



### *Chair's introduction by Roshna Ahmad*

In our new autumn slot so that our financial



reporting is fresher in our minds for all our members at the AGM, we reflect on another exciting year of growth for the trust which has brought new *Sing to Beat* groups, an extension of our connections with medical practitioners and stronger partnerships with a local school. Together with continued support from our major funders, *Oak Foundation* and *the Bernard Sunley Trust*, we are firmly establishing the trust as a recognised provider of singing to increase wellbeing, spreading our work further with each year that passes.

Our stalwart team of volunteers and supporters have helped us achieve these goals and can feel proud to have improved the lives of many by *Caring through Singing*.

### *From our Artistic Director and Founder, Grenville Hancox*



Canterbury Cantata Trust has as its strap line *Caring through Singing* and it is without doubt demonstrated on a weekly basis through the activities of the various singing groups which comprise the organisation. Singing is increasingly important in our complex, and sometimes fractured, society. The simple action of regularly meeting to sing has a profound impact, mirrored in past years in Kent by miners, who having hued coal from the bowels of the earth, would find time, each and every week, to sing together.

We are hard-wired to sing and the world is a better place when we do sing! Our Trust goes from strength to strength. Its members are great ambassadors for the power of music and its Trustees led by Roshna Ahmad, offer wise counsel, ensuring we realise our aims and objectives. We are fortunate to share music making with each other and with our community, celebrating and demonstrating *Caring through Singing*.

## **2019 DEVELOPMENTS**

**WEBSITE** The CCT website has had a revamp thanks to a generous donation by "United Industrious Lodge No 31", a Canterbury Freemason's lodge, of which one of our singers is a member. Matthew Shipton has overseen the renewal by a Folkestone based web design company

### **NEW for 2019**

February 2020 sees the tenth birthday of the first Skylarks group established in Canterbury, a singing group for People with Parkinsons, their friends and relations. Skylarks was the spur for the development of Canterbury Cantata Trust with the strap line *Caring through Singing* underpinning all our singing groups. Thus, as you have read elsewhere, *Sing to Beat Parkinsons*® is now an important organisation visible both nationally and internationally, contributing both to the quality of people's lives and the growing interest in research concerned with singing as an intervention within our National Health Service.

**Derby Skylarks** is the youngest of these groups established in January this year, following a workshop held in The Royal Hospital Derby in November 2018. The group meets every other week in the Rehabilitation Clinic of the Royal Hospital, members/ patients contacted through the appointments system with a resultant thirty-four enthusiastic participants. A research project begins in January 2020 with this group, designed to affirm previous findings and compare relative costs of supporting such an activity with other tried and tested interventions. The Derby group will be led by Grenville Hancox until April 2020.

**Folkestone Monday Music** With financial support from Kent Community Foundation and latterly from the specialist hearing company, *Hearbase*, a new group has been established in Folkestone, meeting at exactly the same time as the Canterbury group, but in the Holy Trinity Church, Sandgate Road. Starting in May 2019, over fifty members now arrive for a cup of tea at 10.30.

**TRAINING COURSES Folkestone, Morley College and Snape Maltings, Aldeburgh.** One of the most important elements of our work as a Trust is to ensure both development and promulgation of the concept that singing can be an intervention in the improvement of health. Thus, for the past three years training has taken place at Snape Maltings led by Nicola Wydenbach (Director of Training) and Grenville Hancox, now with the addition of courses at Morley College London, The Quarter House Folkestone and the University of Derby. Participation (interestingly mainly female) has been very encouraging with over sixty potential facilitators attending the training sessions. Gradually, this training is resulting in the establishment of new STBP groups throughout the country, further enhanced by Nicola Wydenbach being an Artist in Residence at Trinity Laban Conservatoire, London.

**STBP (Sing to Beat Parkinson's)** Our group funding grant from Bernard Sunley Foundation of £8000, has enabled us to offer £1,000 to each of 8 new groups across the country, with the recipients of these grants coming from our regular training programmes. Not all these groups have started yet, but we have seen great success in Worthing and other grant winners are: Halesworth, Bath, Banbury, Southend, Colchester and Derby. These all form part of the STBP network and have been, or will be, peer reviewed on a regular basis by members of the team, to ensure consistency of standards and adherence to our principles.

