

Helen Woods is a composer, music animateur, musical director and performer. She has composed 4 full length musicals, several song cycles, over a hundred children's songs and composes the music for the *Tiddly Prom*, which she performs with storyteller Richard Berry.

For WNO, Helen was commissioned to compose *A Real Princess* an opera for 4 – 5 year olds and in 2013 received an Arts Council Award to develop her compositional practice and explore themes around heritage and identity. 2020 was to see a second commission from the Vale of Glamorgan festival to be premiered in the May. This work using the text of Greta Thunberg is postponed until 2022. 2020 did however see the recording and filming of her opera *Rumpelstiltskin* which will go into schools as an interactive film in Spring 2021.

Helen is a specialist in music for/with under fives but is experienced in working on a huge variety of music projects and productions with all ages including working as an associate musician with English National Ballet on their *Dance for Parkinson's* programme and leading a Choir for *Younger People with Dementia*.

Helen is a published poet, occasionally writes music for computer games and is a Javanese Gamelan tutor.