

Chair's introduction by Roshna Ahmad

With our new virtual version of our AGM taking



place on our screens this year, and all of us missing the proximity and shared experience of singing together, it is good to be able to report that the trust has maintained and developed its relationships with health trusts in Derby and Kent and Medway. Whilst we have been deprived of our usual social singing and performance opportunities by this pandemic, I am proud to report the charity has been able to extend some of its tendrils into new and exciting areas. CCT has enabled many to continue joining our groups, forging links with new members until we can meet again and continue our in-person "Caring through Singing."

From our Artistic Director and Founder, Grenville Hancox



How strange it was to learn last year that our singing activities, the raison d'être of this charity and in opposition to all the positive facts we know about singing and wellbeing, were dangerous. Strange too for us to become familiar with, and understand that aerosol projection whilst singing could spread Covid-19 more effectively than any other social engagement. We have all lived through trying times but now, at the time of writing, we are beginning to see, hear and smell the shoots of Spring which also brings a glimmer of hope and light as the vaccination programme, in addition to all the strictures and curtailment of the last year, takes effect. Just as with so many other organisations, we have faced and met challenges using Zoom to maintain singing activities, connecting to many people using lap tops, iPads and phones across Kent and beyond. We have experimented, learned a great deal, found that some ideas will not work and been heartened by the feedback from members who have joined with others to sing from their homes on a weekly basis. For a large number of people, this weekly engagement with singing from their home has been positive and reaffirming. With confidence and faith in collective responsibility we have booked spaces hoping to return to some socially distanced shared singing from September whilst also planning to maintain some parallel virtual activity.

2020 DEVELOPMENTS

New singing and health partnerships for post Covid-19 alleviation

Training goes online for Sing to Beat Parkinson's

DONATIONS through Give As You Live have reached £5,478 after 10 months helping us continue our online sessions. Some of the comments from members who donated :

"Doing a fantastic job throughout the challenges of 2020!; These Zoom sessions kickstart my week.....thank you.; Let's pull together until Parkinson's is cured.; With appreciation for all you are doing to ensure singing continues at this difficult time; This opportunity to be able to sing in a choir even during lockdown is invaluable."

AMAZON SMILE was recently set up to enable members buying from Amazon to donate a percentage of their purchases to CCT funds.

CCT goes digital....



Phil Self started this virtual choir in 2020 and produced some wonderful digital ensembles featuring local artists and some members of our choirs. He runs a number of Canterbury Cantata Trust community singing groups, including Monday Music in Canterbury. The first of these songs was *Wild Mountain Thyme* and he went on to produce a number of projects designed to ensure we remain connected with our 'Singing for Health' and

'Sing to Beat Parkinson's' friends across East Kent and Medway during this difficult time.

OUR GROUPS

CANTERBURY SKYLARKS



February 2020 marked not only the tenth birthday of the first Skylarks group established by Roger Clayton and Grenville Hancox but also as the founding singing group for People with Parkinson's, their friends and relations in what is now a bigger collective of about thirty groups under the umbrella of *Sing to Beat Parkinson's*. February also marked the last time we met socially having been welcomed from September 2018 to the Tong centre of Simon Langton Grammar School for Boys in an ongoing and important relationship CCT has with the school, its head teacher Ken Moffat, and head of music Emily Renshaw-Kidd. It has been a long-term ambition to embed Canterbury Skylarks in the school seeking to bridge generational gaps, heighten students' awareness and understanding of Parkinson's, and demonstrate the importance of group singing for PWP.

Grenville Hancox and Phil Self have maintained weekly Zoom sessions with Canterbury Skylarks throughout the lockdown periods, and on 15th December 2020 held a Christmas celebration to replace the annual Parkinson's Carol Service. The Lord Mayor of Canterbury Cllr. Pat Todd and Rev. Jo Richards were guests and, along with Roger Clayton and Lucy Markes, contributed readings as part of the event. In addition The Canterbury Singers (director Adrian Bawtree) pre-recorded (the night before the second lockdown) some congregational carols and choral items adding wonderfully to what was a very special event.

