

Hidden Voices



Are you a female carer?
Would you like some time for yourself?



Do you spend time looking after a loved one?
Would you like time to try something new and creative?
Do you enjoy music?

Hidden Voices is a new music-inspired programme for women of all ages with caring responsibilities, who would like a chance to try something new.

There are several programmes running across Birmingham, led by Midlands Arts Centre (MAC) in partnership with Midland Mencap and Quench Arts. You can choose from a range of musical activities - or even suggest your own!

You don't need any musical knowledge, just a desire to have fun and explore music with like-minded people.

For further information about groups in Birmingham contact:

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