

Introduction from the Chair



How joyous it was to celebrate the tenth anniversary of the Trust in April 2022 with such a moving and uplifting event at the Colyer Fergusson hall, sadly without Grenville's presence after all our best-laid plans. Singers from the Trust's flagship choral groups, Amici Chorus, Skylarks, Monday Music and Cantata Choir gathered and raised the roof singing "With a little help from my friends.." These words, sung by us all with encouragement from Phil Self and Emily Renshaw-Kidd, seemed to sum up the ethos of the trust, embodying "Caring through Singing", both celebrating the work of Canterbury Cantata Trust and looking forward to the creation of the new Parkinson's therapy centre. This will be a world first, for which we will provide singing therapy as part of its range of life improving activities, embedding our long established practices and belief in singing into a medical setting.



I am delighted to report that we successfully applied for funding in 2022 via Kent Community Foundation to support our core costs. These grants, amounting to nearly £9000, will be enormously helpful in assisting with administration costs. I am hugely grateful, as ever, to the teams that support our singing groups and to the board of trustees, helping to enrich the lives of us all and look forward to the next decade. **Roshna Ahmad**



From our Artistic Director and Founder, Grenville Hancox, MBE

Ten years on ...The years now seem to pass by more quickly and before we realise it we are referring to the 'last decade'. So we have achieved the first ten years of Canterbury Cantata Trust (now referred to as CCT), celebrated on two occasions during 2022. At a time of change and crisis, post pandemic and with a war in Europe, the mission statement and objectives of CCT are possibly needed more than ever, *Caring through Singing* being a vital concept.

CCT was born in the music department of Canterbury Christchurch University, where the community was welcomed in; each Wednesday with audiences at weekly lunch time concerts in St Gregory's or four hours later as members of Choral Society, the non-auditioned and warmly welcoming chorus of students, staff and community friends. Conversely, ensembles performed in city, county, national or international settings. Cantata, as a small choir relishing musical challenge, was also one of the most easily transported to Canterbury, York, Boulogne or Trento Cathedrals whilst Music, Arts and Health course students facilitated ground-breaking participatory sessions with Age Concern (now Age UK), underpinning research findings; a wonderful example of undergraduates using music to change the world!

Canterbury Cantata Trust brings together the strands of community, music and health and has, for a decade, cemented music and singing within the community. In facing the challenge of the decade(s) ahead, it is reassuring, therefore, that many taking the reins of facilitation and administration of CCT have themselves been part of this history and are willing to develop further the objects of the Trust. It is now time for change, however, and just as I passed on direction of Amici from January this year, my intention is to hand over artistic direction of the Trust in July, fully supported in so doing by our wonderful Board of Trustees. Subject to the Board's approval, I will remain as Founder and Ambassador of CCT, looking forward to the next ten years of development and growth.

I extend my thanks to the Board of Trustees led by Roshna, to all those engaged with the direction of Monday Music, Skylarks, Amici and Cantata and our committees and administrators, all of whom show that *Caring through Singing* is a significant force for change.

Grenville Hancox

SING to BEAT



Canterbury Cantata Trust 10th Anniversary Celebration Concert Sing to Beat partnered with University of Kent to organise a celebration of CCT's 10th anniversary of 'caring through singing', also doubling as a fundraiser for the University's new Parkinson's Centre for Integrated Therapy, successfully raising over £5K for the centre.

This was a joyous event in which *Sing to Beat* groups joined with *Monday Music* and *Amici Chorus*, guided by Renshaw-Kidd and Phil Self. A children's choir from Herne Bay Primary also took part with a full audience present to listen and participate in proceedings.

Training and Mentoring In November 2022, *Sing to Beat* ran another successful online training programme, attended and completed by more than 25 apprentice singing and health facilitators with the focus on *Sing to Beat Parkinson's*. In March 2023 we will deliver our first in-person training since January 2020 as a residential course at Snape Maltings in Suffolk. As our introductory training model works so well online, the in-person training has now developed to a higher level of facilitator 'best practice' and we look forward to welcoming the 15 participants who have registered.