Derby Skylarks

In 2019, following a workshop given by Grenville Hancox at Derby Royal Hospital (one of only two specialist research hospitals for Parkinson's in the UK) this group was established with colleagues Dr Yoon Irons (Research fellow Derby University) and Caroline Bartliff (senior speech therapist. **Derby Skylarks** meet every fortnight with patients given appointments at the London Road Clinic. Embedded in a clinical setting, the project was designed not only to help the twenty patients attending, but also to form the basis for a projected randomised control trial. After a very promising nine months of activity this too had to stop in 2020, and is about to be relaunched on line.



STBP have just received the second tranche of funding from *Oak Foundation*, as part of a 5-year grant. Inevitably, the events of the past year have halted the growth of the network, but this has not stopped us from adapting and evolving our programme of support for people with Parkinson's. Many of the groups have moved online and been well supported by participants and their family members.

STBP has recently been awarded a substantial grant from Arts Council England to develop an App for **STBP** facilitators. This is being developed alongside our **training programme**, which has necessarily moved online since the COVID-19 outbreak. 40 participants successfully completed our Autumn 2020 training course, and a second instalment will run at the end of March 2021. Full details can be found on the *Sing to Beat* website.

Following the Autumn training, we established a mentoring scheme, and 4 applicants are now being mentored by experienced STBP facilitators over a 10 week period.

Sing to Beat is forming a partnership with **NHS in Kent and Medway** to deliver a programme of singing for people experiencing **post-COVID symptoms**. They will be signposted to new groups, set up specifically to help alleviate some of the symptoms related to this condition. A collaboration with ENO/Breathe is being explored and we anticipate the project to start later in the Spring of 2021.

The Sing to Beat website is currently being redesigned and a new set of logos will reflect our move into other conditions. **Sing to Beat COVID** will be the first of these being rolled out as part of the working with Kent/Medway NHS project.

Matthew Shipton

AMICI CHORUS



The Amici Chorus, an un-auditioned community choir, began working on the St. John Passion in January 2019. One of the greatest and most challenging works in the repertoire it was testimony to the determination, hard work and ambition of the large collection of singers that this venture took shape, the carefully sequenced rehearsals organised to be completed by February 2020. A Christmas celebration together with Canterbury Camerata in the Colyer-Fergusson Hall,

University of Kent revisited repertoire already learned from previous years including Vivaldi *Gloria*, Vivaldi *Magnificat*, Britten *Ceremony of Carols*, (with Cantata singers) and choruses from *Messiah* together with the first performance of Christopher Gower's *The Ballad of Mary*. Given before a capacity audience and raising funds for **Canterbury Porchlight** this was the last performance Amici gave before the lock-down. Rehearsals continued until the beginning of March 2020 for Bach St. John Passion Folkestone and Canterbury performances, hopefully postponed rather than cancelled. A series of *Amichats* took place during spring and summer maintaining contact with members whilst occasionally venturing into Zoom experiments with singing to recorded extracts. We were lucky to welcome our patrons Mark Padmore and Matthew Rose to share their thoughts with us in some of these. Thanks are due to Steph Brunton, Anthea Daniels and the team for their contributions to the newsletters.

Grenville Hancox

MONDAY MUSIC CANTERBURY and FOLKESTONE



Monday Music (a weekly physical, mental and spiritual work out through Singing), continued to grow and strengthen its position in the weekly schedule of a large group of people. Monday Music Canterbury was boasting more than 100 members on its books with regular attendances of between 70-75 singers. **Folkestone Monday Music** was established in 2019 with financial support from Kent Community Foundation and from the specialist Folkestone based hearing company, *Hearbase*. This new group met at Holy Trinity Church, Sandgate Road in parallel with the long

established Canterbury group with tea, coffee and cake offered as sustenance both before and after the hour-long physical, spiritual and mental engagement through group singing activity. Phil Self (with pianist David Jones always in attendance) led Canterbury MM whilst Grenville Hancox led Folkestone MM. After the first lockdown a weekly schedule was followed on-line and both groups coalesced, led by Phil. We have maintained an unbroken sequence of MM meetings and will continue to do so until we are able to meet once again face to face.