We are in the process of changing our associate membership model – with a new scheme to be launched at Snape Maltings in 2020 to offer a members' subscription service and website area.

**Mentoring Programme** -We are launching a mentoring programme in 2020 which requires fundraising, and an application has been submitted to the Andrew Lloyd Webber Foundation – we hope to have 4 apprentices beginning in 2020. Canterbury Skylarks has just begun its new term with Jenny Bidwell, a speech therapist, shadowing Grenville, with a view to running a group of her own after 12 sessions

**STBP Network** -There are currently 28 groups associated with the STBP network, across the country. Our aim is for 50 groups by the end of 2020. We particularly want to grow our presence in the South East region and ensure that no-one in Kent is more than 25 miles away from a Sing to Beat Parkinson's group.  
*Matthew Shipton*

### AMICI CHORUS



A comment about the Amici performance of Brahms' Requiem in March 2019: 'What a triumph last night at the Colyer-Fergusson Hall – the Amici Choir singing Brahms' Requiem. A magnificent performance, Grenville, from all parts of the ensemble. Around 100 voices produced a lovely sound, accompanied by the four capable hands at the piano. Peter Cox was a perfect choice, as always, for the baritone solos and Becci Kaznowski was a revelation to me as the soprano soloist. She always had a lovely voice when we were fellow students under your direction, Grenville, but she has developed such a beautiful, strong and clear soprano voice that I hope she will be able to join you for further performances. What a thoroughly enjoyable evening and a tremendous achievement by the Amici Choir.'

The summer concert led by Kerry Boyle, "*A Sprig of Thyme*", featured Rutter songs and raised the fabulous amount of £700 for the St. Paul's Church defibrillator fund, rounding off the year for this popular community choir with its generous support of a very worthy cause, enabled as ever by the energetic team of volunteers.

### MONDAY MUSIC CANTERBURY



Monday Music (a weekly physical, mental and spiritual work out through Singing), continues to grow and strengthen its position in the weekly schedule of a large group of people. Monday Music Canterbury now boasts 150 members on its books with regular attendances by 70-75 singers, all treated to the musical skills of Phil Self and David Jones. The atmosphere is great and all report feeling happier following the sessions. They are looking forward to singing at the Beaney on three occasions this term.  
*Maggie Smith*



**CANTERBURY SKYLARKS** has recently moved to a new meeting space, the light and airy TONG CENTRE at Simon Langton Grammar School for Boys where they benefit from excellent facilities, wonderful acoustics, free parking and the chance to sing and make music with talented, young students from Emily Renshaw-Kidd's music department. It has been a year of change for this group started in 2010 with their now resident pianist, David Jones and volunteers from Amici enabling the sessions to thrive. Grenville has led this group without

charge since the outset, in order to help sustain the financial position of the group and will be handing over to Nicola Vella-Burrows in April 2020.

*Sarah Walter*



**CANTERBURY CANTATA** has had a fun and productive year with the choir recruiting several new members recently. We now have a much healthier bass and tenor section. During 2019 we have enjoyed tackling some challenging and varied repertoire and giving choir members the opportunity to sing solo roles in such works as *Dido and Aeneas*.

It was exciting to perform the *Magnificat* by Paul Patterson in July this year and we were overjoyed to welcome Paul Patterson to the final rehearsal and performance, also forging a new relationship with Langton Brass.

Cantata goes from strength to strength and we look forward to tackling even more new and challenging choral repertoire in 2020 whilst honing and polishing our ensemble singing. We are very grateful to the Rector and churchwardens of St Stephen's Church who kindly provide us with our rehearsal venue.

*Emily Renshaw-Kidd*

## **TRUSTEES and ORGANISATION**

A huge thank you is due to *Joanna Heath*, our treasurer, who after several years of steering the financial direction of the trust has now been able to hand over the growing demands of the everyday transactions to *Andrea Hepworth*, our administrator in order to concentrate on a more strategic view of the trust's finances. The accounts are still overseen by Jennifer Sherwood FCA before submission to Companies House and the Charity Commission.

