CANTERBURY CANTATA TRUST

Caring Through Singing

Members' Newsletter

"The performance restored my faith in the Messiah as a great piece of community music. I tried to explain this to my lovely French neighbour and she understood that Handel's Messiah is a uniquely English phenomenon"

Audience member
Handel's Messiah
9th December 2018

January 2019

CHAIR'S INTRODUCTION

Roshna Ahmad

As we approach our AGM, I am conscious of how many major developments can be celebrated by the Trust in January 2019. This is our sixth year, and our fourth as a registered charity, seeking to achieve *Caring Through Singing*.

Our amazing teams of volunteers have helped us to extend our reach far and wide, expanding our impact further each year. New singing groups for People with Parkinson's have been established in Pimlico, Camberwell, Medway, Cromer and Derby, and last year we launched **Sing To Beat Parkinson's (STBP)**. As an international movement there are groups in Australia, South Korea, China and New Zealand; and our established Aldeburgh-based training days will now be supplemented by workshops held by us at Morley College, London.

Together with Grenville, Matthew Shipton has enabled us to garner support from both Oak Foundation and the Bernard Sunley Foundation; both are instrumental in helping the onward march of the Sing to Beat Parkinson's groups.

The frequent reports on the beneficial impact of singing constantly reinforce our aim and build momentum towards social prescribing. We hope one day to achieve our long-term goal of achieving Singing on Prescription, so that the benefits of singing to improve lives and wellbeing are open to all!

FROM THE ARTISTIC DIRECTOR

Grenville Hancox

It is a great pleasure to reflect on the past six years of the growth and development of Canterbury Cantata Trust. Each year has seen increased membership and energetic music making whether by Monday Music, the Amici Chorus, Canterbury Skylarks or Canterbury Cantata. In addition associate groups of STBP have now joined under the umbrella of CCT in Pimlico, Camberwell, Cromer and Derby. We have seen and heard amazing performances of music by Mozart, Jenkins, Bach and Handel, in Canterbury and Folkestone (Amici and Cantata) and regular appearances in The Beaney House of Arts and Knowledge by all groups have given music performances in the aptly named Explorer's Gallery.

The success of the Trust reflects its members' sharing and practising *Caring Through Singing*, the pivotal and distinctive element of our groups. The support shown by Amici members for example, by attending and participating in Skylarks Sessions, is mirrored in the cross subsidy that takes place ensuring each group is financially viable. Grants and donations received (unless identified for a specific purpose) are shared across the board.

Countless hours of voluntary engagement by the Trustees and management teams of each singing group enable the weekly activities to take place smoothly and efficiently, for which I am particularly grateful.

A team of inspirational musicians now shares the responsibility for The Trust's music making. Phil Self directs Monday Music, Emily Renshaw directs Canterbury Cantata, Nicola Vella-Burrows Canterbury Skylarks (from April 2019), Nicola Wydenbach oversees the training of new facilitators and Kerry Boyle directs the summer term of the Amici Chorus. Thus both the present and future are secure and *Caring Through Singing* guaranteed.

This concept constantly underpins the activities of our groups. The Amici Chorus' concerts have supported not just our own Skylarks groups but also The British Legion, SSAFA and St Paul's Homeless appeal. Amici fundraising has reached new heights in 2018, with wonderful Christmas card designs and 'swimming the channel' at King's School raising more than £600, followed by a collection to support the Salvation Army. As a wonderful example of reciprocal *Caring Through Singing*, the St Paul's Church choir held a Hymnathon and nominated Canterbury Skylarks as one of the recipients of money raised.

2018 DEVELOPMENTS

SING TO BEAT PARKINSON'S EXPANDS

Following the award of a one-year seed funding grant by Oak Foundation, the Trust appointed Matthew Shipton to manage the exercise and seek further funding and was successful in attracting further support from The Bernard Sunley Foundation, which awarded the Trust £8k to support the work of up to eight Skylarks groups: to date Canterbury, Medway, Pimlico, Camberwell and Cromer have received grants of £1k.

Having forged a close working relationship with speech therapist, Carolyn Bartliff, and consultant, Dr. Rob Skelly, Grenville led a singing workshop as part of a one-day symposium at The Royal Derby Hospital in 2018 and a new Skylarks group will be established in the hospital's Parkinson's clinic.

SNAPE MALTINGS (ALDEBURGH)

We have continued to develop a very strong relationship with Snape Maltings, and the third annual facilitator training weekend took place in January 2018. Nicola Wydenbach, Trish Vella Burrows and Grenville ran the weekend's training,

SING TO BEAT PARKINSON'S AUSTRALIA

Following a 6-month trial devised by Dr. Yoon Irons and Prof. Don Stewart to test the **Sing To Beat Parkinson's** concept, Grenville was asked to give the keynote lecture at a symposium in Brisbane. Over 125 people with Parkinson's had participated in the trial – in which three singing groups had been established and met weekly around Brisbane – and many sang in a concluding group concert held during the three day seminar which was extensively covered by Australian media.

