



### *Introduction from the Chair*



Isn't it great to be singing again? With our second AGM taking place on Zoom this year it is a joy to see the rejoining of our community of singers. I am very pleased to report that our second audit required by our major donors was successfully completed in November and particularly gratified to see our work supporting sufferers from Long Covid expanded in 2022; a testament to Grenville's belief in the power of singing for all these years!

*Sing to Beat* is spreading its wings to encompass this development and other conditions, and the Trust can be justly proud of its remarkable journey over the last ten years since Grenville's dream of achieving Singing on Prescription was first born! I would like to express tremendous gratitude, particularly during this difficult year, to all our trustees, facilitators and volunteers who have helped us keep the CCT ship afloat.

A special vote of thanks to our heroic treasurer, Joanna Heath, who raised an incredible £1285 for the trust by running the Viking Coastal Marathon in December. **Roshna Ahmad**

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



Singing together defines our human condition. For the second year we used technology to demonstrate that social engagement whilst not the same, could be offered virtually, that our powerful sense of community can continue. For many the chance to sing from an isolated living room, whilst watching others do the same thing was important. This weekly engagement with singing from home has been positive and reaffirming.

From September 2021 with confidence and faith in collective responsibility, Amici and Monday Music met and sang in the same space, Cantata utilised every centimetre of St. Stephens to guarantee social distances, whilst Skylarks continued to meet virtually; green shoots of recovery! We followed our Trustees' advice by mask-wearing on entry to rehearsal spaces and singing *sotto voce* at a distance. Now in the second spring of more hopeful shoots of recovery we begin to move cautiously towards normal singing and I am indebted to Trustees for their support, and to colleagues responsible for leading and managing us through this challenging period demonstrating "Caring through Singing." **Grenville Hancox**

### *From Sarah Montgomery, on behalf of the Trustees*

Throughout the Covid-19 pandemic the Trustees have been acutely aware of their duty of care to facilitators and participants in the charity's singing groups. All groups have followed government restrictions, with Monday Music and Skylarks successfully transferring to regular sessions online through zoom. For these groups, zoom meetings proved to be a lifeline, but they worked much less well for the other choirs.

The Trustees ensured that careful risk assessments were made before the choirs restarted, based on guidance from Making Music and public health. Most choirs resumed in person rehearsals as soon as the lifting of restrictions allowed, and the majority of participants felt comfortable to do so, having followed regularly reviewed risk assessments advised by the Trustees in order to keep singing in our groups as safe as possible. **Dr. Sarah Montgomery**

## **SING to BEAT - exciting new developments**

### **Training and Mentoring**



In the Spring and Autumn of 2021, Sing to Beat ran two successful online training programmes, attended and completed by more than 50 apprentice singing and health facilitators. The focus was on [Sing to Beat Parkinson's](#). In 2022, we plan to deliver training in person, subject to restrictions, and broaden our geographical reach in the UK to satisfy the considerable demand in the North of England. We have also run two successful mentoring schemes, which are available to people who have completed our training and need support in delivering singing and health sessions. This will be celebrated with the Canterbury Cantata Trust 10th Anniversary Concert in April.

### **Sing to Beat App**

Sing to Beat is a partner in an app for people with Parkinson's that is under development and part funded by Arts Council England. A prototype has been created, and the next stage is to test this and "go live" later in 2022.

### **Aesop Arts and Health Online Platform**

Sing to Beat will be the exclusive singing and health partner for an online Arts and Health portal that is under development and intends to commence in 2022. This is run by Aesop, a nationally renowned champion of arts and health projects.

### **Parkinson's Centre for Integrated Therapy (PCFIT)**

[Sing to Beat Parkinson's](#) have developed a close relationship with the University of Kent and Parkinson's Care and Support Charity. A new centre is opening in May 2022 at the University, and we are delighted to announce that Sing to Beat will support the delivery of singing as part of a range of therapeutic interventions that will all be available under one roof. As part of this initiative, a fundraising and awareness event is being held at Colyer Fergusson Hall on April 30<sup>th</sup>, which will also act as a celebration of CCT's 10 years as a charity.

### **Sing to Beat Covid**

Two pilot projects were conducted in 2021 to ascertain whether short singing sessions could be valuable in alleviating the symptoms of Long Covid with groups meeting twice weekly over a three-week period, and then being evaluated. The second group was an Anglo-Irish collaboration with the response from both groups being very powerful and clearly showing that participants found them beneficial. A new Anglo-Irish group is starting in February 2022, and we plan to open more groups over the coming year.

**Matthew Shipton**

## **DONATIONS TO CCT**

Through **Give As You Live** we have now reached almost £10,000 after 22 months, helping us continue our online sessions and our return to face to face singing. Please do sign up to contribute to CCT through your online purchases if you haven't already as every little bit helps! Thank you.



**£30.11** Raised via shopping **£9,805.00** Raised in total (Feb 2022)

Some of the appreciative comments from supporters who have donated to CCT:

“Thanks to Skylarks for wonderful singing with friends on Tuesdays. May you continue in your good works. Thanks for all CCT's great work”.

