

# ***LAURA CATLOW (she/they)***

Catlow is a multi-skilled artist and musician who has been writing, recording, and performing music in bands and as a solo artist across the UK, Europe and USA for more than 15 years.

Recently, Catlow has begun transforming her skills and experience from the live music sector into a new theatre-making practice. She is currently commissioned by *New Queers on the Block* (Marlborough Productions, Brighton) and *LeftCoast* (Blackpool) to create 'Do Not Read!' – her first piece of Gig Theatre which is currently in development for performances later in 2023.



## ***Laura Catlow: An Introduction to Song Writing and Self-Contained Technical Support for Solo Shows***

Date: Saturday 9<sup>th</sup> July 2022

Times: 12.00 – 17.30

Location: The Old Electric, Springfield Road, Blackpool, FY1 1QW

Split across two sessions, these workshops will give you an introduction to song writing with tips and advice to help you begin or further develop your song writing journey.

As well as taking away a bank of song writing skills, Catlow will also talk you through her experiences of starting out as a singer/song writer with practical advice and exercises to help you with performance techniques. You will also cover how to approach finding your first gig or scratch performance opportunities, how to source equipment and adequately provide your own technical support for your solo performances.

This workshop will provide fantastic skills for anyone interested in using music as a device to create their first one-person productions or musical performances.

Participants are welcome to bring any instruments they might play to the session but please note that they are not essential.