You can read some of the coverage on the ABC News website:
https://www.abc.net.au/news/2018-02-04/parkinsons-singers-trial-australian-first/9394346

This trial was the first clinical research to test the results of participation in Sing to Beat Parkinson's groups, and Grenville was thrilled to have 10 years' worth of anecdotal evidence supported by a rigorous research project. Dr. Yoon Irons has now taken up a post as Research Fellow at Derby University and will continue to work with us to assess the benefits of the programme.

MONDAY MUSIC EXPANDS AS SING TO BEAT

Following a successful bid to the Kent Community Foundation, the Trust has been awarded a £5k grant from Kent Community Foundation to establish a new group in Folkestone, to be based on the successful Monday Music model and to be known as **Sing to Beat** at Holy Trinity Church in Sandgate Road.

TRUSTEES AND ORGANISATION

We are delighted that Sarah Montgomery has agreed to join the Trustees. A GP/family physician with extensive international experience in building capacity in health care professionals in low and middle income settings, Sarah concentrates on pragmatic, evidence-based training and support. As a Clinical Advisor for the NHS she designed and delivered primary health care services for asylum seekers. Internationally Sarah has a wide range of teaching, facilitating and advisory experience in primary health care across Africa, Asia and the Middle East.

Sarah said, *"Many of the health problems we see as doctors arise against a backdrop of social isolation, relationship breakdown and low self-esteem. Good medicine can be just as much about helping people to find meaning and purpose in their lives as it is about treating physical and psychological illness. Drugs cannot address these important issues, but there is growing evidence the arts can."*

Thanks are due to Andrea Hepworth for her help with the Trust's administration; Joanna Heath, who has continued to take charge of our accounts with the help of Jennifer Sherwood FCA; and Ben Knox, who continued to support and advise on web site matters despite experiencing difficult health conditions. Thanks also to the huge efforts made by all the volunteers – too many to list – who, week by week, ensure the efficient running of the Amici Chorus, Skylarks groups, Monday Music and Canterbury Cantata.

PERFORMANCES IN 2018

Canterbury Cantata, directed by Emily Renshaw, with the Leon Quartet, performed **Pergolesi's *Stabat Mater*** in St Eanswythe's, Folkestone at Easter, followed by a Midsummer **Monteverdi** concert in Canterbury in July. The summer concert by **Amici Chorus** of opera choruses (directed by Kerry Boyle) raised funds to support not just Canterbury Skylarks, but also SSAFA. In December, another year of music making ended with not one, but two memorable performances of **Handel's *Messiah*** by the **Amici Chorus** and Canterbury Camerata, (first at Holy Trinity, Folkestone followed by a sold-out Colyer-Fergusson Hall). These were followed by a workshop performance of **Vivaldi's *Gloria*** and **Canterbury Cantata's** traditional performance of **Britten's *Ceremony of Carols*** in the Beaney, all directed by Grenville Hancox. Medway Skylarks have given performances throughout 2018, Pimlico Skylarks appeared once again at Chelsea and Westminster Hospital, whilst Canterbury Skylarks performed for the eighth year in the annual Canterbury Parkinson's carol service.

Pergolesi's Stabat Mater

Handel's Messiah

DATES FOR YOUR DIARY

February	Monday Music, Tuesday 5th, 11am, Beaney House of Art and Knowledge, Canterbury
March	Canterbury Skylarks, Tuesday 12th, 2pm, Beaney House of Art and Knowledge, Canterbury
	Amici Chorus, **Brahms *Ein Deutsches Requiem***, Wednesday 13th, 7.30pm, Holy Trinity, Folkestone and Sunday 17th, 7.00pm, Colyer-Fergusson Hall, University of Kent, Canterbury
May	Canterbury Cantata, Saturday 11th, 2-4.30pm, Beaney House of Art and Knowledge, Canterbury
July	Amici Chorus, Summer Concert, Wednesday 10th, 7.30pm, St Paul's Church, Canterbury
	Canterbury Cantata, **Paul Patterson *Magnificat***, Saturday 20th, 7.30pm, St Paul's Church, Canterbury

SPONSORS, DONORS AND FUNDERS

A huge thank you is due to all our sponsors and donors in 2018 with major individual help from Christina & Norman Brisk and Helly Langley, and from the Atherton Grassroots fund, the Kent Community Foundation, Oak Foundation and the Bernard Sunley Trust.

More concert dates are coming soon. Find details of all performances at www.canterburycantatatrust.org.uk/events-calendar

CANTERBURY CANTATA

AMICI CHORUS

MONDAY MUSIC

SING TO BEAT PARKINSON'S

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CANTERBURY CANTATA TRUST

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