“ Mum really did look forward to the joy of singing together with the group every week ... the choir enabled her to be brave and sing out. She often said that she felt uplifted after the sessions, so she had no doubt Monday Music was of great benefit to her mental health.”

## OUR FAMILY OF SINGING GROUPS



**CANTERBURY SKYLARKS** continued successfully during the past year, mainly through Zoom sessions allowing us to include people from outside the area. A big thank you is due to Phil Self who led weekly zoom sessions with such dedication and good humour for around 15 months during much of lockdown. Grenville then very kindly took over the zoom sessions, and from autumn 2021 we restarted fortnightly in person sessions at Simon Langton Boys' School led by their head of music, Emily Renshaw-Kidd. We are so grateful for Emily's enthusiasm and positivity, and the collaboration

with students from the school is wonderful. In person sessions were suspended at the start of the year, but will restart soon, so fingers crossed!

Phil Self has also been working with A-Level music students at Simon Langton and some Canterbury Skylarks to develop some original, improvisation-based music which will continue through March. We look forward to the April concert; a fitting celebration of the work done by Grenville and the trust over the last ten years.

**Lucy Markes**



**AMICI CHORUS** This un-auditioned community choir returned to distanced, face to face singing in Autumn 2021 with mitigation measures in place, recreating the Amici community. They began by rehearsing some 16<sup>th</sup> to 18<sup>th</sup> century repertoire including Byrd's *Hodie Christus Natus Est* with Grenville until Christmas, and the spring term has commenced with new repertoire, led by Christopher Gower and accompanied by Stefan Catto. Christopher held posts as both

Organist and master of choristers at Portsmouth Cathedral and Master of the Music, Peterborough Cathedral and is a published composer. They are currently enjoying working towards perfecting Parry's *Blest Pair of Sirens*, Elgar's *From the Bavarian Highlands* and some madrigals.



### **MONDAY MUSIC CANTERBURY and FOLKESTONE**

Monday Music, both Canterbury and Folkestone, continued to meet virtually on Zoom, lifting the spirits of many from January 2021, led by Phil Self. Phil took some time off in April and May 2021 while Grenville Hancox took the helm. Combined MM Zoom meetings continued until July and in the Autumn, both Canterbury and Folkestone were finally able to enjoy singing in a room together again (with no mute button!).

In December Monday Music Canterbury had to return to Zoom sessions with Grenville while Phil was isolating, and later in the term, as singing face-to-face was suspended due to concerns over the Omicron variant, but in the New Year, both groups were happy to experience the joy of face-to-face singing in both Canterbury and Folkestone, led again by Phil and Grenville respectively, enriching Mondays for so many.



### CANTERBURY CANTATA

We finally feel like we are getting back on track with regards to regular, face to face rehearsals at St. Stephen's Church. Our plans to perform *Monteverdi Vespers* in 2021 were thwarted as we were restricted to Zoom rehearsals in the first half of the year, and therefore decided to rehearse *Mozart Requiem* and Rutter *Feel the Spirit* online.

We were lucky to be able to perform these two wonderful pieces in November 2021 at St. Peter's Methodist Church, alongside the students from Langton Boys. The collaboration with the school ensured a good audience and gave us an opportunity to employ our professional instrumentalists once more after these very challenging times, supporting them as well as our singers after a long, enforced period of isolated playing.

It is our plan to give a performance of two Bach Cantatas, Shearing's *Music to Hear* and other repertoire in summer 2022 and hopefully another smaller fundraising concert or event. We are pleased to have welcomed three new members recently and are aiming, funds allowing, to work towards a performance of a major work by Bach in 2023.

**Emily Renshaw Kidd**



### DATES for YOUR DIARY

**Saturday March 26<sup>th</sup> 2022 3pm** Messiah, St. Mary and St. Eanswythe's church, Folkestone (Bayle Music)

**Saturday April 30<sup>th</sup> 2022 3pm** CCT 10th Anniversary Concert, Colyer Fergusson Hall, UKC

**Saturday July 2<sup>nd</sup> 7.30pm** Canterbury Cantata concert, venue tbc

### TRUSTEES and ORGANISATION

Trustee Blair Gulland resigned in September 2021 after almost seven years as a trustee, for which we are indebted to him.

### SPONSORS and DONORS

We are enormously grateful as ever to all our generous donors in 2021 who have enabled us to continue our work; OAK foundation, Kent Community Foundation, Atherton Grassroots Fund, and all the participants who have supported our online sessions with donations. Thank you to every one of you for making our work possible.

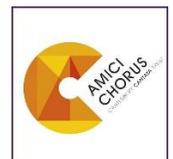
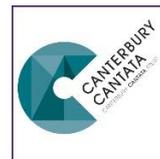
Joanna Heath (treasurer and vice-chair) raising her stunning total of £1285 for CCT in December 2021.



### IN MEMORIAM

R.I.P. Brenda Child and Christiane Crabtree.

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



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