Grenville Hancox



CANTERBURY CANTATA

Well, what a strange year it has been! CANTERBURY CANTATA ended 2019 with a fundraising concert at St Mary's Church, Chartham and in February 2020 performed with our friends, Canterbury Sinfonia, at St. Peter's Methodist Church with works including Handel's *Dixit Dominus*, *Nisi Dominus* and Bach's *Brandenburg Concerto No. 3*. This concert was also extremely well received. Several members of Cantata were involved in Christmas projects directed by

Grenville Hancox creating a lovely opportunity for Canterbury Cantata to sing with Amici Chorus.

The unwelcome onslaught of COVID19 meant moving to occasional online Zoom rehearsals of Monteverdi's *Vespers*, planned for performance in summer 2020. Although we were lucky to be able to meet during the summer for a couple of social events and rehearsals we, of course, had to postpone the Monteverdi.

Recently, we have paused online rehearsals as many of us teach full time and spend our whole day staring at a computer screen. However, we plan to begin online rehearsals again at the end of February and have chosen a light-hearted project, to learn Rutter's *Feel the Spirit*, in the hope that we might be able to perform this as part of a celebration concert when rehearsal and performance restrictions are lifted. It is also our plan to perform Mozart's *Requiem* as a dedication to the people who have lost their lives to COVID and as a fundraising concert, engaging the Canterbury Sinfonia to accompany the choir.

Emily Renshaw Kidd

TRUSTEES and ORGANISATION



NEW TRUSTEE **JULIA JONES** JOINED IN AUTUMN 2020

Julia has been immersed in neuroscience and psychology for over 25 years and works with clients across all sectors on how to use music to boost performance and wellness. Her PhD, MSc and MBA research examined the effects of music on the brain and human behaviour in various ways and she has spent a lifetime studying this field and figuring out how to use this knowledge to help improve public health. Books include *The Music Diet* (2019), *The Brain Rocks* and *Neuron* (out March 2021). *The Music Diet* was also made into a children's book in 2020.

Julia has recently teamed up with Lord Howarth (Chair of the All Party Parliamentary Group for Arts, Health & Wellbeing) to encourage the music industry and Dept. for Health & Social Care to create a new blanket music licence for the NHS so that music can more easily be used in hospitals and care homes. Chris Holland, the Dean of the new Medical School in Kent presented evidence at the *Music in Society* inquiry led by Julia at the House of Lords last year. He committed to ensuring that music (and social prescribing in general) was embedded in the first year curriculum. Julia is to continue this connection and will bring a wealth of experience and enthusiasm to her role with the trust.

NEW PATRON, LORD MAYOR OF CANTERBURY

Throughout the many years of music making in Canterbury I have enjoyed a close relationship with successive Lord Mayors contributing to many civic events and participating in fund raising campaigns. As you will read elsewhere Cllr. Pat Todd, the present Lord Mayor, a supporter of our work, attended the Skylarks Christmas celebration and kindly contributed to its success through his reading of a Betjeman poem.

The suggestion that Canterbury Cantata Trust has The Lord Mayor of Canterbury as its patron has been warmly embraced by the Lord Mayor and the Civic Team, and talks are underway to define the exact terms and conditions. However, we are delighted to announce that successive Lord Mayors of Canterbury will be Patrons of Canterbury Cantata Trust.

Grenville Hancox

SPONSORS and DONORS

We are indebted as ever to all our generous donors in 2020 who have enabled us to continue our work; OAK foundation, Kent Community Foundation and all the members who have supported our online sessions with donation. Thank you.

IN MEMORIAM

It is with great sadness that we record the deaths of three Trust members whose presence in Amici Chorus and Monday Music will be greatly missed. We extend our condolences to their families and will ensure our collective music making is a fitting memorial.

R.I.P. Kate Davson, Patricia Goddard and Ann Sellars.



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