



'THE JAM, THE MIX, THE GIG' Inc.

'Music & Mental Health Program'

'The JMG in a nutshell' – What it is, what it does, who runs it

Introduction – how The JMG began and why it began

- The Jam, The Mix, The Gig (The JMG) name and core ideas were created by Adelaide Composer/Music Director in April 2002. He developed and set up the project with Cass Cassebohm (band leader of the Fine Lines Band, an integrated mental health band) and Lynn Newton, (mental health worker activities officer in Port Adelaide).
- It was started due to demand and enquires from mental health staff and clients following the development and success of the Fine Lines Band from 1993 until it became an independent group in 2000. Robert Petchell was the Music Director/workshop tutor for the Fine Lines Band throughout this time.
- Rather than being for a closed band of 7 members such as with The Fine Lines Band The JMG aim is to provide ways to participate to as many people as possible

What is The Jam, The Mix, The Gig

- what it does

In coming to terms with the effects of mental illness, people have used a range of approaches – and one of these is involvement in creative arts projects, that encourages self expression, social interaction through being part of a group activity and a sense of achievement through personal skills development and working as part of a team.

The Jam, The Mix, The Gig (The JMG) is a community based music and mental health program that offers options to participants to:

- **Just enjoy playing music with others, whatever your ability (The Jam)**
- **Develop your skills and/or songwriting further (The Mix)**
- **Perform to the public as part of the The JMG Band (The Gig)**

'**THE JAM**' is a music jam session where you can share your music skills with others, try out some ideas, write some songs, or just 'have a go' and enjoy being part of having a good time with music. It is a 3 hour session held on 2nd & 4th Wed. of the month during Feb – June, August – December, **with 20 sessions per year, if full annual funding is secured.**

'**THE MIX**' is a music skills development session and a chance to present your songs, poetry etc to the group, and to get help in developing your confidence and skills. It is a 3 hour session held on 1st & 3rd Wednesday of the month during Feb – June, August – December, **with 20 sessions per year, if full annual funding is secured.**

'**THE GIG**' is a performance event to a general public audience, that will give you the opportunity to perform your work to the best of your abilities, and to receive recognition for this. **12 performances are given throughout the year, if full annual funding is secured.**

Who funds The JMG

The JMG is currently funded for the 2020-21 financial year by the SA Department for Health and Wellbeing (SA Health). This funding has enabled The JMG to run a program of music workshop sessions (The Jam & The Mix) and 1 public performance (The Gig) from February - May 2021.

The JMG also applies to other funding areas for special projects such as concerts with guest artists, recording & releasing CD's of original songs, collaborations with other organisations for workshops and performances.

Who runs The JMG - The JMG Board

The JMG is run by a Board of a minimum of 6 to a maximum of 9 members from the categories of: 4 JMG participants, 5 General Members from: representatives of supportive agencies, parent/carers/business community member, community member/volunteer, JMG participant

- **How often does the Board meet**

The Board meets a minimum of 4 times a year usually in August, November, February, June. The Annual General meeting is held in September each year, where all JMG members can attend and vote.

- **Who are members of The JMG and how do you become a member**

Participants become JMG members by participating in 5 workshops and/or performances between each Annual General Meeting.

- **The role of the Music & Program Director**

The Music Director in conjunction with the Program Manager runs and develops The JMG Program within the overall goals and budget agreed to by The JMG Board.

- **The role of support musicians**

Support musicians provide music skills and general support to The Jam and The Mix sessions.

- The JMG has several experienced volunteer support musicians
- As they develop in the Program, experienced JMG members also provide music and technical support at The Jam sessions.

What is the difference between The Jam and The Mix

The Jam session is:

- Open to anyone who identifies as having a mental illness to attend whatever your musical skills or experience.
- Everyone who starts attending The JMG starts by going to The Jam sessions. An average of 21 people attend The Jam sessions.

The Mix session is:

- By invitation of The Music Director with a maximum of 15 active members spaces available in The Mix.
- For people who have shown a commitment to The JMG Program by regularly attend The Jam sessions.
- Have musical skills that could be developed by more intensive work in The Mix session
- Want to develop their original songs and performance skills
- Want to perform as part of The JMG Band

- **how does someone become part of The Mix**

This is by invitation from the Music Director based on all the above and on whether the Director feels this will meet the needs of a participant as well as whether the participant can work with the other members currently in The Mix.

What is The JMG Band

Usually a 'band' means a set number of members who always perform. With The JMG Band the members change depending on the needs of each performance, and who is available.

- **who is in the band and where do they come from**

The members for each performance come from the 15 members who make up The Mix. Also sometimes those who attend The Jam more regularly are invited to perform as well.

- **how do people become part of the band**

The decision is made by the Music Director based on what is the best combination for each performance as well as trying to give everyone in The Mix opportunities as much as possible.

Who is paid in The JMG Projects

- **The Music Director and the Program Manager**

The Music Director and the Program Director are the only persons paid a professional fee for their services. They are engaged on a contract basis depending on available funding.

- **Guest Artists**

Guest artists are paid an agreed professional fee for workshops and performances.

- **Participants**

Participants are not paid as the program is for their benefit and development and it is a free project paid for by government and non-government funding.

Experienced participants who do provide support and/or music equipment to The Jam session are sometimes given a small honorarium to cover their travel cost – such as the role of Peer Mentor.

JMG Band members have refreshment costs paid for at performances, and where possible a contribution to cover their travel costs.