Our newest trustee, *Sarah Montgomery*, has recently completed an article, following a visit to Monday Music, Folkestone, which we are hoping to place in health magazines to raise awareness of the work of CCT, and an extract of her beautifully expressed thoughts are quoted here for you:

*"We have songs of celebration and for giving thanks; we sing laments to mourn, lullabies to calm a child, and marching songs and national anthems to encourage each other. Singing can make us laugh or move us to tears, promote a sense of solidarity and awaken our spirituality. The creation of music through our voices gives expression to our souls, connecting us together on a deeper level than conversation. It is also physical: exercising our lungs, raising our pulse rate, changing our oxygen levels. Singing makes us feel better in body, mind and spirit. As a GP I find that when my patients are sick at heart this often emerges as suffering in their bodies. Henry Maudsley, the great pioneering psychiatrist expressed this beautifully: 'The sorrow that has no vent in tears may make other organs weep.' Music can help us to communicate when we cannot find the right words. Can singing help my patients?"*

*Through its 'Sing to Beat' and 'Monday Music' activities, Canterbury Cantata Trust is demonstrating the power of singing to improve wellbeing through a programme of solid research and by initiating and facilitating groups that bring people together to sing, make music and care for each other."*

## PERFORMANCES in 2019 so far

**Amici Chorus** performed *Brahms Ein Deutsches Requiem*, March 13th (Folkestone and 17th Canterbury) led by Grenville Hancox and a *Sprig of Thyme*, July 3rd, led by Kerry Boyle.

**Canterbury Cantata** performed *Dido and Aeneas* with the Leon String Quartet in January in Canterbury, a *Midsummer Concert* in May and *Paul Patterson's Magnificat* on 20<sup>th</sup> July with Langton Brass.

## DATES for your DIARY

### NOVEMBER

**Canterbury Cantata**, Saturday 30th November, 7pm, St Mary's Church Chartham, A Musical Miscellany

### DECEMBER

**Canterbury Cantata**, Friday 13<sup>th</sup>, 19.30 with Alex Rider (harp), Britten A Ceremony of Carols, St Mary and Eanswythe's Church, Folkestone

**Amici Chorus** and Canterbury Camerata and **Canterbury Cantata**, Saturday 14<sup>th</sup>, 19.30, Vivaldi *Magnificat*, Vivaldi *Gloria*, Britten *Ceremony of Carols*, Christopher Gower *The Ballad of Mary*, Handel choruses from *Messiah* Colyer-Fergusson Hall, University of Kent

**Canterbury Skylarks** Thursday 19<sup>th</sup>, 15.00 Parkinson's U.K. Canterbury Carol Service, St. Dunstan's Church, Canterbury

### FEBRUARY

**Canterbury Cantata**, Saturday 1<sup>st</sup> at 7pm Hosanna for Handel, venue TBC

### MARCH

**Amici Chorus** and Canterbury Camerata, Saturday 21<sup>st</sup> 2020, 17.00 J.S. Bach St John Passion, Holy Trinity Church, Sandgate Road, Folkestone.

**Amici Chorus** and Canterbury Camerata, Sunday 29<sup>th</sup> March 2020, 17.00 J.S. Bach St John Passion, Colyer-Fergusson Hall, University of Kent

## SPONSORS, DONORS and FUNDERS

We are indebted as ever to all our sponsors and donors in 2019 with help given by Christina and Norman Brisk, the Atherton Grassroots Fund, Kent Community Foundation, Hearbase, Southend Borough Council, Oak Foundation and the Bernard Sunley Trust. Local Canterbury Freemasons' Lodge "United Industrious Lodge No 31", which has been meeting in the City since 1755, were pleased to donate £1,000 to 'CCT' to support their work of "caring through singing".

We were deeply saddened to hear of the death of Maurice Atherton earlier in the year who has been a huge support to the trust over many years with frequent donations to our cause and many others in the community. We were pleased to sing at the recent memorial service held in the packed quire of Canterbury Cathedral.

Find performance details at [www.canterburycantatatrust.org.uk](http://www.canterburycantatatrust.org.uk)



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