We continue to run mentoring schemes, available to people who have completed our training and need support in delivering singing and health sessions. A new scheme, to be launched later in 2023 in partnership with local CIC, *Music4Wellbeing*, will further explore 'practice development and quality assurance' in facilitation. Our training programmes are complemented by small financial grants offered to trainees wanting to establish new groups and be supported through this process.

Special mention goes to our core team; Nicola Wydenbach, Director of Training, Trish Vella-Burrows (*Music4Wellbeing*) and Yoon Irons (University of Derby) and, of course, to Prof. Grenville Hancox for his wisdom and support from the backbenches. Their combined expertise, energy and passion are remarkable.

Sing to Beat Research RCT An application has been made by our research partner, Yoon Irons, to Parkinson's UK to run a randomized controlled trial for Singing and Parkinson's – and involves the use of a new app developed by our training director Nicola Wydenbach.

Aesop Arts and Health Online Platform *Sing to Beat* was the exclusive singing and health partner for the testing of an exciting new online Arts and Health portal that has now officially launched with multiple organisations and individuals. Run by Aesop, a nationally renowned champion of arts and health projects, it is designed to match arts and health provision with individuals or organisations (e.g. social prescribers) in the field. This can be found at: <https://prescribe-arts.org/>

Sing to Beat Long Covid We have now been running a weekly online *Sing to Beat Long Covid* group for over a year with facilitation by Dara McMahon in Ireland. This has proved a 'lifesaver' for many of the regular participants. There are about 15 people in the core group, with an average weekly attendance of 7/8. These online sessions are complemented by a WhatsApp group for participants, a valuable resource for supporting each other. From time to time we run a Zoom support group, specifically designed for the members to check in and share the challenges they face.

Matthew Shipton, Programme Director

ENDORSEMENTS: A SKYLARKS MEMBER 2022: "It's been a real pleasure to meet and sing with friends on a weekly basis and it is without doubt hugely energising - I always felt better at the end of a session."

LONG COVID GROUP: an NHS worker, with the group for 6 months, sent us this message: "I am very pleased to say that after two years and three months I feel almost ready to try going out for a run again, something I did regularly in my pre-covid days....It's **wonderful** to feel so very close (after all this time) to feeling 100% again. I cherish my recovery and live in daily gratitude for it 😊"

DONATIONS TO CCT Through **Give** over £11,000 after nearly 3 years, our online sessions and our face to face to contribute to CCT through your online done so, as every little bit helps! Thank you.



As You Live we have now reached helping us continue to support both face singing. Please do sign up to purchases if you have not already

£37.80 Raised via shopping **£11,159.40** Raised in total (Feb '23)

OUR FAMILY OF SINGING GROUPS « *Caring Through Singing* »



CANTERBURY SKYLARKS in 2022

Canterbury Skylarks ran weekly during term time in 2022, with zoom sessions led by Grenville Hancox alternated with in person sessions led by Emily Renshaw-Kidd. The latter take place at Simon Langton Boys' School, where a group of 6th formers join us and very much enhance our sessions. We also 'live stream' the in person sessions giving the best of both worlds.

Numbers for both sessions have not yet returned to pre-Covid levels, and, sadly, we have lost quite a number of regular Skylarks singers during the year, so, with the assistance of Matthew Shipton we are producing a flyer to promote the group.

Roger Clayton, co-founder and treasurer of Skylarks, has resigned from the committee during this year due to deteriorating health caused by Parkinson's. We are very sad to lose him on the committee, and would like to thank Roger for all his hard work and commitment over the years –without him and Grenville, Skylarks would never have happened, improving so many people's lives! We are extremely lucky to have in Grenville and Emily two such talented, enthusiastic, inspiring and musical leaders, we owe them both a huge debt of gratitude for all that they have done and continue to do for Skylarks.

Lucy Markes, Chair of Canterbury Skylarks



AMICI CHORUS

During the summer term we continued to rehearse four madrigals from the Spring and added *Three Hungarian Folksongs* by Seiber and *Fauré's Requiem*, performing these at an informal concert in St Paul's on 6th July. Numbers were healthy at around 60, and we benefitted from additional strength in the soprano line. We were pleased to have a few members of Cantata Choir joining us for

the concert. None of our achievements would have been possible without Stefan's Catto's superb accompaniments.

