in your room or outside	1:35 / 10 mins	<p>Explain that you are going to take 3 deep breaths in and out and listen to the sounds that you can hear around you.</p> <ul style="list-style-type: none"> • What is it? • Do you like it? • Does it remind you of anything?
Theme of session		Today's session is about: Working Life
Sound activity: Sound quiz – 6 pictures and 6 sound effects.	1:45 / 10 mins	<p>Introduce sounds – listen and see if you know what the sound is. There are some picture clues!</p> <ul style="list-style-type: none"> • Hear some familiar sounds of transport related to work. <p>We'll chat about each one when the recording stops.</p> <ul style="list-style-type: none"> • How did you travel to work? • Memories of tradespeople. Who came to your door and what did they sell? • Talk about paid and unpaid jobs that people did or wanted to do. • What was your favourite job? Is there something you always wanted to do? • How do you think workplaces are different now to how they used to be?
Music: The Gasman Cometh	1:55 / 5 mins	Flanders and Swann 1963. See how many trades people get a mention!
Sound activity: The whiff of work	2:00 / 10 minutes	<p>Explain that you are going to listen to people talking about jobs which link to particular smells.</p> <ul style="list-style-type: none"> • Which of these are pleasant / unpleasant smells? • What smell reminds you of your working life? • Did you go out to work or did you work at home? • How would you describe your workplace? • What was your favourite sound recording and why?
Music: Morningtown Ride	2:10 / 5 mins	The Seekers 1966 – encourage singing and swaying

Simply Sounds: Sounds of a weaver at work	2:15 / 5 mins	<p>Explain that you are going to listen to a series of clips and discuss them at the end.</p> <ul style="list-style-type: none"> • When you listened, what did you hear? • Where do you think the sounds were made? • What did these sounds remind you of? • How did these sounds make you feel?
Music: Keep that wheel a turning	2:20 / 5 mins	First published in 1927 in the <i>ILP Songbook</i> (Independent Labour Party). Encourage joining in with chorus / turning a wheel action?
Feedback:	2:25 / 5 mins	<p>Thank people for coming and sharing their stories.</p> <ul style="list-style-type: none"> • Have we stimulated memories? • Have they had fun? • Will they look at the website? https://www.cultureleicestershire.co.uk/unlocking-sounds/ <ul style="list-style-type: none"> • Offer to stay on for a few minutes after the playout music if anyone wants to chat to the leaders / volunteers.
Closing tune: Music Whilst you work BBC	2:30	Playout music. "Calling All Workers" by Eric Coates . Theme tune used by BBC light programme 1940 - 1967