Christopher Gower

The autumn term was the final one for Amici with Grenville as leader, and *Messiah*, *Ceremony of Carols* (with Cantata) and *Vivaldi Magnificat* were a fitting end to the era, with a capacity audience at the Colyer Fergusson hall in December helping to raise substantial funds for the Motor Neurone Disease Association.

Since the start of 2023 Amici have been working on entirely new repertoire –Vaughan Williams' *Five Mystical Songs* and Stainer *The Crucifixion* which we will perform in a 'relaxed' concert on the evening of Wednesday 29th March at St Paul's Church, Canterbury. We are currently planning the summer concert (envisaged to be of a lighter nature). Although I have taken over as conductor there is a good sense of continuity with numbers at around 60. Christopher's musicianship and experience are invaluable, as is the support of Anthea and Sue. We look to the future!

Stefan Catto



MONDAY MUSIC CANTERBURY & FOLKESTONE

The Canterbury group continued meeting face-to-face in 2022 with healthy average attendances of 40 each week (65 on the books). The suggested donation was increased from £3 weekly/£30 per term to £4/£40 –still great value! We have a small but devoted team of volunteers who open up, take registers and payments, organise teas and coffees, welcome and encourage new members and manage song books, helping to create a friendly environment. We continue to sing a variety of arranged songs but also often encouraging spontaneous, improvised harmony. In November 2022 we were delighted to return to The Beaney for the first time since the pandemic.

Phil Self

It is wonderful to know that Monday Music kickstarts the week into action through singing in both Folkestone and Canterbury. In Folkestone, meetings are held in the glorious surroundings of Holy Trinity Church and are tirelessly administered by Michelle Fletcher (mondaymusicmichelle@outlook.com). Our membership has rebuilt, growing to just below fifty attending each week. Using hand held folders and digital devices for song words, we also spend much time developing materials focussing on better posture, breathing, co-ordination and memory. Donations from members and from Saga employees, whose charity provided a £1K grant (following an approach by long-term MM member Alan Hollyer) have been welcome. Highlights of 2022 were joint sessions of Monday Music in the Beaney House of Art and Knowledge and Colyer Fergusson Hall when both groups met and demonstrated their belief in Caring through Singing.

Grenville Hancox

CANTERBURY CANTATA



Canterbury Cantata is going from strength to strength. We now have an extremely strong and well-balanced choir, allowing us to tackle challenging and adventurous repertoire. Recently we have had several changes of répétiteur, but since the spring we have been extremely lucky to secure the expertise of seasoned performer, Helen Crayford, as accompanist. In July, our summer concert at St. Paul's church in Canterbury included a diverse range of music from two Bach motets to Shearing's *Music to Hear*. Since then we have been working on Mendelsohn's dramatic oratorio, *Elijah*, in preparation for a packed concert in Wye church with Canterbury Camerata, in February 2023.

Future plans include performing Handel's *Dixit Dominus* and Bach's *Jesu Meine Freude* as part of the Bayle Music series and Goodall's *Eternal Light*; we are also keen to feature more female composers in our forthcoming concerts. Some of our members are also looking forward to singing alongside English Touring Opera in their April performance of Handel's *Giulio Cesare* at the Marlowe Theatre. **Emily Renshaw-Kidd**



DATES for YOUR DIARY

Saturday March 18th 3pm Canterbury Cantata perform *Dixit Dominus* at St. Mary and St. Eanswythe's church, Folkestone (Bayle Music) –tickets via Bayle

Wednesday March 29th 6.30pm Amici chorus perform Stainer and Vaughan Williams at St Paul's Church, Canterbury

Summer concert Amici Chorus 5th July, Canterbury Cantata date tbc

TRUSTEES and ORGANISATION

Trustees Drs Wendy Le Las and Sarah Montgomery resigned in 2022. We are indebted to them for their contribution and are very pleased to welcome new Canterbury based trustees, Dr. Naz Bashir and Tim Kidd to join the board.



SPONSORS and DONORS

We are enormously grateful, as ever, to all our generous donors in 2022 who have enabled us to continue our rewarding work; Atherton Grassroots Fund, the Pargiter Trust and Wards (all under the administration of Kent Community Foundation), OAK foundation, generous choir members, and the many participants who have supported our online sessions with donations. Thank you to every one of you for continuing to enable our life-enriching activities.

